



**SocialNetiquette**  
Internet Safety for Children

# Internet Safety Tips for Parents: Overview of Talk

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# TOP 10 INTERNET SAFETY TIPS FOR PARENTS

- 1) Set a daily time limit- (No internet during the week, only 30 minutes/1 hour a day, only at weekends etc)
- 2) Stress homework, and reading time are always before internet/gaming time
- 3) Create a locked device zone in house (drawer, cupboard), kicks in after dinner each evening for EVERYONE(teens, parents)
- 4) Limit multi-tasking(tv watching, ipad playing, homework doing) Has impact on brain development/focus
- 5) Practice what you preach! No posting embarrassing pictures of the kids!
- 6) Rules around picture/video sharing, only share pictures they wouldn't mind you seeing!
- 7) Don't ban any website, allow, but on **YOUR** terms
- 8) Regularly check who your child is 'friends' with online  
Consider an Internet Usage Contract for your home(example attached)
- 9) Re cyber-bullying, make sure children are aware that they'll NEVER get in trouble if they talk to you about anything that happens on the internet
- 10)

\* Internet usage includes: phone use, laptop use, ipad use, xbox/wii/PS use



# Examples of Family Internet Contract

**PERSONAL INFO** 1.

I will not give out personal information such as my address, telephone number, parents' work address/telephone number, or the name and location of my school without my parents' permission.

**PARENTS** 2.

I will tell my parents right away if I come across any information that makes me feel uncomfortable.

**NO MEET-UPS** 3.

I will never agree to get together with someone I "meet" online without first checking with my parents. If my parents agree to the meeting, I will be sure that it is in a public place and bring my mother or father along.

**NO STRANGER** 4.

I will never send a person my picture or anything else without first checking with my parents.

**IGNORE** 5.

I will not respond to any messages that are mean or in any way make me feel uncomfortable. It is not my fault if I get a message like that. If I do I will tell my parents right away so that they can contact the service provider.

**RULES** 6.

I will talk with my parents so that we can set up rules for going online. We will decide upon the time of day that I can be online, the length of time I can be online, and appropriate areas for me to visit. I will not access other areas or break these rules without their permission.

**PASSWORD** 7.

I will not give out my Internet password to anyone (even my best friends) other than my parents.

**NO DOWNLOADS** 8.

I will check with my parents before downloading or installing software or doing anything that could possibly hurt our computer or jeopardize my family's privacy.

**DON'T BE MEAN** 9.

I will be a good online citizen and not do anything that hurts other people or is against the law.

**TEACH PARENTS** 10.

I will help my parents understand how to have fun and learn things online and teach them things about the Internet, computers and other technology.

## Family Contract for Online Safety

### Kids' Pledge

# Useful Websites

- ❑ A guide to Instagram for parents: [http://www.connectsafely.org/wp-content/uploads/instagram\\_guide.pdf](http://www.connectsafely.org/wp-content/uploads/instagram_guide.pdf)
- ❑ A guide to Snapchat for parents <http://www.webwise.ie/parents/parents-a-guide-to-snapchat/>
- ❑ Facebook privacy (For teachers but useful for parents too) <http://www.webwise.ie/teachers/facebook-for-teachers/>
- ❑ Sexting: Thought-provoking video for teenagers [https://www.youtube.com/watch?v=4ovR3FF\\_Gus](https://www.youtube.com/watch?v=4ovR3FF_Gus)
- ❑ Filters: How to protect your devices <http://www.internetmatters.org/controls/devices-computers/>

# Useful Books

- ❑ The Shallows: What the Internet is doing to our Brain by Nicholas Carr
- ❑ The End of Absence: Reclaiming what we've lost in a world of constant connection by Michael Harris
- ❑ Mind Change by Susan Greenfield



## MY ADVICE: REMEMBER THESE THREE M words...

- 1) **Moderate** their internet time: strictly enforced time-limits in place at home (Take control of WI-FI password!)
- 2) **Monitor** their activity: Chat to them about what they're doing and get them to teach you how to use various sites/games
- 3) **Mind** their behaviour: Talk to the family about the impact mean comments/pictures etc have on people. Kids post things online they would NEVER say in real life.

