

## Technology Safety Tips for Parents

- If your child has a cell phone or an iPod Touch, set time limits on when they may use it.
- Talk about internet/technology safety with your child.
- Limit where and when your child may have their phone or iPod Touch. Remember the iPod Touch has wireless internet connection, as do PSP, DSI, and iPads / Kindles.
- Take advantage of the parental controls available through most cell phone carriers.
- Charge the phone/device in your room.
- Take your child's phone/Touch each night and check the text messages both received and sent.
- Keep home computers in a common area of our home where you can monitor use, not in your child's room.
- If you allow your child to have an email address or a social networking site such as a Facebook page, make sure you have the password to the account as well as being a "friend" on the social networking page. Having the password allows you to monitor the content, messages sent and received, and edit any content posted on the pages you do not agree with or want posted on your child's page.
- Remind your child that words DO hurt, and they should not say anything in texts, emails, or on social pages, they wouldn't feel comfortable saying to someone in person-or in front of you.
- Remind your child that once words or pictures are sent out in cyberspace, they are permanent and can never be completely deleted.
- Remind your child that the content on social network sites may impact future jobs, school opportunities, and scholarships etc.

Try these websites:

[www.commonensemedia.com](http://www.commonensemedia.com)

[www.safekids.com](http://www.safekids.com)

[www.safeteens.com](http://www.safeteens.com)

[www.netfamilynews.org](http://www.netfamilynews.org)

[www.connectsafely.org](http://www.connectsafely.org)

[www.aap.org](http://www.aap.org)

[www.mediafamily.org](http://www.mediafamily.org)

[www.ncpc.org](http://www.ncpc.org)

<http://isafe.org>

[www.netsmartz.org](http://www.netsmartz.org)

[www.wiresafety.org](http://www.wiresafety.org)

<http://wiredkids.org>