Internet Safety
Checklist

For

Parents
& Students

Internet Safety ☑ Checklist

For Students   When Online ●

1. Think before you post.
2. Always use proper etiquette and be a good online citizen.
3. Create a unique password and keep it private, sharing it only with my parents
   - I won't use my pet's name, birthday, nickname, etc.
   - I will vary my password from site to site and
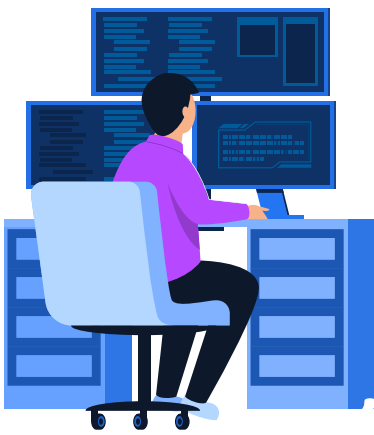   - Change my password from time to time

4. Never give out personal details such as:
   - Name
   - Address or even what part of the country I live in
   - Home number
   - Age or birthday
   - School
   - Club names

5. Communicate respectfully with others.
6. Never upload your picture without checking with my parents.
7. Seek permission before sharing pictures or information about other people online.
8. Never fill out online forms or questionnaires.
9. Never arrange a face-to-face meeting with a stranger.
10. Only download from known or trusted websites.
11. Tell a trusted adult if I see something that makes me feel uncomfortable.
12. Never open emails from people I don't know.

Internet Safety ☑ Checklist

For Parents
To ensure your child(ren) are safe online ●

1. Educate myself about dangers my children may encounter, including online predators and cyberbullying.

2. Discuss with your child about things on the web that make them feel uncomfortable.

3. Monitor their internet use by sharing an email account, checking browser history. Keeping the computer in a shared situation and maintaining access to your child's account.

4. Research and recommend appropriate child-safe sites.

5. Maintain an appropriate amount of parental control of software through user time limits and access to sites, games, chat and file sharing.

6. Select child-safe mobile devices, included those which do not include a camera or web access and phones with a limit on the number of calls that can be made.

   Note: you can request that the internet provider disable web access, even if you cannot find a phone without a camera