

Parent Guidelines for monitoring their child's activity on the internet:

What are some tips on monitoring my child's time on the internet?

- **The DIRECT** approach is to restrict internet access to times when you are available to physically monitor your child's activities.
- Dual Monitors are also an option.
- You could also have your internet service provider (ISP) put filters on your internet service.
- Monitoring software can track your child's key strokes. (i.e. www.eblaster.com, www.spectorsoft.com)
- **The INDIRECT** approach is to establish an agreement with your child based on trust. The child will tell you when they experience any kind of "trouble" on the internet.
- Make sure your computer is in a common room where you can monitor your child's activities.
- Set ground rules about when, how long, what content is off limits and the consequences when rules are broken.
- Your child is NEVER to meet a cyberpal in person.
- Your child should be taught they are not to believe everything they see or hear online.
- Learn to check for information left on your computer. The history button provides you with a list of websites visited. If the history has been cleared, that may be a signal your child has been to a site they should not have visited.
- PROTECT your computer with anti-virus and anti-spyware programs. Make sure you get regular updates to these programs.
- Don't open attachments to emails unless you know the identity of the sender and you have been told in advance that they are sending you an email with an attachment.

How can I check to see what my child is doing on the internet?

One thing you can do is check the "history" section on the computer. This will tell you all the websites that the user has visited. If the history has been cleared, this may indicate a problem. Your child does not want you to know which sites he/she visited while on the computer.

To view the HISTORY for internet explorer 7.0:

While in internet explorer, press the control key (Ctrl) and H at the same time. A window will appear on the side and it will show the history of sites visited arranged by dates. When you click on one of the days, you can view all sites visited on that date.

To view the HISTORY for Firefox:

On the menu at the top, click on the “History” button, then “View” in the sidebar.

What about Monitoring software?

Another thing you can do is install Monitoring software. There are different types of monitoring programs that can accomplish different purposes and we have listed a few here. This is by no means an endorsement of these products by Keep Georgia Safe. However, we do like the reviews these programs have been given:

- eBlaster: Reports of user activity are emailed to you. The user is not aware the program is installed.
- Child Safe: Will email logs to you. Can limit access for your child on the internet.
- Spector: The user is unaware that the program is installed, but you actually have to go to that computer to check the reports.
- Sentry PC: This controls, restricts, and monitors activities on your computer.

There is another program that has received good reviews that allows you to monitor your child's instant messenger chat. The program is Nalsoft AIM Log Manager.

What about Filtering software?

There are programs that will help filter - or limit what internet sites your children are able to access. Again, this is not an endorsement of these products by Keep Georgia Safe, but these programs have received great reviews:

- Norton Internet Security
- Net Nanny
- Cybersitter
- ContentBarrier for Mac
- K9 Web Protection
- CyberPatrol

Should I allow my child to use a webcam?

The simple answer is NO!

A webcam is a video camera that hooks into your computer or is attached to the video monitor. This camera connects to a web server and allows the transmission of video or a succession of still images to be sent instantly. The video or images can then be downloaded and these images are also accessible by other computers.

What are the dangers? Pedophiles can access and view the webcam. Also, kids can get carried away with the webcam and end up sharing more than they should!

What are some safe search engines?

A few of the major search engines have an optional family filter that you can set for all searches. Google and Altavista are a couple of examples. You can also have your child go directly to a search engine specifically set for them. Examples are:

- www.Askforkids.com
- www.Kidslick.com
- www.ajkids.com
- www.squirrelnet.com

- <http://kids.yahoo.com>

Places for your child to avoid on the internet:

- Chat rooms: These are areas where your child is at their greatest risk of exposure to bad things!
- Instant messages: These are immediate person to person communications that can only be viewed by the sender and the receiver.
- Bulletin boards: These are interest driven areas where people exchange things.
- News groups: Potentially explicit material, including violence and pornography.

Learn your Child's Lingo:

Here are the translations for some of the chat / texting lingo:

121	one-to-one
ASL	Age, Sex, Location?
ADR	Address
POS	Parent(s) over shoulder
P911	Parents are coming; watch what you type
TA	Teacher alert
SA	Sibling alert
:OX	Shhh. It is a secret!
CTN	Can't Talk Now
Cyber	Cybersex, sex over the computer
BRB	Be right back
BTW	By the way

F2F	Face to Face
GTG	Got to go
LOL	Laughing out loud
IMHO	In my humble opinion
OMG	Oh my God!
OTOH	On the other hand
WB	Welcome back
BBL	Be back later
CYA	See ya
CU	See you
IRL	In real life
ISA	I'm so annoyed
L8R	Later
LTNS	Long time no see
NIFOC	Naked in front of computer
OMDB	Over my dead body
SOMY?	Sick of me yet?
SorG	Straight or gay
THX	Thanks
TIA	Thanks in advance
TTYL	Talk to you later
TDTM	Talk Dirty To Me
WRN	What's your real name?
WTF	What the F**k? (Graphic)
WTG	Way to go
WTGP	Want to go private (chat room)?
WUF	Where are you from?

