

HELPFUL WEBSITES...

- www.pps.k12.or.us/departments/information-technology/1960.htm
- www.connectsafely.com
- www.bullybeware.com
- www.cyberbully.org
- www.getnetwise.org
- www.netsmartz.org
- www.onguardonline.gov
- www.microsoft.com/safety
- www.staysafeonline.org
- www.stopcyberbullying.org
- www.wiredsafety.org

To report incidents of harassing behavior outside the school day contact the police.

To report incidents of bullying behavior at school contact the school principal.

This information is provided by
Integrated Student Support
503.916.2000

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A Parent's Guide to **Cyber Safety**



Our goal is to help ensure that our children have a safe and positive experience with technology.

PARENTS...

Be involved and aware

- Keep computer(s) in an open, commonly used space.
- Learn everything you can about the Internet.
- Encourage your kids to come to you if anybody says or does something that makes them feel uncomfortable.
- Remind your kids to never arrange to meet someone they met online unless you go with them.
- Teach respect so they will choose to act ethically online.
- Create an online agreement or contract for computer and cell phone use, with your child's input.



- Have consequences in place if your child violates family rules.

Encourage your child to spend time with family & friends off-line, AND...

- **Guard personal information.** Never give out passwords, P.I.N. numbers, email addresses, etc., except to parents or guardians.
- **Be aware of untruths...**even adults can't tell when a 50-year-old pretends to be a 15-year-old.
- **Use Netiquette** – Be polite to others.
- **Wait until they have calmed down** before sending a message to someone else when angry.
- **Open messages only from those they know.**
- **If it doesn't look or feel right, it probably isn't...**ask them to trust their instincts.
- **SPEAK OUT** if they observe someone being mean.

Be alert if your child...

- Spends long hours on the computer.
- Closes windows on their computer when you enter the room and is **secretive about Internet activities.**
- Is often doing homework on the Internet but is **behind in schoolwork.**
- Has **unexplained pictures on the computer.**



If your child is involved in Cyberbullying...

- **Do not reply to, erase or delete a cyberbullying message.** Your child doesn't have to read it, but you may need it as evidence.
- **Inform your Internet Service Provider or cell phone/pager service provider when there are recurring incidents.**