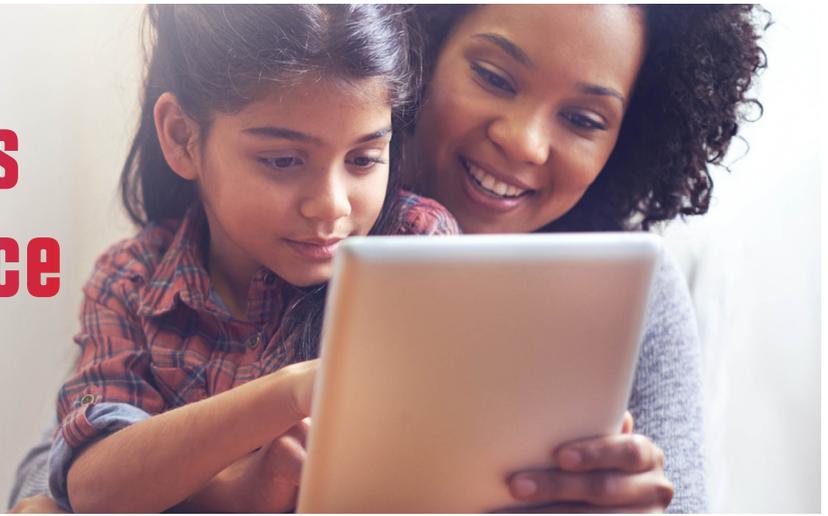# Keep your family's Internet experience a safe one.

STAY SAFE ONLINE

Technology and the Internet have drastically changed how we interact with the world. We have a wealth of knowledge and entertainment at our fingertips, 24 hours a day and 7 days a week. This is especially true for children and teens. While the Internet is a fantastic tool for learning, gaming and connecting with friends, it does come with some risks. Here are some suggestions on how to keep your kids' Internet usage fun, educational and safe.

Cyberbullying – Cyberbullying is bullying or harassment that happens online. It can happen by email, text message, games or social networking. It's important to talk to kids about cyberbullying and let them know not to respond to rude messages or comments. If the harassment is via email or social media, help your child to block bullies or create new accounts. If it is via text or phone messages, work with your provider to change phone numbers or block specific numbers.

Online predators – All children, even those from supportive and involved families, are at risk for being victimized. Parents should encourage children to come forward immediately if anyone makes him or her feel uncomfortable online or makes overtures about meeting in person. Parents should also watch for signs that an online predator may be connecting with your child, such as the child becoming withdrawn, receiving gifts from unknown people or finding any inappropriate materials on the computer.

Revealing personal information – Identity theft can happen to anyone, even a child. Social security numbers can be used to apply for benefits, open credit card accounts, apply for a loan or even rent a place to live. It's important for parents to warn children about sharing information such as social security numbers, debit/credit card numbers and even passwords and account numbers. Parents may want to periodically check credit reports to ensure that a child's information is not being misused.

Exposure to inappropriate material – Children do not have to look very hard to find inappropriate material online. It's as simple as typing a word into a search bar. Adult supervision and monitoring is key to ensuring that children do not come into contact with inappropriate materials. Installing blocking software is important, but certainly cannot overcome everything that a child may find online. Above all, parents should start with having open and honest conversations with children about what content they are allowed to access.

Regardless of what children are using the Internet for, there are some basic tips that can help to protect them from these risks.

- ✔ Keep the computer in a high-traffic area of the home

- ✔ Establish limits for which sites to visit and for how long

- ✔ Remember to monitor mobile devices

- ✔ Participate in online surfing with your children to monitor what they are doing

- ✔ Know who your children are interacting with online by monitoring social media

By staying aware of the risks and having open conversations about these risks with the children in your home, you can ensure that your family stays safe.

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STAY SAFE ONLINE

At Windstream we care about your safety. Below are some terms and tips to help you stay safe on the Internet.

CYBER CRIME

Cyber Crime is when someone steals your information, money or identity.

PASSWORDS

Passwords are used to protect you from Cyber Crime. Keep your passwords safe. Don't tell anyone what your password is other than a trusted adult.
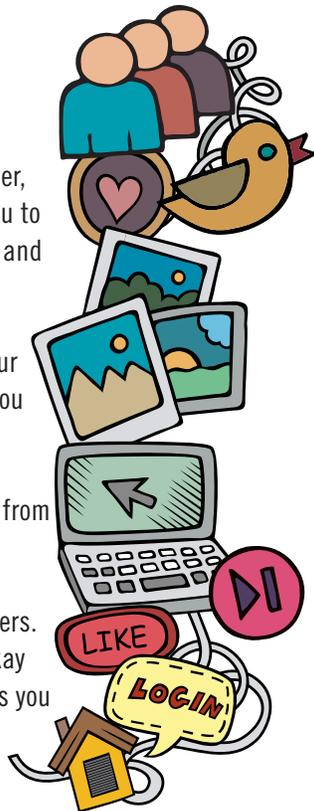
SOCIAL MEDIA

Social Media can be fun. Apps like Facebook, Instagram, Twitter, Pintrest and Snapchat allow you to talk with friends, share photos and play games.

Don't share information like your name or address with anyone you don't know.

Don't accept "friend" requests from someone you don't know.

Don't share photos with strangers. And make sure you would be okay with everyone seeing the photos you post. Once it's on the Internet, there is no getting it back.

FOR MORE SAFETY TIPS GO TO:

Kids.USA.gov/online-safety

netsmartzkids.org

sos.fbi.gov

CYBERBULLYING

Cyberbullying can be very hard to deal with if you are the target of the bully. Some examples are below:

- 🙁 Sending mean or threatening emails, instant messages, text messages or comments in social media

- 🙁 Excluding someone from a group chat or group text for no reason other than to be mean

- 🙁 Tricking someone into revealing embarrassing information and sending it to others

- 🙁 Breaking into someone else's email account and pretending to be them while sending cruel or untrue messages

- 🙁 Creating a website that makes fun of others such as a classmate or teacher

Do NOT respond to a Cyberbully. They want you to respond. Don't give them the satisfaction. And don't become a cyberbully yourself, instead do the following:

- 🙂 Save the evidence of the cyberbullying and report them to parent or teacher.

- 🙂 Be relentless. Keep reporting each and every bullying incident until it stops.

- 🙂 Prevent communication from the cyberbully, by blocking their email address, cell phone number, and deleting them from social media contacts.

- 🙂 Don't blame yourself. It is not your fault. No matter what a cyberbully says or does, you should not be ashamed of who you are or what you feel. The cyberbully is the person with the problem, not you.
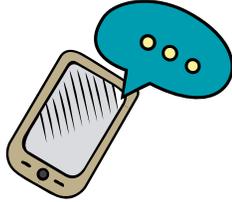
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BE SAFE. HAVE FUN.

TEXT TERM TEST

Do you know what these abbreviations mean? Answers at bottom.

1. BRB
2. LOL
3. GR8
4. NP
5. B4N
6. WYWH
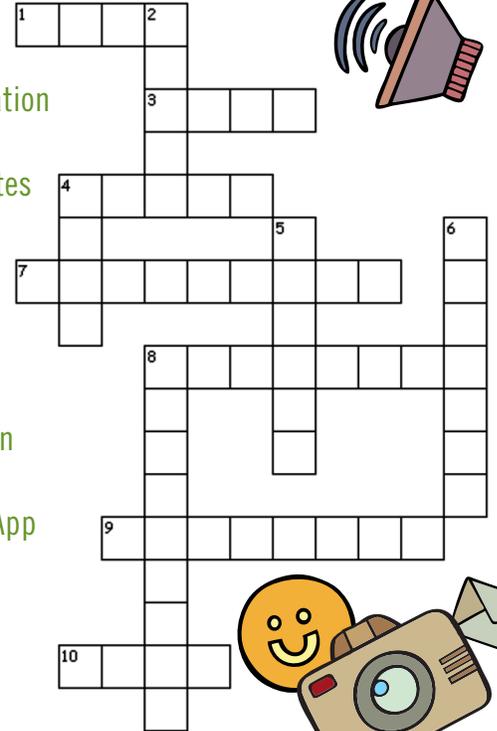7. TTYL
8. L8R
9. TYVM
10. VBG

WHAT'S ONLINE

Across
1. Thumbs Up
3. Applications Abbreviation
4. Mean Person
7. Saved Favorite Websites
8. World Wide Web
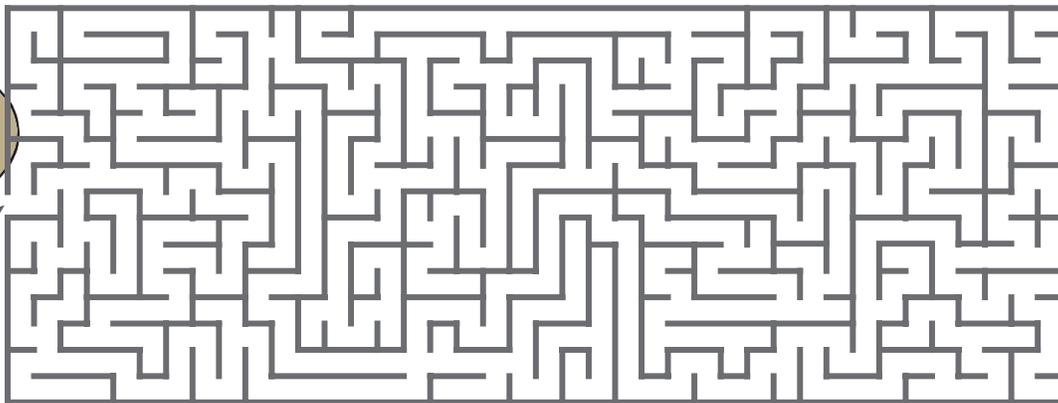9. Hidden Word
10. Unsolicited Email

Down
2. Electronic Mail
4. Online Writer's Column
5. Online request
6. 140 Character Limit App
8. Share Photos App

"LIKE" THE PHOTOS MAZE

START

FINISH

LIKE

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