

WorkLife4You

Parenting & Technology: The Internet, Texting & Social Networks



FEDERAL OCCUPATIONAL HEALTH

U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES

Objectives

- The Realities
- Benefits
- Learn the language
- Identify concerns and risks
- Learn strategies to increase safety online
- Instant messaging, texting, social networking, chat rooms
- Resources and monitoring software



Facts About Internet Safety

- The average teenager is online 17 hours a week
- 100% of children will encounter a sexual predator in their life.
- 75% have access to the internet at home
- 19% have internet access in their rooms
- 4% will receive an aggressive sexual solicitation

WHAT IS THE ANSWER?
EDUCATION and COMMUNICATION



The Realities

- Number one way children communicate and get their information
- It is here to stay - You cannot turn back the hands of time
- It is one stop shopping – the “—god” resource
- Schools use smart boards
- Homework is given over the internet



Benefits of the Internet

The internet is a vast resource

- Learn - tutoring
- Research
- Educational games
- Keep in touch with friends and family
- Connect via email, chats, networks
- Create multi-media
- Virtual shopping



Is Your Child at Risk on the Internet?

- Exposure to inappropriate content
- Sexual exploitation & harassment
- Cyber-bullying
- Privacy concerns
- Legal and financial risks
- Access to drugs, alcohol, and tobacco
- Online gambling
- Incorrect, inaccurate, misleading information
- Online advertising pressures



Strategies to Stay Safe

- Discuss the good, the bad and the ugly
- Let them prove they can be trusted on-line alone
- Encourage conversations
- Looks for suspicious behavior
 - Screen minimizing
 - Passwords you don't know
 - Using computer late at night
 - Obsession with being online



What You Can Do To Keep Your Child Safe Online

- Keep computer in central location
- Internet accounts in parent's name for young children
- Know user names and passwords
- Spot check history
- Use the internet together
- Provide useful, kid-friendly, safe websites and search engines
- Use blocking software or filters



What You Can Do To Keep Your Child Safe Online (con't)

- Use age appropriate filtering
- Limit time
- Don't give your credit card to a child to use online
- Have children forward inappropriate or dangerous email to your ISP
- Teach responsible online behavior
- Know who your children are with online
- Watch for red flags!
- Encourage offline activities



When should you be concerned?

- Compulsive use
- Secretive use
- Long hours online, especially at night
- Falling grades
- Withdrawal from family
- Inappropriate material (pornography) on computer



Instant Messaging

- Conversations can be initiated with anybody
- Allows release of personal information in real time
- Can instant message from any computer
- Addictive
- Time consuming
- Distracting



Social Networking Sites: Facebook, My Space etc.

- Easy to connect with friends
- Easy to make new friends
- Form of expression
- Sites are public places
- Predators can trace users
- Sites used by potential employers, colleges and coaches
- Don't post personal information



Social Networking Sites (con't)

- Users can control who has access
- Keep your profile private.
- Never “friend” strangers
- Be aware some children misrepresent their age
- Report inappropriate content
- —Zepyr” offers free parental-notification software



Use of Filtering and Monitoring Software to Protect Your Children

- Limits time online
 - Filters blocks access to sites
 - Blocks incoming and outgoing content
 - Child-friendly browsers filter out inappropriate material
 - Monitoring tools alert adults to children's online activity
- Most ISP's offer tools to protect children online
 - Use browsers and search engines to check internet activity
 - No one program is 100% effective



Filtering and Monitoring Programs

www.safeeyes.com

www.cyberpatrol.com

www.guardware.com

www.cybersitter.com

www.spectorsoft.com

www.pctattletale.com



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The View From The Other Side

- The internet is a huge part of social interactions
- Facebook plays a major role in your position on the social ladder'
- As a kid, overbearing internet protection is social suicide
- We want to know how to be safe online!
- Explaining internet safety information will be much more effective than hovering or sheltering
- The internet is there along with the danger that comes with it
- Your children will appreciate safety tips



Internet Safety Resources for Parents & Children

- www.safekids.com: guide to making the internet safe and fun
- www.safeteens.com: teen and parent guide to internet safety
- www.netsmartz.org: interactive, educational resource to teach kids and teens how to stay safe on the internet
- www.cybertipline.org: website of the National Center for Missing and Exploited Children: to report incidences of child sexual exploitation and unsolicited obscene material
- www.getnetwise.org: using the internet safely and information on filtering, blocking & monitoring software



Internet Safety Resources for Parents & Children (con't)

- www.chatdanger.com: site about potential dangers of online chatting, Instant messaging, email, online games and cell phones
- www.komando.com/kids: —10Commandments for Kids”: parent/child agreement for safe behavior online
- www.isafe.org: internet safety education
- www.staysafe.org: online safety and security



WorkLife4You Resources

WorkLife4You Web Site
www.WorkLife4You.com

- **Daily Needs Web Service**
 - Computer Libraries (E-mail, Internet, Scams)
- **Safety Web Service**
 - Children Library
 - Bullying Library
- **Audio Tips and Podcasts**
Electronic Aggression, Internet Safety for Parents
- **HTML Articles**
- **On Demand Webinars**
Internet Safety for Parents, Keeping Children Safe in an Uncertain World, Bullying: How to Protect Your Child
- **WorkLife4You Guides**
Social Networking Sites: A Guide for Parents, Child Safety: The Internet and Television, Seven Practices for Computer Safety, Phishing, What to Do If Your Child Is Bullied, What Should I Do If I Am Being Bullied, Tips for Parents of Bullied Children
- **Related Web Sites**



Let WorkLife4You Make Your Life a Little Easier!

Contact WorkLife4You 24/7:

1-877-WL4-NOAA (1-877-954-6622)
(TTY 800-873-1322)

<http://www.worklife4you.com>

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