

YES presents *The Microsoft Parenting Lifeline Community Speakers Series*  
**SAFE SURFING: PROTECTING YOUR KIDS ONLINE**

## THE INTERNET: A PLACE FOR INFORMATION AND A PLACE OF HIDDEN DANGER

### Online harassment.

Real-life incidents have resulted in more than hurt feelings, even to the extreme measure of suicide. It's a new form of bullying, especially among peer-to-peer groups.

### Community-based websites.

Designed to bring groups of people together under one "community" via a group or common areas of interests, these sites are often intended for positive feedback. However, community-based websites can also spur negative gossip, contain inappropriate content, be a target for advertisers, and have a lack of security.

### Chat rooms and online social networking.

While fun and entertaining, sites such as MySpace, FaceBook and others may have the potential to threaten children's privacy and well-being. In fact, there is some concern that online social networking websites and chat rooms may also promote self-harm and encourage negative self-esteem.

### Student surveys by the nonprofit i-SAFE have found that:

- One in four students in grades 4-8 report being bullied online more than once.
- More than one in 10 high school students report being "cyber-stalked" or targeted by repeated online harassment
- Nearly three out of every five students in grades 5 through 12 admit to using the Internet unsafely inappropriately or illegally.

## WHAT CAN PARENTS DO?

To help ensure a child's time online is positive and safe, parents need to take an active role, even if they know less about computers than their wired kids. Here are practical tips to help keep a child safe online:



- Learn about the Internet if you're unfamiliar with it. Take a class or check out the computers at your local library.
- Regularly spend time online with children and teach them to be discerning and careful users of the Internet. Point out the difference between sales pitches and factual content as well as the dangers of chat rooms and giving out personal information.
- Keep the computer in a family or common area to better track what your child is doing.
- Ask kids to show you the places they go online, and be aware of other access your child may have, including text messaging and computers outside the home.
- Make sure children only exchange e-mail with people he/she knows and only uses chat rooms under the supervision of an adult.
- Establish rules for Internet use and set up "parental controls" through your Internet Service Provider (ISP). While controls aren't 100 percent effective, they can block a child's access to inappropriate materials, help you enforce time limits and allow you to monitor a child's activity online.
- Get Involved: Internet safeguards, including blocks and filters, are a good first step, but they are no substitute for good parenting and communication. Set limits and rules for Internet use, become informed, explain the risks and talk about your concerns. Create a climate of trust so that your children feel comfortable coming to you if something happens online that makes them uncomfortable.

## INTERNET SAFETY: RESOURCES

### Objectionable Activities or Content

1. Contact local law enforcement.
2. Contact the CyberTipline at 1.800.843.5678 or [www.cybertipline.com](http://www.cybertipline.com).
3. Report to your Internet Service Provider.



### Online Support and Information

1. [www.NetSmartz.org](http://www.NetSmartz.org):  
The National Center for Missing and Exploited Children - *The Nation's Resource Center for Child Protection.*
2. [i-SAFE.org](http://i-SAFE.org):  
Founded in 1998 and endorsed by the U.S. Congress, i-SAFE is a non-profit foundation dedicated to protecting the online experience of youth everywhere.
3. [IncredibleInternet.com](http://IncredibleInternet.com):  
Helping people of all ages cut through the Internet's clutter to improve their everyday lives, while keeping families safe online.
4. [GetNetWise.com](http://GetNetWise.com):  
A public service brought to you by the Internet industry corporations and public interest organizations to help ensure that Internet users have safe, constructive, and educational or entertaining online experiences.
5. [Scambusters.org](http://Scambusters.org):  
Helping people protect themselves from clever Internet scams, identity theft and urban legends since 1994.
6. [Netnanny.com](http://Netnanny.com):  
Home to the NetNanny™ suite of products - family-oriented filtering that allows you to manage your home Internet use from anywhere at any time through powerful Remote Management Tools.

## HELP AND ASSISTANCE

For additional information on how to surf the 'Net safely, for questions about protecting your kids online, or for counseling and support resources, contact Youth Eastside Services at 425.747.4937.

## LEARN MORE

Mark your calendars! The 2008 Microsoft Parenting Lifeline Speakers Series continues in October with, *Technology as a Resource: Social Networking for Good*. Details will be posted soon at [www.youtheastsideservices.org](http://www.youtheastsideservices.org).



*Youth Eastside Services is a lifeline for kids and families coping with challenges such as emotional distress, substance abuse and violence. 2008 commemorates the agency's 40 years of public service and commitment to the East King County region. Through intervention, outreach and prevention, YES continues to build confidence and responsibility, strengthen family relationships, and advocate for a safer community that cares for its youth.*

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