



## Guidelines for Parents on Computer Internet Use

- Become more computer literate; get to know the services your child uses. Find out what types of information it offers and whether they are built-in ways to block out objectionable material.
- Consider using a pseudonym or unlisting your child's name if your service allows it. Steer away from online profiles. Pedophiles often use profiles as a means to find victims.
- Never allow a child to arrange face-to-face meeting with another computer user without permission. If a meeting is arranged, make the first meeting in a public place and accompany your child to the meeting.
- Do not allow your child to respond to messages or bulletin board items that are suggestive, obscene, belligerent, or threatening. Forward a copy of such messages to your internet service provider.
- If you're not internet savvy, ask your child to show you around the web. You'll get an idea of what they see online. Review your bookmarks. If you notice any suspicious web sites, delete the sites from the computer
- Call the National Center for Missing and Exploited Children at 1-800-843-5678 if you aware of the transmission, use or viewing of child pornography online.



- Never give out any personal information such as your address, telephone number, work number, or your child's school name.
- Keep the computer in your family room where you can watch and monitor your child's activities.



- Share an e-mail account with your child so that you can oversee his or her mail.
- Spend as much as time possible online together to show your children proper behavior and rules.
- Create an internet use agreement with your child, and set consequences if the agreement is violated.
- Do not allow your children to go into chat rooms without you being present.
- Monitor your credit card bill. Many pornographic internet sites require credit card payments in order to gain access.



- Consider using an online service that has special child accounts with restricted access to chat rooms and the internet.
- Use a filtering system that blocks inappropriate material. Be aware kids can still find questionable materials, such as positive books on the effects of drugs or drinking.
- Deliveries – Watch for unmarked deliveries of evidence that a child has opened a post office box to receive packages discreetly.
- Always keep in mind that as you move through the Internet, you leave information about yourself. When a user posts to USENET>IRC chat rooms or list servers, the user reveals their mailing address so they can contact them. Some web sites also collect information that may include your name, address, telephone number, and possibly even your credit card number. Ask your internet service provider how to turn off your “cookies”.



[www.drugfreeamerica.org](http://www.drugfreeamerica.org)

For information on parenting tips, teen channel information on drugs, special reports, personal stories about drug abuse, drug issues, links to substance abuse resources, links to Spanish, ecstasy and club drugs, and inhalant abuse.