



INTERNET SAFETY CHECK LIST for students

Name:

When online I will:

- **Think B4 I post**
- **I will always use proper netiquette and be a good online citizen.**
- Create a clever password and keep it private, sharing it only with my parents
 - I won't use my pet's name, birthday, nickname, etc
 - I will vary my password from site to site and
 - Change my password from time to time
- Always log out of shared computers
- Never give out my details such as
 - Name
 - address or even what part of the country I live in
 - phone number
 - age or birthday
 - school
 - club names
- Communicate respectfully with others
- I will never upload my picture without checking with my parents
- Seek permission before sharing pictures or information about other people online
- I will never fill out online forms or questionnaires.
- Never arrange a face-to-face meeting with a stranger
- Only download from known or trusted websites
- Tell a trusted adult if I see something that makes me feel uncomfortable
- Never open emails from people I don't know





CYBER SAFETY CHECKLIST for parents

Name

To ensure my children are safe on line I will:

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- Educate myself about dangers my children may encounter, including online predators and cyberbullying,
- Talk to my child about things on the web that make them feel uncomfortable,
- Monitor their internet use by sharing an email account, checking browser history, keeping the computer in a shared situation and maintaining access to my child's account,
- Research and recommend appropriate child-safe sites,
- Maintain an appropriate amount of parental control of software through user time limits and access to sites, games, chat and file sharing,
- Install defensive software such as anti-virus, anti-software through user time limits and access to sites, games, chat and file sharing,
- Select child-safe mobile devices, included those which do not include a camera or web access and phones with a limit on the number of calls that can be made.
- Note: you can request that the carrier disable web access, even if you cannot find a phone without a camera.

