



## DIOCESE OF SACRAMENTO

2110 Broadway • Sacramento, California 95818 • 916/733-0237 • Fax 916/733-0195

Safe Environment

### Basic Internet Safety Tips for Parents and Youth

- *Monitor Internet and Social Media Usage*
- *Check usage history on all devices*
- *Use parental controls on all devices*
- *Enable online controls*
- *Discuss internet safety risks with youth*
- *Make sure youth know not to post personal information and photos*
- *Report immediately if you become aware of any dangerous online activity*
- *Parents should know all passwords for accounts that children use*

### Links

Internet Safety Education Sites for Youth:

#### **NSTeens**

*A program of the National Center for Missing and Exploited Children that has interactive games and videos on a variety of Internet safety topics.*

Parents:

#### **Common Sense Media**

*A comprehensive and frequently updated site that is packed with resources. Dedicated to improving the lives of kids and families by providing information and education to help them thrive in a world of media and technology.*

#### **Family Online Safety Institute**

#### **WiredSafety**

#### **ChildNet**

#### **PACER**

#### **iKeepSafe**

*Resources for parents, educators, kids and parishes on navigating mobile and social media technologies.*



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### **Enough is Enough**

*EIE is dedicated to continuing to raise public awareness about online dangers, specifically the dangers of Internet pornography and sexual predators. EIE advances solutions that promote equality, fairness, and respect for human dignity with shared responsibility between the public, technology, and the law.*

### **Helping you Talk to your Kids about**

*One-stop for an overview of advice from several child safety organizations on sexually explicit and violent material, meeting strangers online, sharing too much personal information, cyberbullying, exposure to vulgar language, sites promoting inappropriate behavior, and malware.*

### **InternetMatters.org**

*Internet Matters is an independent, not-for-profit organization to help parents keep their children safe online. Internet Matters provides practical suggestions about how to take preventative measures, but also what to do if your family needs advice about a specific issue. Whether it's finding out about filters to search safely or what to do about cyberbullying, Internet Matters aims to put you in touch with the best resources and support.*

### **Family online safety institute – Platform for Good**

*A nonprofit organization which enables teens, parents and educators to connect, teaching digital citizenship skills so that kids make safe, smart choices online.*

### **ConnectSafely**

*ConnectSafely is for parents, teens, educators, advocates, policy makers – everyone engaged in and interested in the impact of the social Web.*

- [Family Contract for Smartphone Use](#)
- [Tips to Help Stop Cyberbullying](#)
- [Tips for Strong, Secure Passwords](#)
- [Safety Tips for GPS Location-Sharing](#)
- [Online Safety FAQ](#)
- [Tips for Smart Videogaming](#)
- [Kids' Virtual World Safety Tips](#)
- [Virtual World Safety Tips for Parents of Teens](#)
- [How to unfollow someone yet still be Facebook friends](#)
- [Social Web Tips for Teens](#)



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### **Facebook**

*Facebook's hub for family safety with tips, tools and products to help parents, educators, law enforcement, teens and the broader community stay safe.*

### **Flickr**

*Flickr's help section provides you with basic assistance in privacy and sharing for your photos. You'll likely need to supplement the information in this section with [Yahoo's Flickr safety guide](#).*

### **Google's Good to Know**

*Tips and advice for keeping your family safe online from Google.*

### **Pinterest**

*Pinterest's main support page with information on general account settings, privacy, blocking followers, and linking or unlinking your account with Facebook and Twitter.*

### **Twitter**

*Twitter's main support page with links to their safety center, which provides tips for parents, teens, and teachers as well as basic safety, security, and privacy information all twitter users should be aware of.*

### **YouTube**

*YouTube's main support page with information on safety, harassment and cyberbullying, privacy, and more. Some of the support material is available in both text and supplemental videos.*

### **Disney**

*Disney's Internet safety page provides basic tips and short video segments that help orient parents to some of the issues they should be attentive to.*

### **Cyberbullying Research Center**

*Site contains research statistics on bullying, information about cyberbullying and the law, and multimedia from interviews on various shows on the topic of bullying.*