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)