SAFETY and ICT continued...

- Ask your child to tell you **if he or she is being bullied**. Bullying, whether online or in person, is unacceptable.

- Have your child **sign an agreement** about your expectations for using the Internet. This agreement should set out clear rules for behaviour and consequences of not living up to those rules.

- **Set limits** to how much time your child spends on the Internet, television and video games. It is important to stay physically active to be healthy!

- Remind your child that what is done on the Internet **does not disappear** after logging off. Photos, videos, texting and email can be reproduced and cannot be erased once shared with others.

- Always have updated **anti-virus software** active on your computer. Tell your child to be wary of accepting files through texting and email. Never open unexpected attachments. These can contain viruses that will allow others to access your computer.

Turn to the "Helpful Resources" page to find out where to get more information about online safety.

Literacy with ICT IS FOR ME!

What is online
SOCIAL NETWORKING?

Do you know if your child participates in social networking online? Social networks such as *MySpace, Piczo, Bebo, Facebook, Friendster* and *Webkinz* are the places where many tweens and teens spend a lot of their free time online.

Why are social networking websites attractive? They provide a free place to quickly set up a simple web page to share with others. Members have the ability to share a little or a lot about themselves on their page, including pictures and video. They can then 'network' with their friends through texting and can leave comments on their friends' pages.

Young people use online social networks to talk with their friends and, unfortunately, sometimes with strangers. Ask your child about these sites and you may be surprised to hear that he or she has already created a profile on one or more of these social networking sites.

For more information, visit **<www.internet101.ca/>**

Social Networking
websites allow users to create their own profiles and to communicate with others who use the same tool