

## Top 10 tips for parents: How to protect your children from Internet dangers

1. Keep the computer in a common room in the house and position the monitor so it's available for public viewing.
2. Establish rules for using the Internet and teach your child important safety guidelines.
3. Use blocking software or filtering programs, but don't rely on them as your only line of defense.
4. Predators often use chat rooms to contact children. Teach children that people online are not always who they say they are.
5. Frequently check your computer's Internet history to see what sites your child is visiting.
6. Monitor your child's email account. Let him or her know you're checking it and why. Talk with your child about potential online dangers.
7. Spend time with your children online. Have them show you their favorite sites.
8. If you see anything suspicious or think that your child may be a victim of Internet exploitation, contact your local FBI office or law enforcement agency.
9. Tell your children to keep their personal information protected. Children should never give their real name, address, phone number, the name of their school or a picture of themselves to anyone they meet online. NEVER let your children meet in person with anyone they've met on the Internet.
10. Teach your children to tell a parent, teacher or trusted adult if they feel uncomfortable about anything they've seen on a computer.