

# ***“What You Don’t Know Can Hurt You”***

## ***a guide to Internet Safety***

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### **OVERVIEW**

The Internet has become an essential component of our lives, and our children will be the primary beneficiaries of the vast resources it has to offer. However, ensuring that this new medium is rewarding and safe for our kids is an ongoing challenge.

### **GOOD IDEAS TO HELP PROTECT YOUR CHILDREN**

- Put the computer in an area that is used frequently such as the family room or kitchen. Stop by and peer over their shoulder to see where they are “surfing.”
- Teach your children to never give out their name, school, address, phone number, picture, or other personal information to people they meet online, unless you have given them approval.
- Teach your children to never plan face-to-face meetings with people they meet online.
- Establish rules for using the Internet.
- Teach your children to tell you (or another adult) immediately if someone makes them feel uncomfortable or if they see things are bad or weird.

### **HOW TO VIEW WHERE YOUR CHILDREN HAVE BEEN ON THE INTERNET**

*For Windows, Internet Explorer*

**Temporary Files** - When you load a web page, Explorer stores a copy of that page on your hard disk. If you visit that web page again, "cacheing" allows the page to be loaded from your hard disk, rather than having to download the page from the remote web server again. Internet Explorer refers to these cached files as **Temporary Internet Files** . Using Temporary Internet Files can save you a lot of time. The amount of disk space which your Temporary Internet Files use can be adjusted to meet your specific needs, but Explorer's default cache size is usually enough.

**History** - Go to the Control Panel. Choose VIEW. Choose Explorer Bar. Choose History. A screen will appear to the right giving you choices – Today, Last Week, 2 Weeks Ago, and 3 Weeks Ago. You can see a list of all places that were visited and were stored as Temporary Internet Files.

## **HOW TO VIEW YOUR INTERNET SETTINGS**

*For Windows, Internet Explorer*

Log onto the Internet. On your toolbar, choose TOOLS. Choose Internet Options. Choose Temporary Internet Files. View settings. You can choose to capture more data by sliding the button, but you'll also use more disk space. Choose VIEW FILES and you can see the files that have been temporarily stored. You can also see at what times the files were accessed.

You also have other options to use in order to set-up some restrictions on your computer. Look at each of the other Toolbar options located under Internet Options. You can change the "Security" settings, alter the "Privacy" settings, or change the "Content" settings. Another idea is to set-up a password through the Windows Control Panel that prevents your children from using the computer if you are not available to type in the password.

## **RECOMMENDED WEBSITES**

- <http://www.getnetwise.org> - a website that has great Internet Safety tips. Has an Online Safety Guide; Tools for Families, a guide for software for filtering, monitoring, etc; Websites for Kids; and Reporting Trouble.
- <http://www.EmoticonUniverse.com> - a website that lists the Internet Slang terms used by our children and more.
- <http://www.cybertipline.com> - a resource for reporting the sexual exploitation of children.
- <http://www.missingkids.com> - the National Center for Missing & Exploited Children website. Has great advice for Internet Safety and more.
- <http://www.internetalliance.org> - The Internet Alliance (IA) is the only advocacy organization of Internet policy professionals representing the Internet online industry in all 50 states. The IA's mission is to promote confidence and trust in the Internet so it can reach its potential as the most dynamic market medium of this century.