Internet Safety

In a world of technology, children are very curious about learning and exploring the internet which can include social media, games and other avenues. Not understanding what it is they are searching for or looking at, can become very easy to put information onto the internet that can be exploited (taken advantage of) and placed anywhere in the world for other people to see or use. As a parent, we want our children and ourselves to be safe and not be vulnerable to predators on the internet.

Here are some tips to help keep you safe when on the internet:

• Choose Strong Passwords – don't use any of your personal information for passwords, ie birthdate, address, telephone number, a series of numbers like 1,2,3,4 etc. Log in for your children especially if they are young.

• Keep Personal Information Professional and Limited - you don't need to share all of your personal information. It may be taken and used for the wrong reasons. Have your children check with you before they post or put information on the internet.

• Keep Your Privacy Settings On - you can limit who can see what you are posting by going into your settings and choosing who sees what. Your privacy should be kept safe at all times and you can control that.

• Practice Safe Browsing – use only sites that you can trust. If it looks too good to be true, then it probably is. Give your children specific sites that they can use.

• Make Sure Your Internet Connection is Secure - if it is secure your connection between your device and an internet server will ensure that no one can monitor or access your data you are exchanging. Wi-fi should be secure as well. Many outside wi-fi sites are not secure and others can get access to your information. Avoid wi-fi you don't know.

• Keep your anti-virus program up to date. This will help keep your devices safer and freer from malware and viruses. Also keep your apps and systems up to date.

• Avoid being online. People are not always who they claim to be. Ensure you know who you are talking to when online. Place limits on who your children can talk to.

• Be careful what you post. Once you post on the internet you can never erase

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it fully. Once it's out there, you can't take it back.

• Place devices with internet access in an open space within the home. This will allow for easier supervision of the sites in which your children may be accessing.

• Be aware of what your children are doing on the internet. Setting limits and having conversations about safety on the internet are great ways to keep you and your children in tune with each other but also keeping you all safe online.

Disclaimer:

For further information, feel free to check protectkidsonline.ca. This website is intended to educate and empower parents by providing prevention tips to help reduce their child's risk of online exploitation and points to help them get the conversation started about online safety with their kids, no matter what their age.

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