

Keeping Your Child Safe in CyberSpace

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Presentation, Videos, and other information available at:

http://web.mac.com/jwr_pdx/Site/Cyber_Safety.html

- 1) How Parents Help Keep Kids Safe
 - a) Educate yourself about digital technologies!
 - b) Use prudence in your own online behaviors (including blogging)
 - c) Exercise basic responsible computing
 - d) Set clear expectations – and follow through

- 2) Discuss Ahead of Time
 - a) Discuss your family values and how they apply
 - i) Great tool – empathy – how would you feel if...
 - b) Support system
 - i) Keep lines of communication open
 - ii) Trust but verify
 - c) Who do they turn to if something happens?
 - i) How will you support them?
 - d) What do Kids Need to Know?
 - i) What information not to share / how to not share it
 - ii) What can happen to them
 - e) What do you do when you find something that makes you uncomfortable?
 - i) Kids going to inappropriate sites
 - ii) Kids interacting with people you don't know or don't approve of
 - iii) Kids arranging to meet somebody they met in cyberspace

- 3) Teach Your Kids Effective Decision Making Strategies
 - a) The “Golden Rule” test
 - i) How would you feel if someone did the same thing to you?
 - b) The “Mom or Dad” test
 - i) What would your Mom or Dad think?
 - c) The “Front Page” test
 - i) If your actions were reported on the front page of a newspaper what would other people think?
 - d) The “If Everybody Did It” test
 - i) What would happen if everybody made the decision to do this?
 - e) The “Check Inside” test
 - i) How do you feel inside?

- 4) Suggestions for Family Technology Policy
 - a) Online ONLY in communal spaces
 - i) No connected computers, including laptops using wireless, in bedrooms
 - b) All computer use may be monitored
 - c) Limit screen time (quantity and time-of-day)
 - i) For ALL types of screens – TV, computer, IM, cell phone, games, iPod
 - ii) Have rules for what must be completed before screen time
 - d) Devices downstairs at bedtime – nothing in their room
 - e) Allow Internet access only when parents are home
 - f) Only communicate (e-mail, IM, TXT) with people you already know (in real life)
 - g) Parents have a list of all accounts you use and all passwords
 - h) Discuss list of sites they are allowed to visit

- 5) Take A Walk Through Cyberspace
– With Your Child
 - a) Pull up a chair next to your child at the computer and ask them to...
 - i) Share with me all the programs and sites you use for gaming, IM and social networking sites
 - ii) Share with me all the screen names and email accounts you use and passwords (example)
 - iii) Show me your personal website, and any profiles you have on social networking sites, as well as your “away” message
 - iv) Share with me your buddy list – ensure you know IRL*
 - v) Ask if they’ve shared their password with a friend
 - vi) Define cyber-bullying and discuss (& show video)
 - vii) Check for naivety, “the digital wake”, sharing information, reputation, and “netiquette”
 - viii) Create a safe respectable online personality
 - b) Establish trust-but-verify policy
 - c) Consider appropriate technology for their age

- 6) Screen Time Checklist Suggestions
 - a) Today’s homework is finished
 - b) Your homework & notebook is in your backpack
 - c) Your space at the table is cleaned up
 - d) You have completed today’s household chores
 - e) You are on schedule with any project you have (if no schedule, make one)
 - f) Instrument practice is complete
 - g) Your lunch box is by the sink (any trash thrown out)
 - h) Your coat is hung up
 - i) Your bed is made and clothes picked up
 - j) It is BEFORE 8:00 on school nights (8:30 on non-school nights)