



## THE FAMILY TREE

### Rules for Internet Safety

The Internet is a great way for kids to find new information or activities. Unfortunately, the Internet is also a way for dangerous people to find their next victims. Let these rules guide your online behavior:

- **Talk with your parents so that you can set up rules for going on the Internet.** Decide together on the time of day and the length of time that you can be online. Decide on which web sites you are allowed to visit. If you hear about a new site that interests you, ask your parents to review the site before you explore it yourself.
- **Tell your parents** right away if you come across information that makes you uncomfortable.
- **Never give out personal information** such as your address, telephone number, parents' work phone numbers, or the name or location of your school without a parent's permission.
- **Never agree to get together with someone you meet online** without first checking with your parents. If your parents agree to the meeting, be sure that it is in a public place and bring your mother or father along.
- **Never send someone you meet online a picture of yourself** or anything else without asking your parents for permission.
- **Never respond to messages sent from someone you don't know** or to messages that are mean or in any way make you uncomfortable. It is not your fault if you get a message like that. If you do, tell your parents right away so they can contact the online service.

Do you have more questions about Internet safety? The Family Stressline at **1-800-243-7337** is available to you 24 hours a day. Someone will listen to your concerns and give you information about how you and your family can get help.