

# Internet Safety Tips For Parents

## Start the Internet Safety Conversation

The Internet provides immediate access to a wealth of information; however, online information exchange also carries risks.

Everyone, especially children and youth, are at risk of abuse online through bullying, stalking, sexual solicitation and child pornography.

It is important for parents to discuss online safety issues with their children and highlight that we all have a responsibility to help create a better Internet.

Did you know?

Safer Internet Day is celebrated around the world every February.

## Safer Internet Tips for Parents

Start on a positive note and work through the following tips:

### 1. Protect Personal Information

Guard personal contact information (address, phone number, cell phone number, Instant Messaging name, and e-mail address). Do not give this information to people you don't know offline. On social networking sites, only accept friend requests from people you know in real life.

### 2. Use Privacy Settings

Show your child how to use privacy settings and how to block and report. For more information on privacy settings, see [Learn how to cover your tracks online](#) at [familyviolence.alberta.ca](http://familyviolence.alberta.ca).

### 3. Demonstrate Respect

Respecting yourself and others online is just as important online as it is in real life. Do not share inappropriate content online, such as intimate images of your body. These images will be accessible to others forever and it is important for young people to understand this. Encourage your child to think before they post, and show positive behaviour online.

### 4. Respond to Cyberbullying

Speak up when you see someone harass another person online. Most people will stop when someone tells them to.

If you're being harassed online, immediately:

- tell someone you trust;
- leave the area (example: chat room) and/or stop the activity (example: Instant Messaging);
- block the sender's messages. Never reply to harassing messages;
- save any harassing messages and forward them to your Internet service provider; and
- if the bullying involves threats, tell the police.

### 5. Avoid Inappropriate Content

Parental control and filtering content are ways in which you can help to prevent younger children from seeing inappropriate content online. However, it is important to consider that you may undermine trust in teenagers if you use these strategies.

For more information on Internet safety, visit:

- Internet Safety – [www.humanservices.alberta.ca/abuse-bullying/14838.html](http://www.humanservices.alberta.ca/abuse-bullying/14838.html)
- Internet safety – [www.bewebaware.ca](http://www.bewebaware.ca)
- Bullying – [www.bullyfreealberta.ca](http://www.bullyfreealberta.ca)
- Cyberbullying – [http://bullyfreealberta.ca/cyber\\_bullying.htm](http://bullyfreealberta.ca/cyber_bullying.htm)
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