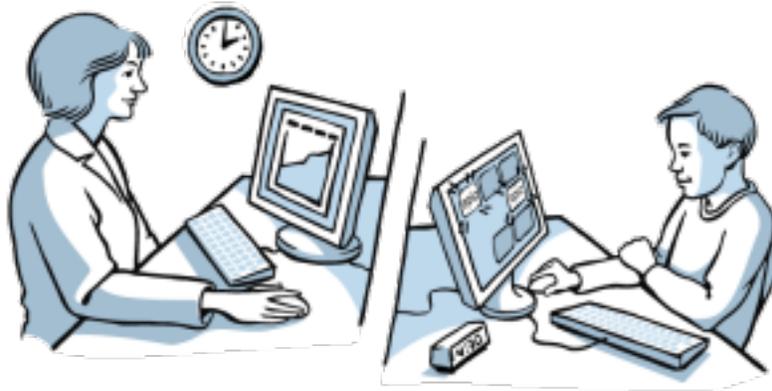


DPCDSB PSYCHOLOGY DEPARTMENT
Internet Safety for Parents



Questions for Parents/Guardians

1. Has your child spent more time online recently? How much?
2. Does your child have their own computer or tablet?
3. Does your child have access to the internet?
4. Does your child try to hide what is on their computer screen?
5. Are you responsible for managing their internet safety?
6. How comfortable are you with technologies related to internet safety?
7. Are there safety features on their computers or internet search engines?
8. Do you know what websites your child visits daily?

Prevention Strategies (points #2 and #3 do not apply to students using DPCDSB devices)

1. Try and keep up to date with online technology. If you are not familiar with chat rooms and social media apps, it will be harder for you to monitor your child's online activity.
2. Learn how to put safety restrictions and filters on computers and tablets that belong to your family:
 - a. Install filtering software like "Net Nanny"
 - b. Change "settings" on the tablet to add more restrictions

- c. Use google "safe search"
 - d. Install a pop-up and ad blocker on your browser
 - e. Have your child use "YouTube Kids"
 - f. Test a few 'innocent' words and see what comes up to check your computer settings and ensure inappropriate content is being filtered out. Speak to your child's teacher if you have concerns about filters and restrictions on a school computer or tablet.
3. Discuss with your child the type of sites that are not appropriate for their age.
 4. Teach them about what to do if they come across inappropriate content.
 5. Reassure your child that they will not get into trouble if they discuss what they saw online with you.
 6. Print a list next to the computer of the items/topics that they should not share on social media, such as phone number, home address, banking or credit card information, etc.
 7. Help your child understand that obvious passwords are easy for hackers to figure out.

Intervention Strategies

1. Set realistic expectations and schedule internet browsing time.
2. Teach your child to question the content of what they have viewed online. For example, ask them what messages they think certain images send to young people.
3. Delete all "cookies" from your child's computer or have the computer cleaned of personal data.
4. Relocate their computer to an open and visible area.
6. Report inappropriate content to the website.
7. Connect with school staff for support (teacher, Psychology, CYW, Social Work)