

## **HOW TO ENSURE YOUR CHILDREN USE TECHNOLOGY & MEDIA SAFELY AND RESPONSIBLY!**

Some tips suggested for making kids aware of risks in the real world from Cable in the Classroom, [www.ciconline.org](http://www.ciconline.org).

### **1. SET RULES**

- Do not give personal information through an online profile Your address, name of your school, or phone number could all be used to identify where you live.
- Do not post pictures or videos that could identify who you are, or where you live or go to school.
- Do not meet in person anyone you have met online.
- Do not become a cyberbully by spreading rumors or by being mean to or saying inappropriate things.

### **2. USE PARENTAL CONTROLS**

- Place internet-connected computers in common areas of the home.
- Set rules about when and how long children can be online.
- Monitor what they are doing online.
- Ask your Internet Service Provider (ISP) about any parental controls they may offer.
- Install a content filter and/or monitoring filter.
- Make sure you have up-to-date virus protection and a firewall.
- If your child participates as a character in an online game or has a blog or a profile at MySpace, Facebook, or other social networking site, have them show you what it is and how it works.

### **3. INSTILL MEDIA LITERACY SKILLS**

- Talk about how to find, analyze, evaluate, interact with, and create information online.
- Realize what you find online isn't always 100% accurate.
- Follow the money. Modern media give advertisers many more ways to reach you.
- Check out the following websites –

Cable In The Classroom: <http://www.ciconline.org/default.htm>  
Common Sense Media: <http://www.common Sense Media.org/reviews/age-grid.php>  
Concerned Children's Advertisers: <http://www.cca-kids.ca/>  
Education Showcase -Wired for the Future: <http://www.educationshowcase.com/>  
Take Parental Control: <http://www.takeparentalcontrol.org/>  
Cable Programming for Kids & Families: <http://www.controlyourtv.org/Networks.php>  
FCC "Parents' Place": <http://www.fcc.gov/parents/>  
National Ctr. For Missing & Exploited Children: [www.missingkids.com](http://www.missingkids.com)  
National PTA 'Parent Talk' & 'Health & Safety': [http://www.pta.org/pr\\_category\\_details\\_1117232399312.html](http://www.pta.org/pr_category_details_1117232399312.html)  
Children's Online Private Protection Act: <http://www.ftc.gov/bcp/online/edcams/kidzprivacy/>  
Alliance for a Media Literate America (AMLA): [www.amlainfo.org](http://www.amlainfo.org)  
Center for Media and Public Affairs: <http://www.cmpa.com/index.htm>  
Center for Media Literacy: <http://www.medialit.org/>  
The Henry J. Kaiser Family Foundation: <http://www.kff.org/entmedia/index.cfm>  
Media Literacy Review: <http://medialit.med.sc.edu/>  
National Institute on Media and Family: <http://www.mediafamily.org/>  
National Telemedia Council: <http://www.nationaltelemediacouncil.org/>  
Ithaca College Project Look Sharp: [www.ithaca.edu/looksharp](http://www.ithaca.edu/looksharp)  
National Cable & Telecommunications Association's [www.controlyourtv.org](http://www.controlyourtv.org) & [www.ncta.com](http://www.ncta.com)  
Choices and Consequences Court TV <http://www.courtvtv.com/choices/links.html>