

## Suggestions For Parents

1. Keep your computer in a visible area, such as a living room or other common house area, rather than in a child's bedroom where parental monitoring is more difficult.
2. Consider installing a filter or monitoring software on your home computer (accountability is the best deterrent).
  - a. <http://www.filterreview.com>
  - b. <http://www.getnetwise.org/>
3. Use only filtered searches. Most search engines have a preferences tab which will allow parents to filter internet searches.
4. Learn how to install and configure parental controls for the various computer related games and devices. **Exposure to inappropriate material may still happen but you can lessen the likelihood.**
  - a. Set time limits.
  - b. Help your children learn how to manage themselves.
5. At an appropriate age, teach your children about the dangers of pornographic material – they need to hear this from you. Parents must model ethical behavior.
6. Establish a safety contract for use at home and outside the home.
  - a. Never give out personal information
  - b. Never plan a face to face meeting
  - c. Keep the lines of communication open
7. Be aware of sudden changes in your child's behavior, such as a loss of interest in social activities or a lack of interest in self appearance or a lack of sleep. These, coupled with increased computer usage, may be warning signs that your child is viewing inappropriate material.
8. Sit with your child this week and have them show you what they're doing and how it works.

***Realize that nothing can replace spending quality time with your children. The more a loving parent is present in their lives, the less danger there is that a child will seek out the dangerous aspects of the Internet.***

### Additional Resources:

<http://www.familyinternet.info/index.htm>

<http://kids.getnetwise.org/tools/>

<http://services.georgia.gov/gbi/gbisor/SORSearch.jsp>

<http://www.family.org/married/facts/A0030342.cfm>

<http://www.safeteens.com/>