

# DID YOU KNOW

- On average, 9-12 year-olds use the Internet for just under two hours a day while 13-17 year-olds are on the Internet for three hours a day.
- One-third of youth have accepted a friend request from someone they do not know, usually because it is a “friend of a friend” or because they want to meet new people.
- When youth are online, 62% use social networking sites.



*\*Source: Microsoft Canada Co. and Youthography Internet Safety Survey; results from January 2009 poll of 1,065 Canadian youth, aged 9-17 years.*

For more information on Internet Safety check out the following resources:

<http://www.media-awareness.ca/english/parents/index.cfm>

<http://youthprivacy.ca/en/teachers.html>

<http://www.media-awareness.ca/english/research/YCWW/index.cfm>

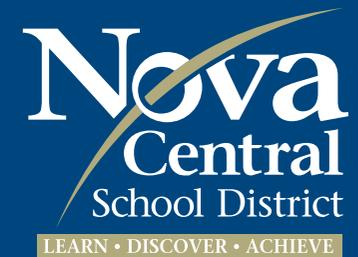
<http://stopcyberbullying.org/>

Or

For information on Safe and Caring Schools or further assistance, contact your school's guidance counsellor



203 Elizabeth Drive  
Gander, NL A1V 1H6  
Phone: 709 256-2547  
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## SAFE & CARING SCHOOLS

# INTERNET SAFETY

*Information for Parents*



# THE INTERNET

The internet can be a great resource for kids. They can play online games, chat to friends and family anywhere in the world, or do research for a school project – all at the touch of a keypad.

But there are hazards on the internet.

It is important for parents to pay attention to what kids see, hear and do on the web.



# SAFETY TIPS

- Keep computers in an open space (e.g. kitchen, family room).
- Create a list of family rules for using the internet, with input from your kids. Post the list near any computers.
- Limit internet time.
- Learn more about security and privacy settings for web browsers, and about internet-filtering tools. Teach your kids to never give out personal information online without your permission.
- Encourage them to talk to you or another trusted adult if they encounter anything online which makes them uncomfortable or scared.
- Monitor their online activities and spend time together online to teach your kids appropriate online behavior.

# ONLINE BULLYING

“Cyberbullying”

is when one minor targets another by using interactive technologies such as email, texting or social networking sites like Facebook.



It can consist of:

- Hateful messages
- Name-calling
- Threats
- Spreading gossip.

Cyberbullying is just as bad as other kinds of bullying.

Talk to your kids about online bullying. Encourage them to talk to you or another trusted adult if they are bullied or see someone else being bullied. Reinforce that they should not reply to or forward bullying messages or posts. Any threatening messages should be reported to the police.