

5 Ways to Keep Safer with Technology

- 1) Talk About It.** Keep an open line of communication between you, your spouse, & child. Having a good relationship is most important.
 - Agree on rules that apply no matter where you are.
 - Set up clear, simple rules for technology use.
 - What web sites are okay? When and how long?
 - What is and is not appropriate to do online?
 - Adults/Youth should show each other their online activities.
- 2) Implement Safety Tools.** Use built-in or install software to filter the content and to monitor the technology – computer, cell phone....
 - Use Google’s “Safe Search Filter.”
 - Select “Search Settings” from upper right-hand corner of screen.
 - Install filtering and monitoring software on your computer.
 - K9 Web Protection from Blue Coat is free online.
 - Online games and cell phones have controls that can be set.
- 3) Avoid Isolation.** Locate the computer in a central location where others can see the computer screen, never in any bedroom.
- 4) Guard Personal Information.** Explain what *personal information* is and discuss with whom and when it is appropriate to share it.
 - Avoid clicking on “pop-ups” or “free” offers online, downloading “free” music, etc. from Limewire, Kazaa....
 - Install anti-virus/spyware software (AVG anti-virus is free).
 - Keep all software updated.
- 5) Don’t respond, save the evidence, and report it.** This is what you do when you see in an e-mail, text message, or on the Internet something that is pornographic, mean, or just inappropriate.



“Keeping kids safe online isn’t about technology; it’s about parenting.”

- Larry Magid & Anne Collier (2007)

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