

Talk to your children about online porn

'Back in the day', young people found printed material when they started to get curious about sexuality. Online porn is both more prevalent and more explicit. Provide youth with some academically and medically reliable sites where they are able to find sexual health information online so they will have alternatives to exploitive depictions of sexuality.



Be calm and rational if your kids come to you with alarming stuff they find online

If they won't tell you, discuss with them who they can talk to if they find themselves in trouble. Give them contact information for phone-based and online helplines.

Online Tip for Social Networking Sites:

Adjust your social media privacy setting to responsible levels. Learn as much as you can about the settings and features of your social media sites and services. Social networking tools are as powerful as chainsaws and lawnmowers in their own way, and you need to be responsible.

Emergency Contact Websites:

<http://www.kidshelpphone.ca>

<http://www.cybertip.ca>

<http://www.youthinbc.ca>

Some Internet Safety Websites:

<http://www.texted.ca>

<http://www.netsmartzkids.org>

<http://www.2smrt4u.com/>

<http://www.childnet-int.org/projects/>

<http://www.bullyingcanada.ca>

<http://www.zoemandmolly.ca/>

<http://www.common sense media.org/>

<http://www.cybersmart.org>

<http://www.snopes.com>

Homework Help Websites:

<http://www.factmonster.com/>

<http://www.brainpop.com/>

<http://www.bobsedulinks.com>

<http://scholar.google.ca/>

Sexual Health Websites:

<http://www.wontgetweird.com>

<http://www.sexualityandu.ca>

The Safe OnLine Outreach Society

E: info@safeonlineoutreach.com

W: www.safeonlineoutreach.com

The Safe OnLine Outreach Society is a federal charitable organization (Canada #86021 9641 RR0001) and a registered non-profit society (British Columbia #S45067).

Parenting in a Cyber-age



Parenting today's children and youth is not an easy task. In addition to all of the other jobs you have as parents, now you need to understand the internet as well. Our tips will help you make a good start to becoming more involved and informed about your child's online life and to improve your online habits in the process.

SOLOS
INFO that CLICKS!

Keep children's computers in a public area of your home

They need you close by to help and to answer questions they might have about what's happening online.

Establish rules and guidelines

Create a list of priorities reflecting your family's most important concerns. Provide a rationale that makes sense to your child. Post the list by the computer.

Observe your child's behaviour

Teens need some privacy, but excessive secrecy, hiding and withdrawal should be discussed. Ask direct questions to get answers.

Look at the sites your child is interested in.

Be interested.

In the same way you are interested in their offline life, show an interest in what they are doing online. While we may not have the interest or aptitude with technology that they do, parents still need to be functionally knowledgeable about online technologies and culture.



Have an online use agreement in your home

Agree to and sign a family online use agreement (i.e. <http://www.fostl.org/resource.html>) for internet use, including hours of use, which sites can be accessed and which ones shouldn't be. And for children under 16, be sure to place your computer in a central, open location, like the living room, so internet use can be supervised.

Block extreme content for young children

Major search engines like Google and YouTube allow you to filter search results so the most extreme content will not appear when your children search online. Don't, however, rely on filtering systems totally. Your children will be going online at home, at their friends' homes, at school and on mobile devices. You can't filter all of their online experiences and ultimately they will need to acquire internal skills and values in order to make their own decisions.

Public permanent digital reputations

Nothing you post online is private — It's very easy for

people to hack the databases and servers where your information is stored all over the internet. Almost everything you post, send or upload to the internet becomes public. Remember anytime you are adding to a 'digital reputation' that will follow you for the rest of your life.

Everything you post online is permanent — Once posted to the internet your data cannot be 'recovered'. The pictures you upload when you are in elementary school will still be online when you apply for your first job and may affect your future opportunities (see www.archive.org). Your pictures or video footage of you may be traceable in the future if facial recognition technology is adopted by search engines.



The Safe Online Outreach Society
E: info@safelineoutreach.com
W: www.safelineoutreach.com

'Treat your password like your toothbrush'
Ask your children about their usernames and passwords. Tell them not to use the same ones for each online account. Elementary-aged children should share their passwords and usernames with you. Teens might not be so eager to share, so ask them to put their account names and details in a sealed envelope to be opened only in case of emergency. Build trust by being trustworthy. (Plus, remind them to change their account sign-in information after breaking up with a friend or a relationship.) See the SOLOS youth handout for more information.