

# overload

## Parent Resources for Teens and Technology

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You can then hold your mouse over a particular session and a “play” button will pop up. If you click on it you can listen now or if you click “View in iTunes” on the left it will open up in your iTunes (if you have it) and download it there to listen to anytime.

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## Internet Safety's 5 Tips for Creating a Cybersafe Home™

*This generation of parents is the first to face the challenge of helping our children make the most of their virtual space while keeping them safe in it. If you're still getting your footing in virtual parenting, don't worry. InternetSafety.com has the following tips to help ensure that your child's online experience remains positive.*

### 1. Become a net-savvy parent

The best safeguard against online dangers is being informed. Jump in and learn the basics of the Internet—read articles, take a class, and talk to other parents. A good place to start is [www.LearnTheNet.com](http://www.LearnTheNet.com). You don't have to be an expert to have a handle on your child's online world.

### 2. "Chat" with your kids

Develop an open dialogue so that you can talk with your kids about the benefits and dangers of the Internet. Cultivate an interest in their online activities—their favorite Web sites, online games, and interests. And don't be afraid to ask your children who they are talking to online and what they are talking about.

### 3. Agree on a game plan

Use the InternetSafety.com Gameplan™ to formally agree on your family's guidelines for using the Internet. Post them near the family computer as a reminder. Ensure that your kids know to never share personal information on the Internet and that they should tell you about any online activity or contact that makes them uncomfortable.

### 4. Protect your computer

Take advantage of the software that exists to help parents manage their children's computer experience. In only a few minutes, parental control software like Safe Eyes can block inappropriate websites, restrict the amount of time that your kids use the Internet and monitor their Instant Messenger chats to protect against predators.

### 5. Explore the Internet as a family

With a game plan and a protected computer, you can now encourage your family to take advantage of all that the Internet has to offer. Take a genuine interest in what your kids are doing and stay engaged with them online.

## Internet Monitoring Family Game Plan



The following Gameplan establishes the online ground rules for our home. We will display this Gameplan and update it periodically as our children grow older.

1. **We will never give out personal information such as our last name, address or phone number.** We should also not give out the name of our school, our city, our siblings, our sports team or our parent's workplace.
2. **We all agree to not give our passwords to anyone outside of our family.** We have all agreed upon user names to use while we are on the Internet. I will not change the settings for my computer or my password without my parent's permission.
3. **We all agree to limit our online time so that it doesn't interfere with other activities.** We agree to follow the time limits that our family sets and not let the Internet take time away from homework, sports, face-to-face interactions or family time.
4. **I will never meet an online friend in person.** Just as I stay away from strangers on the street, I will be careful about strangers on the Internet. If anyone ever asks to meet with me off line, I will notify my parents immediately.
5. **I will tell my mom or dad right away if I come across something that makes me feel uncomfortable.** If anyone uses bad language or mentions things that make me uncomfortable, I will immediately log off and tell my parents.
6. **I will not remain on or click on a page that says, "For Over 18 Years Only."** If this happens, I will log off and I will let my parents know. I understand that I'm only a click away from bad sites and that these pages are definitely not for kids.
7. **I will only download pictures and files with my parent's permission.** Some of these files may contain inappropriate pictures or dangerous viruses that could mess up our computer.
8. **I will not send pictures of my family or myself to anyone online.** The only way that I am allowed to do this is if my parents say it is all right.
9. **I will be safe everywhere.** I will follow the same Internet safety rules at my friends' houses, at school and at the library that I do while I'm at home.
10. **I understand that nothing is private on the Internet.** I agree that my mom or dad can read my mail or check the sites that I have been visiting — not because they don't trust me but because they just want to make sure that I am safe.

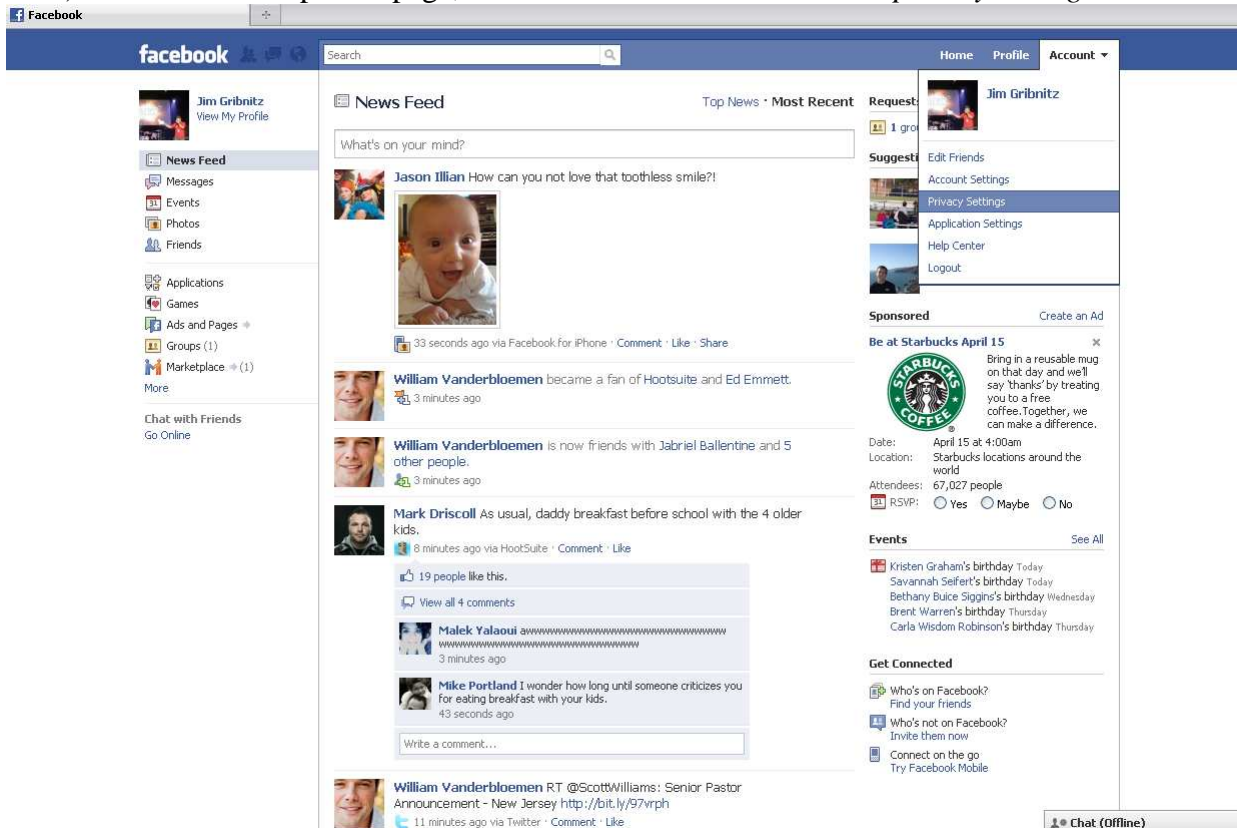
We agree to the above InternetSafety.com Gameplan:

\_\_\_\_\_  
Child's Signature

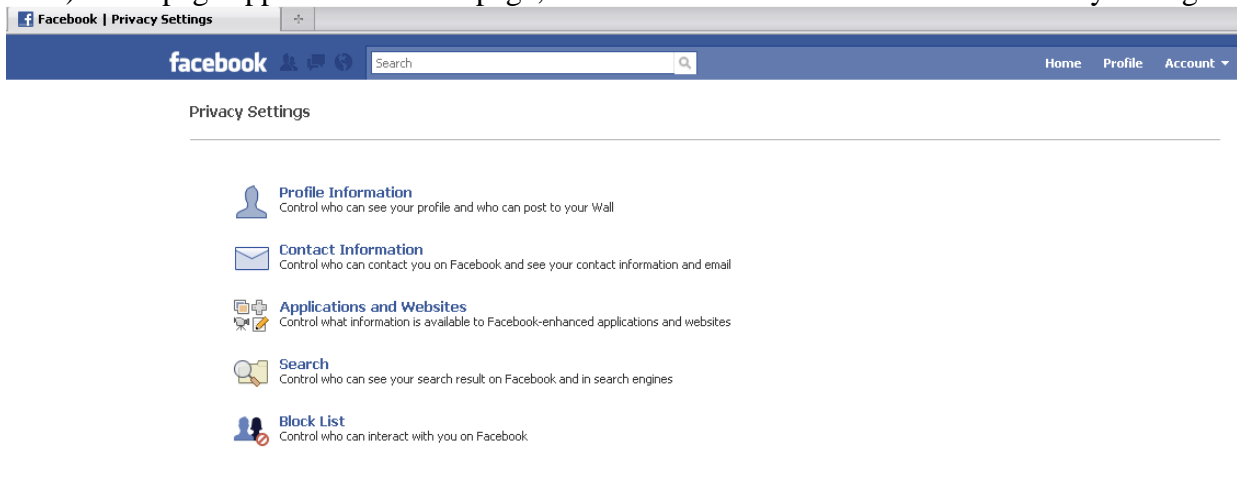
\_\_\_\_\_  
Parent's Signature

# Privacy Settings on Facebook...

1) On the account profile page, click *account* and scroll down to *privacy settings*



2) This page appears. From this page, select the different areas to set the security settings:



3) In this example, we selected 'profile information'. Under each one, you can change it (if it is not already changed) to "only friends".

Facebook | Privacy Settings

Privacy Settings > Profile Information

[← Back to Privacy](#) [Preview My Profile...](#)

<b>About me</b> About Me refers to the About Me description in your profile	<a href="#">Only Friends</a>
<b>Likes and Interests</b> Interests, Activities, Favorites	<a href="#">Only Friends</a>
<b>Birthday</b> Birth date and Year	<a href="#">Only Friends</a>
<b>Religious and Political Views</b>	<a href="#">Only Friends</a>
<b>Family and Relationship</b> Family Members, Relationship Status, Interested In, and Looking For	<a href="#">Only Friends</a>
<b>Education and Work</b> Schools, Colleges and Workplaces	<a href="#">Only Friends</a>
<b>Photos and Videos of Me</b> Photos and Videos you've been tagged in	<a href="#">Only Friends</a> Everyone Friends of Friends • <b>Only Friends</b> Customize
<b>Photo Albums</b>	
<b>Posts by Me</b> Default setting for Status Updates, Links, Notes, Photos, and Videos you post	<a href="#">Only Friends</a>
<b>Allow friends to post on my Wall</b>	<input checked="" type="checkbox"/> Friends can post on my Wall
<b>Posts by Friends</b> Control who can see posts by your friends on your profile	<a href="#">Only Friends</a>
<b>Comments on Posts</b> Control who can comment on posts you create	<a href="#">Only Friends</a>

To edit settings for Groups and other applications, visit the [Application Settings Page](#).

Facebook © 2010 English (US) [About](#) [Advertising](#) [Developers](#) [Careers](#) [Terms](#) • [Find Friends](#) [Privacy](#) [Mobile](#) [Help Center](#)

[Chat \(Offline\)](#)

Using this selection allows only "friends" to see certain information about your student. In other words, if your student does not 'friend' them, they can only see minimal information.

## Software/computer monitoring notes from one parent:

### *An Easy Option:*

The Mac has super-simple and very good **parental controls**. To set it up you need to *password protect* the default account, *create* an account for your kids, *turn on* the parental controls, and *select* the right level of control. It's really that easy.

With the *parental controls* you can:

- \* Block access to inappropriate web sites.
- \* Block some apps (chat, email, etc.)
- \* Monitor and meter usage.
- \* Put the computer to sleep for certain times of the day.
- \* Limit the amount of time allowed on the computer is used for the day.

The nice thing about the way the Mac parental controls work is that if a site is blocked, you can override it with the parent's password. The way to use this is to set the filter to be *too conservative*, but then the kids know that they can bring their laptops to us to you for an override. This engages you in what they are up to online.

### *A Little Bit Harder:*

For PCs there is a program called [OpenDNS.com](http://OpenDNS.com). It's a bit harder to set up, but the website has very good instructions. All you get with this is website filtering.

One nice feature, if you have a wireless network, you can configure OpenDNS in your router and then every computer (and iPhone) on the home network automatically gets content filtering.

The Site is: <http://www.opendns.com/solutions/household/>

### *Macs:*

Macs have a feature called "Screen Sharing". Basically anyone on the local network (with a password) can log on and see what you are doing on your computer. If you have this turned on on all of your laptops it's understood that computer screens are not a "Private Space". Kids would know you could be watching at any time. The neat thing about this features on the Mac is that there is no visual indication that someone is watching your screen. (There is actually a tiny little icon that pops up in the upper right, but most kids don't know what this is.)

*Windows 7* probably has this feature now, but I don't know for sure.

## iPods/iPhones/iTunes

The iPhone, iPod and iTunes have parental controls, but they have to be turned on.

A lot of parents have trouble knowing what their kids are listening to on their iPods – here's a good tip. iPods have a playlist called "Recently Played". This playlist is automatically maintained by the iPod, so it's a good idea to pick the iPods up periodically and play this playlist. You don't have to listen to all of it, but skim thru it from time to time to see what they have been listening to. Objectionable songs can be blocked from purchase.

## Internet Monitoring and Filtering Software

### Safe Eyes

[www.safeeyes.com](http://www.safeeyes.com)

Revolutionizing the way families manage their online activities (websites, music, instant messaging, emailing, videos, gaming and social networking) Products for Home, School or Business-Mac or PC. Also offers filtering for iPhone, iPad and iPod. Site also has good general information.

**Price:** \$49.95-30 day Money Back Guarantee

**Price:** \$19.95-Mobile version available on iTunes

### Covenant Eyes

[www.covenanteyes.com](http://www.covenanteyes.com)

Accountability software monitors internet use and emails reports to people you select. Filter service blocks objectionable websites from your computer.

**Price:** \$7.99 per month for the first username. Add accountability usernames to your account for family or staff for just \$2 each per month.

**Price:** \$4.99 per month for first filter-only username. Add filter usernames for \$1.50 per month each.

**For the best protection** use the accountability service (monitoring) and receive reports on internet use. The filter is only \$1.50/mo per user if added to our accountability service.

### PC Tattle Tale

[www.pctattletale.com](http://www.pctattletale.com)

This internet monitoring software records everything your child does when they go online.

**Price:** \$49.99

### I-Spy

[www.ispysoft.com](http://www.ispysoft.com)

A complete computer monitoring software that offers most powerful and complete range of monitoring, recording and reporting tools.

**Price:** \$29.95

### OpenDNS

[www.opendns.com/solutions/household](http://www.opendns.com/solutions/household)

**Price:** Basic is Free

**Price:** Deluxe \$9.95 a year

### CyberPatrol

[www.cyberpatrol.com](http://www.cyberpatrol.com)

Web based parental control software and internet filtering.

**Price:** \$39.95 for 3 computers Try it free for 14 days

### Internet Safety

[www.internetsafety.com](http://www.internetsafety.com)

Filtering software for computer and phones. Site also has good general information.

## Misc Websites

[www.common sense media.org](http://www.common sense media.org)

Common Sense Media is dedicated to improving the lives of kids and families by providing the trustworthy information, education, and independent voice they need to thrive in a world of media and technology. Free reviews/ratings for movies, games, music, books, websites, tv...

[www.getnetwise.com](http://www.getnetwise.com)

GetNetWise is a public service brought to you by Internet industry corporations and public interest organizations to help ensure that Internet users have safe, constructive, and educational or entertaining online experiences. The GetNetWise coalition wants Internet users to be just "one click away" from the resources they need to make informed decisions about their and their family's use of the Internet.

[www.ikeep safe.org](http://www.ikeep safe.org)

The Internet Keep Safe Coalition is a broad partnership of governors and/or first spouses, attorneys general, public health and educational professionals, law enforcement, and industry leaders working together for the health and safety of youth online. iKeepSafe® uses these unique partnerships to disseminate safety resources to families worldwide.

[www.net smartz.org](http://www.net smartz.org)

NetSmartz® is an interactive, educational safety resource from the National Center for Missing & Exploited Children® (NCMEC) and Boys & Girls Clubs of America (BGCA) for children aged 5 to 17, parents, guardians, educators, and law enforcement that uses age-appropriate, 3-D activities to teach children how to stay safer on the Internet.

[www.love and logic.com](http://www.love and logic.com)

The Love and Logic Institute is dedicated to making parenting and teaching fun and rewarding, instead of stressful and chaotic. We provide practical tools and techniques that help adults achieve respectful, healthy relationships with their children. All of our work is based on a psychologically sound parenting and teaching philosophy called Love and Logic.

[www.screen it.com](http://www.screen it.com)

A small but growing team of reviewers who are not affiliated with any political, social or religious group thus assuring they provide unbiased reviews. By doing so, they allow parents and others to decide whether a movie, video or DVD is appropriate for them and/or their kids based on THEIR values.

[www.dove.org](http://www.dove.org)

A non-profit organization whose mission is to encourage and promote the creation, production, distribution and consumption of wholesome family entertainment.

Free movie reviews(**also available as a free iPhone app**)

[www.monitoring software reviews.org](http://www.monitoring software reviews.org)

Monitoring software comparisons and reviews

[www.monitoring- software- review. topten reviews.com](http://www.monitoring- software- review. topten reviews.com)

Monitoring software comparisons and reviews

## iPhone Apps

Search "Dove Family Approved Movie Reviews" in the App Store. Detailed movie reviews of the content in a movie (drugs, sex, violence, etc.).

**(Name of Student)**

## **CELL PHONE RULES**

(Date)

### GENERAL RULES

1. The cell phone is a privilege.
2. Your continued use of the phone depends upon your ability to be responsible and follow the rules.
3. All rules can be changed at any time.
4. Failure to follow the rules can result in the confiscation of the phone.

### SPECIFIC RULES

- Usage
  - Phone must remain off from 9pm - 7am
  - Phone must remain off during school hours.
  - If you don't know the number, then don't answer/respond to it
  - When you go to bed each night, your phone is to be placed on the desk in the kitchen
  - Access to the internet will run through a filter, more than likely Safe Eyes. You are not allowed to tamper with this program to try to "get around it".
  - You will pay for the use of your phone each month. Currently, your plan charges are \$10/month for voice service, \$30/month for internet and e-mail and \$10/month for texting. Please note, you are receiving a discounted rate because you are on our plan. The normal cost of this phone to you each month absent our existing plan would be around \$120/month.
- Mom & Dad
  - Any messages must be returned immediately, except during school
  - We have full and unfettered access to your phone 24/7
- Do not delete any text or email messages from your phone
- Notify us if you receive a text or email message that contains objectionable/questionable material or is from an unknown source. Do not open pictures/files from anyone you do not know.
- Do not use phone in presence of others (love others)
  - "Excuse me, do you mind if I text/call..."
- 24/7 use of phone
  - anytime you feel unsafe, scared, threatened
  - anytime you are hurt or sick
  - anytime you NEED us