



Children's Center of Virginia
8415 Arlington Boulevard
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www.childhelpva.org

Topics for Family Discussions about Internet Usage
www.digitallivingproject.com

Time Online

Discuss how much time your children are allowed to spend online, and whether their computer usage is based upon having completed certain tasks (i.e. homework, chores etc.)

Location/Supervision

Decide whether there are restrictions or guidelines on the physical locations where kids can go online. Can they go online at school? At a friend's house? When there is no adult around? Is the screen positioned so an adult can see it?

Personal Information

Kids should never give out their personal information: full name, address. Phone numbers, school, picture, etc.

Websites

Talk about what types of websites are okay, and which are off-limits. Are they limited to sites related to schoolwork or sites for kids?

Meeting Online Friends

Kids should never meet an online friend unless a parent is present.

Chat Rooms

Younger children should not be allowed in chat rooms. You should explore a few chat rooms with older children and discuss them. Decide your own comfort level as a parent and use that to guide your rules about chatting. Find monitored chat rooms with your children (search monitored chat rooms and one for kids of all ages will come up).

Inappropriate Material

Kids should never respond when they are uncomfortable or scared by something they receive or encounter online. Teach them to tell an adult right away if this occurs.

The Golden Rule

Remind kids to behave towards others and they would like people to behave towards them. Cyberbullying is just as harmful as "real" bullying.