

Family Internet Safety

A message from the Federation of Calgary Communities



As a parent you may want to discuss what responsible online behavior looks like for your family. Discuss what is appropriate to look at, who is appropriate to talk to and what is suitable to download off the internet. Remember that mobile smart phones have all the same internet risks and benefits as a desk top computer so it may be fitting to monitor your child's mobile activity as well. You might want to look into software or online services that filter out offensive material. Check with your Internet service provider (ISP) for any blocking features they might have. The Calgary Police Service suggests that your family creates a computer family contract regarding the internet. You can find an example of a family contract on our website www.calgarycommunities.com under Building Safe Communities Virtual Resource Center.

Here are a few tips additional tips for families:

- Place your family computer in an exposed space – this encourages openness about what is viewed on the internet
- Explain the repercussions of unsafe internet use. Help your children understand the public nature of the Internet and its risks and benefits. Ensure they know that any info they share, such as emails, photos, or videos, can easily be copied and pasted elsewhere, and it is nearly impossible to take back. Things that could damage their reputation, friendships, or future prospects should not be shared electronically.
- Encourage your kids to share their internet experiences with you and remain positively engaged with them. You can always make an internet slip-up a life lesson.
- Establish rules for internet use. For example: how much web use is permitted per day or week.