

Cyberproofing Your Children

A message from your School Elementary Nurse:

- Set up your computer in a well-exposed area and not in your children's bedroom.
- Set reasonable limits for Internet use. (e.g. acceptable sites and appropriate times for use.) You can install free child-safe filtering software and software that can limit access to the internet at certain times. For a list of some of these free filters, see the Peel Police Website below.
- Did you know that any sites visited are tracked by the computer as history? A parent can check the history but be aware that sites visited can easily be deleted from the history by your child. Also monitor your telephone bills for any unknown numbers.
- Teach your children to never give out any personal information such as: name, address, phone number, gender, school name, parents' workplace, parents' credit card numbers, family routine and individual plans. This includes not having your children sending photos or filling out questionnaires.
- Know the passwords and/or code names (words) that your children use online.
- Children should never agree to meet someone they've talked to online. Remind them that they are talking to a stranger who may be pretending to be someone else.
- Teach your children to tell you about any harassing or inappropriate messages. The police or your Internet Service Provider may be able to help you.



For more information contact the School Health Elementary Nurse for your school and/or visit www.peelpolice.on.ca or www.niagararegion.ca