



WHO[®]
We Help Ourselves

www.WeHelpOurselves.org

INTERNET SAFETY



The Internet can be a positive benefit for your school-age children. It can also have some dangers and risks. Our technology continues to grow at a rate that is hard to keep up with. Parents, educators, and professionals must be aware of the potential harm that could occur to children and teenagers using the internet.

Here are some safety rules you can review with your family:

- 1) Never give personal information over the internet. Please be specific with school-age children. (last name, address, phone, etc.)**
- 2) Never arrange a meeting with someone over the internet.**
- 3) Remind school-age children that they are talking to a stranger when they contact someone over the internet.**
- 4) Always ask your children to inform you if someone is asking them for personal information or if someone is making them feel uncomfortable.**
- 5) Keep the computer in the family room so you can monitor what happens online.**
- 6) Review the Web sites your children and teenagers visit online. Check what kind of information and pictures are being shared over the internet.**
- 7) Set time limits on the computer and make special rules for using the internet other than for school projects or homework.**

<http://www.safekids.com/>
<http://www.netsmartz.org/>



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The Mental Health Association of Greater Dallas
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