A Guide To Internet Safety For You And Your Child

What are the signs of malicious activity?

Your child may be engaging in unsafe practices online if:
- They spend large amounts of time online, especially at night.
- You find pornography on their computer.
- They receive phone calls from people you do not know.
- They are making calls, sometimes long distance, to people you do not recognize.
- They receive gifts, mail, or packages from someone that you do not know.
- They quickly turn off the computer monitor or change the screen when you walk into the room.
- They become withdrawn from the family.

What can you do to help?
- Review the history on the computer.
- Use caller ID services to determine who is calling your child.
- Monitor your child’s mobile devices and emails.

Immediately contact local authorities if:
- Anyone in the household has received child pornography.
- Your child has received sexually explicit images or been sexually solicited by someone who knows that they are under 18.

For further information, please visit:

FBI Parent Guide to Internet Safety
www.fbi.gov

www.getnetwise.org
www.safekids.com
www.netparents.org
www.ctparenting.com

For further information, please visit:

Office of the Victim Advocate
505 Hudson Street, 5th Floor
Hartford, CT, 06106
860-550-6632
Toll Free 1-888-771-3126
Fax: 860-560-7065
www.ct.gov/ova
What is internet safety?

- Internet safety is the maximizing of resources to ensure that internet users are not taken advantage of while online.
- Internet safety can be achieved by using technological protections, such as security programs.
- Internet safety also includes user awareness such as taking proactive steps to prevent malicious activity.

At any given time, there are about **50,000** predators online.

**1 in 5 teens reports being sexually solicited while online.**

3/4 of all kids have access to mobile devices, and thus the internet, at home.

How can kids stay safe while using the internet?

- Do not open messages from people whom you do not know.
- Make sure that when on social networking websites, like Facebook, you ensure that your settings are such that only you or your friends can see the content.
- Only accept friends on social networking sites who you have actually met in person.
- Report anything that makes you feel uncomfortable to a trusted adult.
- Never arrange a face-to-face meeting with someone you met online.
- Never upload (post) pictures of yourself onto the Internet or online service to people you do not personally know.
- Never give out identifying information such as your name, home address, school name, social security or telephone number.
- Never download pictures from an unknown source, as there is a good chance there could be sexually explicit images.
- Never respond to messages or bulletin board postings that are suggestive, obscene, belligerent, or harassing.
- Understand that not everything you read online is true.

How can parents help their kids practice safe habits on the internet?

- Do not allow your child to have a computer with internet access in their bedroom or any area that is private. Instead, place a computer with online access in a public space, such as the family room.
- Set time limits for time spent on the computer.
- Install protections on your computer that block pop-ups and scan the computer for viruses daily.
- Check the history of computer searches, ensuring that the history is not being wiped after each usage.
- Spend time with your child online together!
- Teach your children to never open emails from people that they do not know.
- Ensure that your child understands to report anything that makes them feel uncomfortable or scared online to a trusted adult.