

## Top Parent Concerns

From Adrienne DeWolfe

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<http://www.rucybersafe.info>

<http://todaysmeet.com/parent>

### 1. Our children know more than we do.

Keep current:

- [www.common sense media.org](http://www.common sense media.org)
- [www.netfamilynews.org/](http://www.netfamilynews.org/)
- A Parents' Guide to...  
[www.connectsafely.org/guides-2/](http://www.connectsafely.org/guides-2/)

### 2. My child spends too much time...(online, gaming, texting).

- Set a positive example
- Set time limits, and stick with them
- Stress homework before screen time
- Have a lease policy
- Get help from the experts:  
–Netsmartz Tip Sheets  
[www.netsmartz.org/TipSheets](http://www.netsmartz.org/TipSheets)

### 3. My child may share inappropriate pictures or information online.

- Don't wait for an incident, begin the talk as soon as they are texting
- Remind them that once they hit send, they lose control of the image
- Talk about social pressures and potential social humiliation
- Tell them to never pass it on

### 4. My child may be exposed to inappropriate content online when I'm not home or at a friend's house.

- Tell them to talk to you if they see something uncomfortable
- Talk about dangers of spam and spyware
- Talk to other parents
- Use parental controls

## Action Steps

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### 1. Initiate conversations

- Family Media Use Agreements from Netsmartz and Common Sense Media

### 2. Start early

- Do online field trips: Common Sense Media: Best of the web for families
- Show a willingness to listen

### 3. Get involved in their digital lives

- Set a positive example
- Common Sense Media: media mgt.

### 4. Keep current

- CommonSense Media
- NetFamily News

### 5. Help them monitor their digital reputation

- Google Alerts
- Online Reputation Video from iKeepSafe

### 6. Keep computer in a public place

### 7. Have a cell phone parking area and no phones at bedtime

### 8. Consider your lease policy

### 9. Talk about your concerns

### 10. Tell your children you won't blame them

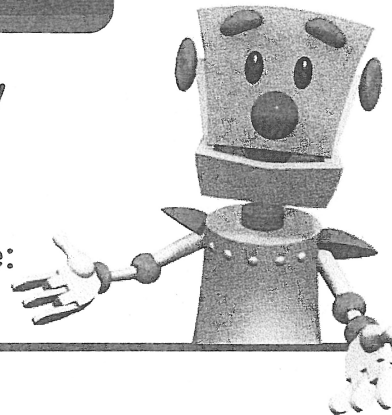
Learn more at: [rucybersafe.info/Parents](http://rucybersafe.info/Parents)

# My Rules for

## Internet Safety

Primary

The Internet is where I learn and play  
But I have to be careful everyday  
So I pledge to be safer online  
And follow these rules all of the time:



1

I will tell my trusted adult if anything makes me feel sad, scared, or confused.

2

I will ask my trusted adult before sharing information like my name, address, and phone number.

3

I won't meet face-to-face with anyone from the Internet.

4

I will always use good netiquette and not be rude or mean online.



signed .....

signed .....

## I will ...

### stay safe.

- I will not create accounts or give out any private information – such as my full name, date of birth, address, phone number, or photos – without my family’s permission.
- I will not share my passwords with anyone other than my family. I will ask my family to help me with privacy settings if I want to set up devices, accounts, or profiles.
- If anyone makes me feel pressured or uncomfortable, or acts inappropriately toward me online, I’ll stop talking to that person and will tell a friend or family member I trust about it.

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### think first.

- I will not bully, humiliate, or upset anyone online or with my phone – whether through sharing photos, videos, or screenshots, spreading rumors or gossip, or setting up fake profiles – and I will stand up to those who do.
- I know that whatever I share online or with my cell phone can spread fast and far. I will not post anything online that could harm my reputation.
- Whenever I use, reference, or share someone else’s creative work online, I will give proper credit to the author or artist.

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### stay balanced.

- I know that not everything I read, hear, or see online is true. I will consider whether a source or author is credible.
- I will help my family set media time limits that make sense, and then I will follow them.
- I will be mindful of how much time I spend in front of screens, and I will continue to enjoy the other activities – and people – in my life.

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## In exchange, my family agrees to ...

- recognize that media is a big part of my life, even if they don’t always understand why.
- talk with me about what worries them and why, before saying “no.”
- talk to me about my interests and embrace my world, including helping me find media that’s appropriate and fun.

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signed by me

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signed by my parent or caregiver