

89%

89% of those who fail at a new job don't fail because of what they know or how well they can do it. They lose their jobs because of their attitude.

Developing Character Creates a Better Life

Take Control of the Cyber World:

1. Learn to use the Internet better - get a Facebook, Myspace, Instant Messenger, Twitter account, or whatever your child is "into" right now
2. Ask your child to help you create your profile and then ask them to be your first friend
3. Never let your child use the computer in the bedroom with the door shut - this is where trouble begins
4. If your child turns off the computer or shuts their laptop when you walk by, it's time to have a talk with them - they're hiding something
5. Check the web browser cache and/or history - if it's empty, there's a problem (hit the Ctrl + H keys in your browser)
6. Take advantage of "Smart Limits" or something similar on your cell phone service to control who your kids can talk/text to, how many texts they can send, etc.
7. Try not to give out your real name, age, address or phone number online - this goes for you AND your kids
8. Employers are now doing "Google" searches and checking profiles/blogs/etc online - be careful what you post or you could lose your current job or a potential one
9. Don't put too much information in your profile, it can and will be used against you • Lurk on groups, message boards, blogs and chat rooms before posting messages
10. When you do participate online, be careful -- only type what you would say to someone's face
11. Block or ignore unwanted users in chat or IM. Take advantage of the "Block all users except those on my buddy list" or adding unwanted screen names to an Ignore list in chat.
12. Your first instinct may be to defend yourself if you are bothered online - DON'T - this is how most online harassment situations begin

For more online safety tips, go to:

tosavealifemovie.com/help-now/
haltabusektd.org/resources/online.shtml
schooltipline.com
mymobilewatchdog.com

stopbullying.gov
chatdanger.com
safekids.com
Netcrimes.com

425,000

Gun related injuries or death are roughly 75,000 per year.
Cell phone use and texting injure or kill over 425,000 each year.

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What to do if your child is being bothered online:



1. **KEEP EVERYTHING!** Don't delete e-mails, IMs, chat logs, etc. Place them in a separate folder on your hard drive or diskette/zip disk, CD, DVD etc and print out a hard copy. You can also take a screen shot of the IM or chat. To do this, hit the Ctrl and Print Screen (or Prt Sc) keys on your keyboard, then open a graphics or word processing program and go to Edit, Paste (or Ctrl + V keys), then save the document.
2. Encourage your child to let you, a teacher or other adult they trust know about what is happening online
3. Make sure they contact the person bothering them online **ONE** time via email or IM with something as simple as "Please leave me alone." They do not need to explain why. CC (copy) the person's ISP and keep a copy of for your records.
4. Do **NOT** respond after that, but do keep anything the harasser/cyberbully may send
5. Send complaints to the person's ISP with the full headers (if via email). If you don't know how to do this, go to haltabusektd.org/help/headers/index.shtml.
6. If someone has created a web site to harass your child, complain to the server where the site is hosted (we can help you with this).
7. If the harassment/cyberbullying continues, contact WHOA-KTD for help at haltabusektd.org