Basic guide to family internet safety

1. **First educate yourself, then your child.**
   Banning a child from certain sites may only motivate them to spend more time on them, whereas educating your child on how to keep safe will give them the tools they need to navigate their online world without being hurt; from not posting personal information to a site to understanding that people they are talking to may not actually be who they are. If the parents know the dangers themselves, this sets an example to the child to understand them as well.

2. **Teach children the obvious identity rules.**
   Tell your children **NOT** to put photos of themselves on the Internet or to give out their names, addresses, phone numbers, schools, or other personal information online.

3. **Know the dangers associated with sites your children visit frequently.**
   An ounce of prevention is worth a pound of cure. Whether it's MySpace, Facebook or another social networking site, by knowing what people are doing on your children's favorite sites that could put them in harm's way, parents can educate their children and show them the warning signs of potentially dangerous situations.

4. **Manage your children's time on the Internet.**
   Scheduling times when a child can be on the Internet and the amount they can be online ensures that you know when they are on the Internet and how long. By not allowing them to have free reign reduces their chances of being exposed to inappropriate content.

5. **Keep computers out of children's bedrooms and in open areas.**
   With PCs in the open, children will be less inclined to view and access material that may not be acceptable.

   This list is a guide to help keep your children safe. Keeping your PC up to date with Windows Updates and having a good Anti-Virus program also helps protects your PC from Viruses and Malware. If you are unsure of the state of your PC's security, bring it by our shop and Jamie can look at it.

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