CYBER SAFETY TIPS FROM SAPOL

In a recent presentation by SAPOL to parents, it was reported that:

- *22% of teenagers have never discussed internet safety with their primary caregiver*
- *10 - 35% claim they have been bullied online*
- *14% have actually met a person they only knew online*
- *20% of teens think it is safe to share personal information on a public site.*

Educate Your Kids on Internet Safety Early

- Teach them appropriate netiquette
- Warn kids of the consequences of their online behaviour: there may be criminal sanctions attached; they may not be able to undo their actions
- Teach them that people are not always who they seem; never meet someone they only know online
- Teach them about what to do if they experience something scared, uncomfortable or confused.

Set Boundaries

- No computers or mobile phones in the bedroom, ever
- Limit the time they spend on the internet (and in fact on screens all together)
- At home you can limit the sites they can access (blacklists, whitelist), use filters (i.e. Windows "Parental Controls"; Google Safe search) or install website filters such as K9 Web Protection Browser, Net Nanny, Kaspersky or Windows Live Family Safety.

Join them
- Become friends with you kids wherever they are online so you can see all their friends, communities and posting.

Guard Privacy
- No personal details should be publicly available
- Usernames should not identify you
- Use high level privacy settings on sites such as Facebook if your child is over 13.

Guard Security
- Never share passwords
- Never become friends with strangers
- Know your kids passwords so you can access their accounts.

Monitor user history
- Check the history on the internet browsers, or message registry on their mobile phone.
- Ensure all chat sessions are archived.

Get Tough
- Remove access if you have to
- You own it, you supply it, you pay the bills, so you are ultimately responsible
- Unplug the WIFI, keyboard, power if you have to.

Most importantly, talk to your children
- Know which sites they need to access
- Know the social media forums your children are using - are they age appropriate?
- Build trust and boundaries early.