

Keeping Up With Technology: Safety Tips for Parents and Teens

These days, technology has been fused into our daily lives. But safety aspects may be forgotten along the way. Officer Odoi (Bloomington Police Department) has met with students in 3rd through 8th grades from St. Isidore School to discuss and increase the safety issues as young people “stay connected” with one another.

The following information has been provided by the Illinois Attorney General’s Office.

Suggestions for Parents:

Keep your child’s computer in a public place in your home.

Maintain open communication with your child about the usage of a cell phone and the computer.

Talk to your child about the dangers of posting too much personal information.

Explain to your child that they are not anonymous on the Internet.

Look at your child’s online profile, buddy list and phone contacts.

Explain that whatever is posted online stays online forever, including pictures as well as words (the content that is online now may haunt them in the future).

Engage your child in a conversation about how to behave online (Netiquette) and telephone.

Complete a Respect Contract with your child & talk about respecting others.

Tell your children never to harass anyone online or by phone.

Be aware of any changes in the behavior of your child which may indicate that your child is involved in Cyberbullying.

Being bullied online or in a text message is serious; make sure your children know they can come to you for help if this happens.

Tips for Students:

Never give out your password to anyone, except your parent or guardian. Friendships can change from one day to the next.

Always use an avatar; never a real photo of yourself.

Keep your personal information private. The more people know about you, the more they have to use against you.

Respect others. If you wouldn’t want it said about you, don’t say it about someone else.

The Internet is NOT anonymous. Your computer has an address in the online world, just like your house has an address in the real world.

Posting online is the same as writing with a permanent marker – it cannot be erased!