I'M HAPPY
BECAUSE I'M SAFE

http://pauktuutit.ca/im-happy-because-im-safe/

The Internet is a useful tool and is becoming a part of daily life. This webpage will show the ways your kids may be interacting online, as well as topics of conversations to have with your kids about online safety. At the bottom of the page are links to other websites that have online safety about specific topics.

There are many ways kids are getting online. It's happening at home and at school, at their friend's house, and on a cell phone. They may also be connected through their video games. It is recommended that children under four not be connected online.

How to use these webpages

Other than this 'Parents and Guardians' webpage, there are three other pages on this site about online safety.

There is a page for kids ages 4-9 about feeling safe online, and finding safe websites with a parent or adult they trust. The tips given are about 1) not clicking on things they don't know, 2) not talking to people they don't know, and 3) reporting bad websites with a parent or adult they trust.

The second page is for pre-teens ages 10-12. That page gives information about personal and "vital information," and making friends in person and not online. Tips are given about using nicknames, and not sharing personal information to be safe.

The third page is for teens ages 13-18. That page is primarily about Facebook and creating privacy settings. It is designed to build self-esteem for keeping private information offline, and securing their network of friends.

All of the information for these age groups is also important for parents and guardians to know.

Talking to your kids about online safety

No matter what age or skill level, language or maturity, discussing online safety with your kids is important. Not everyone can be trusted on the Internet, and kids need to know that. Your kids also need to understand the expectations from parents and guardians when going online. Here are some topics to keep in mind, and other website resources that may help:

Where they can access the Internet

The Internet is usually available at schools and libraries. If you are comfortable with a teacher or other adult going online with your kids, or being available to help, schools and libraries are good choices. Your children may also have access to go online at home, at your work, or at a friend's house.

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What they can access

It's important for your children to know what websites they are allowed to see. Some parents and guardians find it useful for their children to give them a list of websites they wish to visit, before giving permission.

Parents and guardians may also want to limit what kinds of materials are downloaded (saved to your computer) or streamed (viewed on your computer). This is practical for their safety, preventing viruses from entering your computers, as well as tracking costs of Internet usage at home.

Sharing

Kids like to share what they know. Personal details about who they are, where they live, what they own, and what they look like are very important to keep private and not share online. For small kids, this means knowing that they should go online with a parent or guardian. For older kids, it means knowing what vital information they should not share. With teens, sharing can be limited by talking about what is acceptable and unacceptable to post to social media sites like Facebook, and to choose appropriate security measures in the privacy settings.

Boundaries

In managing the expectation of their kids, some parents and guardians set time limits for online activity. This allows for scheduling between other activities, and other users on the computer. Kids need to understand that access to the Internet is a privilege, and being part of the Internet means being in a public space. Parents and guardians should set up the passwords for their kids, or have them share their passwords with you. This is a special boundary. It helps develop and strengthen trust, but also safeguards both kids and parents in case a password is forgotten, lost, or there is a breach of security.

Helpful websites

- **Cybertip*** (The Canadian Centre for Child Protection)
  https://www.cybertip.ca/app/en/Internet_safety
- **Get Cyber Safe** (Government of Canada)
  http://www.getcybersafe.gc.ca/index-eng.aspx
- **Media Smarts** (Canada's Centre for Digital and Media Literacy)
  http://mediasmarts.ca/digital-media-literacy/digital-issues
- **Think U Know** (United Kingdom [Child Exploitation and Online Protection (CEOP)]
  https://www.thinkuknow.co.uk/

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