

## Internet Safety Questions

### **Parents: Ask yourself the following regarding screen time habits in the home.**

How much time do I spend on a screen? Daily? Weekly? Am I modeling good screen time habits?

What is the daily or weekly amount of screen time for my child/ren?

What are the parental controls on your devices? Do you know how to set parental controls?

Is technology in a location where there is oversight and you have parents/guardian eyes on what is being viewed by minors in the home?

If there is gaming online, does the game have a “chat” feature? Can this feature be disabled?

Have you had a conversation about pornographic content that can be accessed?

A family agreement is a great way to start a conversation with your whole family about how you all use the internet, and discuss together how to behave in a positive way when online at home, at school, or at a friend’s house etc. Bear in mind it is difficult to have complete control over your family’s internet usage, however, a family agreement is a great way to set clear expectations for positive and safe internet use.

I agree to:

- Follow rules of when and how long I can be online.
- Visit approved websites that have been cleared by adults that are trusted to make those choices.
- Tell my parents if someone I do not know contacts me online.
- Tell my parents if someone threatens or makes me feel uncomfortable online.
- Ask permission before I download files or open email attachments.
- Keep my personal information private and not use it in my user name or online profile.
- Refrain from posting pictures of my family, my school or my home online.
- Refrain from posting anything I would be ashamed for my teachers or family to see.

Online permissions:

- Email friends
- Text with friends and family
- Video chat with people I know personally
- Have a personal website or social networking account
- Visit certain websites without checking with my parent/s
- Use a friend’s computer or device to communicate with friends

<https://www.internetmatters.org/>

Excellent website offering practical, safety information from ages 0-adult