Internet, Mobile Phones, and Texting Safety Tips for Kids

- **Do not** post personal information online (name, age, birth date, address, telephone number, or school name). This information can be used by others to find out where you and your family live.

- **Do not** post your picture or pictures of your family online – they can be copied or changed or used to find you.

- **Do not** send any inappropriate photo or message by email or text.

- **Do not** post your plans and activities in a chat room or on your personal website. Do not post entries that make it clear that no one is at your home.

- **Do not** communicate with someone who has made you uncomfortable or afraid. Tell your parents or a trusted adult if someone does.

- **Do not** join online groups or games without talking to your parents.

- **Do not** meet with someone you met online without first telling your parents or guardian.

- **Do not** post hurtful or inappropriate messages. If someone else posts hurtful or inappropriate messages -- do not respond, but do tell a teacher, parent or other adult.

- **Do not** click on any link that you do not know, and you are not sure is legitimate.

- **Do not** buy any “apps” or “in app” purchases without talking to your parents or guardian.

- **Do not** enable any location services without talking to your parents or guardian.

- **Do** remember that people can lie online and say they are something they are not. Someone who says they are a 12-year-old girl could really be an older man looking to harm you.

- **Do** save messages that upset you and show them to your parents.

- **Do** share your password with your parents.

- **Do** visit [www.netsmartz.org](http://www.netsmartz.org) to learn more about Internet safety.
Internet, Mobile Phones, and Texting Safety Tips for Parents

- **Do** teach your child not to post identifying information on the Internet.
- **Do** set a limit for how much time your child can spend online.
- **Do** keep the computer in a public room in the house. Do not have an Internet-connected computer in your child’s bedroom.
- **Do** utilize parental controls provided by your Internet Service Provider and/or blocking software. (Contact your Internet ISP if you have questions).
- **Do** talk to your children about purchasing “in app” products.
- **Do** talk to your child about using any location services on their device.
- **Do** periodically review your child’s computer, emails and messages. You should have all of your children’s passwords.
- **Do** spend time with your child online. Have them show you their favorite online destinations. Get to know your child’s online friends as you would their real-life friends. Learn to navigate the web.
- **Do** know who they text and email. Most providers have online ways to identify frequent contacts so you can see if someone new appears as a contact.
- **Do** monitor your child’s access to the Internet and texting.
- **Do** talk to your child about the danger of Internet predators.
- **Do** watch for unexplained changes in your child’s behavior.
- **Do NOT** hesitate to seek help from law enforcement if you think a predator may be targeting your child.

For more helpful Internet safety information, please visit [www.netsmartz.org](http://www.netsmartz.org). Netsmartz.org has age appropriate videos, activities, and information for students in elementary school, middle school, and high school.