

## **Internet Safety: It's a Team Effort! School and Families Working Together**

It is important to monitor your child while he or she is using any technology devices -- be it the internet, email, social media, or cell phones. Children need to be aware of "netiquette" when using technology, as well as general safety. Everything from cyberbullying to identity theft to inappropriate content can become significant issues for today's kids.

Topics to discuss with a child will depend on the child's age and access of technology. Listed below are age-appropriate topics and resources for children. At the end, there are additional resources for parents to find more information.

### **Grades K-2**

#### **Emphasis on netiquette and cyberbullying**

1. Emotions: you can't see how someone feels online
  - a. All caps is like shouting. It is not polite to type in all capitals
  - b. Emoticons or pictures can be used to show how you feel :) happy :( sad
2. Being a good friend online is the same as being a good friend in person
  - a. Think before you write, once it is sent it can't be taken back
  - b. Say things that are nice or make people feel good
3. Safety is telling an adult when you are uncomfortable with something you see or hear on the computer
  - a. Tell an adult if you see or hear something that makes you uncomfortable or sad. Don't answer or send anything back
  - b. If a friend gets a message that makes them uncomfortable or sad, have them tell an adult
  - c. Don't tell other students when you see something bad about a person; tell an adult. You don't want to start rumors about others
4. Never give out personal information online
  - a. This includes your name, where you live, phone numbers, your school, your sibling's names, your parents' names.
  - b. Don't give out your password
  - c. Don't send pictures that you don't want everyone to see.
5. Don't answer a message from someone you don't know

<http://www.netsmartkids.org/LearnWithClicky> cartoons about different topics

<http://www.kidscomjr.com/games/safety/safety.html> games to reinforce information

## **Grades 3-5**

### **Emphasis on Personal Information, Cyberbullying**

1. Stay safe
  - a. Never give out personal information, anything that identifies you, including last names, where you live, phone numbers, your school
  - b. Make passwords so you will remember them but others won't be able to guess them. You can use letters, numbers, and symbols to create one -- never share your passwords
  - c. Don't answer a message from someone you don't know or even those who act inappropriately
  - d. Anything put on any communication can become public. Don't say or send anything you don't want everyone to know
  - e. Avoid risky sites; if in doubt, don't even go to them
  - f. Don't fill out surveys, or download anything without permission from an adult
2. Cyberbullying -- Think before you post
  - a. Don't talk about people online in a harmful manner
  - b. Don't pass rumors
  - c. Tell an adult when you see inappropriate sites or harmful information on the internet about people.
  - d. Tell an adult if you believe you are being harassed

### **Additional Resources for Parents of Students in Grades 3-5**

<http://www.netismartzkids.org/LearnWithClicky> (Cartoons include different topics)

<https://www.pacer.org/bullying/pdf/ColorTheCrew.pdf> (coloring book)

[http://www.hectorsworld.com/island/main/episode\\_theatre\\_interior\\_01/COMPUTER\\_SECURITY/HW\\_NZ\\_COMPUTER\\_SECURITY\\_IE.html](http://www.hectorsworld.com/island/main/episode_theatre_interior_01/COMPUTER_SECURITY/HW_NZ_COMPUTER_SECURITY_IE.html)

<https://www.common sense.org/education/digital-passport> (for students in grade 5)

## **Middle School/High School**

### **Emphasis on identity theft, safety, and cyberbullying**

1. Don't give information out online unless you know the person (company, office) with whom you are in contact
  - a. No phone numbers, school names, last names, social security numbers, addresses, email addresses, or passwords
  - b. No bank or credit card information
  - c. No medical information or insurance information
  - d. Don't respond to anyone you don't know online
2. Keep your computer safe
  - a. Make passwords so they aren't easy to guess, include caps, characters, and numbers. Only share it with parents
  - b. Don't type a password when others can see it; change it if you think someone has it.
  - c. Update your computer system and anti-malware software
  - d. Log off the computer when finished
  - e. Don't respond to false ads to update your computer or virus protection
3. Cyberbullying Think before you post; once it is on line, you can't take it back
  - a. Don't talk about people online in a harmful manner or harass people
  - b. Don't pass rumors
  - c. Don't take or send inappropriate pictures
  - d. Don't forward inappropriate pictures
  - e. Some actions are against the law and can be prosecuted

### **Additional Resources for Parents of Students in Middle School/High School**

[http://mediasmarts.ca/sites/mediasmarts/files/tip-sheet/your\\_connected\\_life\\_guide.pdf](http://mediasmarts.ca/sites/mediasmarts/files/tip-sheet/your_connected_life_guide.pdf) guide for high school

<http://www.pacer.org/bullying/video/listing.asp?category=teensagainstbullying> (Includes videos with students about cyberbullying -- Click Cyberbullying on the left to choose from 4 videos)

<https://www.opencolleges.edu.au/informed/cyber-safety/> (general safety)

## **Additional Resources**

***Safety tips for home; advice for parents; information to discuss with students and open conversations:***

<https://kidshealth.org/en/parents/net-safety.html> (available in Spanish, also)

<https://www.opencolleges.edu.au/informed/cyber-safety/> general information on cybersafety and prevention against cyberbullying. Good terminology explanations

<http://www.pacer.org/bullying/video/listing.asp?category=teensagainstbullying> Cyberbullying episode 14

***General safety tips:***

<https://us.norton.com/internetsecurity-kids-safety-5-cybersafety-tips-every-parent-should-know.html>

***Social media awareness:***

<https://internetsafety101.org/parentsguidetosocialmedia>

***Safety questions and answers by age:***

<https://www.common sense media.org/privacy-and-internet-safety>