

# What internet sites did your kid visit today? Are you sure?

## How do I track internet use without being a snoop?

Most parents are naturally concerned about being respectful of their child's privacy, however it is important to remember that the internet is a public place. Every single activity leaves a footprint that can be traced. It is really important to help your child understand that nothing is private on the internet and that as their parent, it is your responsibility to monitor activity to keep them safe and protected.



**YTB** =(You're The Best)  
Need more help translating?  
[www.netlingo.com](http://www.netlingo.com)

## Did you know?

The Center on Media and Child Health recommends limiting computer use to 1 hour on school nights and 2 hours on weekends. Preschoolers should be limited to 20-40 minutes a day.

## "MUST SEE WEBSITES"

[iKeepSafe.org](http://iKeepSafe.org)

[netlingo.com](http://netlingo.com)

[GoMcGruff.com](http://GoMcGruff.com)

[cmch.tv](http://cmch.tv)

[comcast.net/security](http://comcast.net/security)

*Learn more about cyber-bullying,  
monitoring software and internet safety.*

## Top 3 Tips for Young People

1. **Keep Safe**-it is important to keep your personal information safe; never disclose your address, phone number, etc online.
2. **Keep Away**-stay away from internet strangers because you have no way of knowing who they are. NEVER meet people from the internet face-to-face without talking with your parent first.
3. **Keep Telling**-talk to your parents or another adult about the internet and ALWAYS tell someone if something on the internet makes you feel unsafe or uncomfortable.

## Top 3 Tips for Parents

1. **Keep Current** with the types of technology that your child uses. It is important to have a basic understanding in order to keep your child safe.
2. **Keep Communicating** with your kids about what sites they visit on the internet, keep the communication lines open about what experiences they have had and what your expectations are.
3. **Keep Checking** your child's activity on the internet. Don't keep this a secret, let them know that you will be checking periodically. Remind them that the internet is not private and activity can be tracked.

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