

Online Safety Checklist for Parents



- ◇ Communicate openly with your child. Let him or her know of the potential dangers online and encourage him or her to come to you or a trusted adult if he or she sees material on a website which makes him or her feel uncomfortable.
- ◇ Use privacy blockers and safety controls. Contact your Internet Service Provider for more details.
- ◇ Monitor your child's access on websites, chat rooms, and E-mail accounts using tools such as Internet Explorer's history application.
- ◇ Create a set of reasonable rules for you and your family to follow while using the computer. Establish a time limit. Set a curfew for computer use.
- ◇ Keep the computer in a common room in the house.
- ◇ Remind your kids never to give out personal information online, such as their name, age, address, school, passwords, or pictures of themselves.
- ◇ Teach your kids not to open spam, E-mails, or attachments from unknown senders.
- ◇ Remind your children that what they see online may not always be true.
- ◇ Be aware of the signs that your child might be at risk online. These may include:
 - if your child spends large amounts of time online, especially at night;
 - if you receive phone calls from numbers you don't recognize;
 - if your child turns the monitor off when you approach the computer; or
 - if you notice your child withdrawing from the family.
- ◇ Sit next to your child while he or she is online. Show him or her the positive resources the World Wide Web has to offer.

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