



- Make sure your children don't spend all of their time on the computer. People, not computers, should be their best friends and companions.
- Instruct children not to share personal information, such as their name, address, telephone number or school name with anyone online.
- Don't allow your child to send anyone his or her picture, or credit card/bank information without checking with you first.
- Keep the computer in a main family area such as in a family room, kitchen or living room, not in your child's bedroom. Watch your children when they are online and monitor the sites and areas they access.
- Encourage your kids to come to you with questions about their online experiences and activities, and to notify you if they see distasteful pictures or language on the Internet.
- Get to know their "online" friends just as you do all of their other friends.
- Teach your children that they should never give out their password even to a close friend, and that their password is changed frequently.
- Some parents use software programs that control the Internet content available to their children. Even if you trust your child to follow your family rules, they can still be at risk. You can discuss the controls with your child and make an agreement to loosen them as he or she gets older or more adept at navigating the online environment.

Have your kids make the online pledge

- *I promise to never give my name, address, phone number, school's name, computer passwords, or picture to anyone on the Internet without my parents' approval.*
- *I promise to tell a parent or teacher if I see any bad language or pictures on the Internet, or if anyone makes me feel uncomfortable or nervous online.*
- *I promise to stay out of chat rooms and web sites not approved by my parents.*
- *I promise not to meet face-to-face with someone I met on the Internet without telling my parents first and getting their approval, and I promise that any approved meeting shall be in a public place with my parents present.*
- *I promise to be online only during the times and days my parents, school, and I set aside for using the Internet.*