



## Safety On The Internet: A Guide for Parents

The Internet has opened up a whole new world for people of all ages. You can shop, plan a vacation, send pictures, talk with friends around the world, find health information, and even balance your checkbook! Most people agree that since the Internet has been around, it has changed our lives for the better. However, this new way of finding information and communicating comes with risks. The Internet is a tool with endless resources, but it also requires that you set limits to keep your children and adolescents safe.

Ironically enough, the Internet is almost second nature to teens of this generation. Many parents, however, are not as comfortable using the Internet and may even feel intimidated that their children may know more about this technology than they do. It is important that you don't let this stop you from protecting your children. You can still help them stay safe on the Internet by familiarizing yourself with steps to insure that your children "surf the web" safely and responsibly. This guide was created to provide you with some Internet basics, make you aware of possible on-line dangers, provide you with resources, and offer you helpful tips to keep your children safe.

### Internet Basics

#### What is the Internet?

The Internet, similar to the phone system, is the connection of personal, educational, government, and business computers to each other. The computers can be connected by wires (*cables*), or by wireless transmission. Once connected, the Internet allows people to send and retrieve information with their computers. The kinds of information available among computers that are "on-line" (*connected to the Internet*) include: text, photos, music and movies.

#### What is a web site?

When you or your children start using the Internet, you will most likely use a program on a computer called a web browser such as Internet Explorer

or Firefox. With your browser, you will be able to visit "web sites". A web site is a collection of information about a certain topic. For example, [childrenshospitalboston.org](http://childrenshospitalboston.org) is a web site with information about the programs, services and research of Children's Hospital Boston.

To get to a particular web site, you will need a "web address" also known as a URL. You can find useful web addresses from printed resources like magazines and books, and you can also find them by using an Internet search engine like Google or Yahoo. When you see a URL (*web address*) listed on a web page, it is called a "link". If you click on it, your browser will take you to the web site associated with that web address.

There are four common kinds of web sites. The endings give a idea as to what type of web address it is. For example:

- **Web addresses that end in .gov** are government web sites. Check out one of our government's web sites at: [4girls.gov](http://4girls.gov)
- **Web addresses that end in .edu** are web sites connected with "educational institutions" like schools and colleges. Check out a college web site at: [harvard.edu](http://harvard.edu)
- **Web addresses that end in .org** are usually, but not always connected with an organization. Check out [youngwomenshealth.org](http://youngwomenshealth.org). This is our web site!
- **Web addresses that end in .com** are often connected with a commercial site or a company that is selling something. Check out [nick.com](http://nick.com), which is Nickelodeon's site.

Here is a list of some frequently used terms that you may come across when reading about the internet:

- Adware and Spyware
- Blog
- Browser
- Cache
- Chat Room
- Cookies
- E-mail
- Flaming
- Firewall
- Instant Messenger
- Plug-Ins

## What should I know about downloading?

"Downloading" means copying content or programs from another computer or web site onto your own computer. Downloading can be a quick and easy way of getting something you want from a trusted source – for example purchasing songs or movies on iTunes, or getting the latest version of your Internet browser from the Internet Explorer web site.

If you have given your teen permission to download items, remind her to *only download known materials from trustworthy people or web sites*, to avoid copying harmful or unwanted files onto your computer. If you or your teen don't know where the information is coming from, *don't* download it because it might contain a virus, which can damage your computer.

*If you or your teen accidentally begin downloading something unwanted, click your browser's "Stop" button, or hit the "Esc" key on your keyboard. This will stop the download from completing and will cancel the process. Make sure you always have an updated version of virus protection software on your computer!*

## What is a profile?

When someone creates an on-line account (for email, chat, IM or other purposes), they have the option of creating a "profile". When setting up the account your teen will be asked for profile information such as: on-line name, real name, address, and hobbies. Remember that your teen's profile is a very fast way for anyone to find out more about her. Talk to your teen first about whether or not she should fill out this information – filling it out is *optional*. Restrict your teen from using her last name or address. A predator will use every bit of information to find their victim at school, work, after school activities – anywhere!

## Usernames and E-mail

### Does it matter what name my teen chooses to go on-line?

Yes! You and your teen should NEVER use a real name as your on-line name (also known as a "screen name" or "username"). You may already know this but it is a common mistake that teens and adults make. By using your real name, another person can immediately know who you are and, with a little bit of work, they can probably find out

even more about you. This is especially true with IMing and chat rooms where your teen can get comfortable with someone and suddenly realize the person knows their name, age, where they live, and where they go to school.

## How can I help my teen choose a safe on-line name?

Teens and pre-teens naturally want their usernames to be cool, and describe who they are. What they may not realize is that some names can be unfairly judged when talking on-line to people they don't know well. For example, a name such as "hotbabe13" will likely be viewed as an open invitation for unwanted e-mails from people who are just responding to the suggestive name, not to who your teen really is. If your teen is struggling to think of a safe on-line name, you can help her brainstorm with things like the name of a candy bar, color, or something else that's not personal. If the name is already taken, you can try adding a few numbers, for example, Green123 or Sunshine321. She shouldn't, however, use her house number, birth date, or any other personal number in her on-line name. The software you use to set up your teen's IM, e-mail, or chat room account can assist you with this process.

## What is E-mail?

"E-Mail", is short for "*electronic mail*". You can type e-mail messages on your computer, in a program like Outlook or Gmail, and then send them via the Internet to one or more computers, to be read by other people. When e-mail is en route from one computer to another, it is stored on a special computer called a "server" until the recipient reads the e-mail message.

E-mail has become a very popular way of communicating among adults as well as teens, but harmful materials can sometimes be sent from one computer to another. It's important to caution your teen **not to open up e-mails or e-mail attachments (pictures, music, movies, etc.) from addresses they don't recognize**. These may contain "computer viruses" – programs that can harm your computer, or they may automatically open unwanted photos or links to unwanted web sites.

## IMing and Chat Rooms

### What is IMing? Is it safe?

"IMing" is short for "*Instant Messaging*" which is a way to have a real-time conversation with someone by typing from your computer or from

certain kinds of cell phones. IMing has its own jargon made up of abbreviations such as “brb” for “be right back” and “lol” for “laughing out loud.” In order for IMing to work, both people who want to IM must install the software. You may have heard of the two most common programs: “AIM” (*AOL Instant Messenger*) and MSN Messenger. The software allows your teen to set up an address list or buddy list of the people she wants to IM. Since IMing isn’t as private as she might think, it’s important for your teen to know how to stay safe while communicating:

### Tips for safe IMing:

- **Teach your teen to ask for your permission** before she downloads or installs any new programs onto your computer. There are ways to restrict downloading privileges so that only you can decide what gets downloaded. Check your computer manual and the “Help” file in your web browser.
- **Teach your teen not to respond to IM’s from people she doesn’t know or IM’s that contain odd-looking messages.** Links in unwanted IM messages sometimes lead to computer viruses or to pornographic sites.
- **Make sure that your teen “signs off” or “logs out” from her Instant Messenger program when she is finished IMing.** This prevents unauthorized access to her account.
- **Remind your teen not to respond to an IM if it makes her feel uncomfortable.**
- **Create an open line of communication** so that your teen feels she can report any kind of suspicious material or interaction to you.

### How do I control who can IM my teen?

Sometimes it might be appropriate for you to control who can IM your teen. Many IM programs allow you to “block” other IMers so there will be no communication with them.

#### To do this:

- Look on your teen’s IM software for “privacy preferences” or for a “settings” feature.
- Inside the “preferences” or “settings” area, look for a “block buddy” feature. If you know the usernames of the people who have been harassing your teen, add those usernames to the “blocked” list.

- When you block a person, you can choose an option such as: “Do not allow to send or receive messages”.
- You may also have the option of restricting all IMers except a select group of allowed usernames. Select an option like: “Only allow these buddies”, then type in the usernames that are okay for your teen to communicate with.
- Teach your teen to use the IM “Warn” feature. In an open IM window, there will be a button that says “Warn”. Clicking this notifies a certain IMer (and also anyone who has this person on their buddy list) that you have “warned” them. Once a person has been warned enough times, they can be restricted from using that particular IM service for a time period designated by the IM provider. While this can be helpful, it is obviously preferable to teach your teen to prevent or avoid harmful situations.

### What are “chat rooms” and are they safe?

Some web sites or Internet services allow you to “talk” with other people in a “chat room” by typing and reading words. In a chat room you can converse with more than one person at a time, and with people in remote locations. Chat rooms are often organized around topics such as sports, hobbies and fan clubs. There are so many different kinds of chat rooms that it’s possible to talk to people all around the world, 24 hours a day. *If you decide to give your teen permission to enter a chat room, it is important to set limits before they begin chatting.* Some chat rooms are considered “safe” because the topic being discussed is neutral, and because there is a moderator or chaperone leading the discussion. But even though a chat room has a safe topic, some people in the chat may talk about other things that make your teen feel uncomfortable.

### Can the chat moderator make sure nothing bad happens in the chat room?

A chat moderator supervises a chat and watches over things in a particular chat room. A moderator can remove someone from a chat room if they write something inappropriate. However, the moderator can’t prevent a teen from leaving that room, and going to another unmoderated chat room with someone who might harm or threaten them.

## What should I be aware of before I give my teen permission to chat?

Before giving your teen permission to enter a chat room, take care to visit the chat room yourself, and see if it contains inappropriate conversation. Teach your teen that some people who go into chats may try to lure teens by pretending they are someone they are not, or may attempt to play out their fantasies by saying inappropriate things. *Remind your teen that if anyone makes them feel uncomfortable or asks them inappropriate questions, they should leave the chat immediately!* Your teen should feel comfortable talking to you about any inappropriate Internet discussions they encounter, but they also need to learn how to recognize and respond to uncomfortable situations on their own.

## Cyberbullying

### What is Cyberbullying?

Cyberbullying is negative on-line communication between kids, preteens and teenagers, *but not adults*. If adults become involved in this kind of behavior, it is called "adult cyber-harassment." The negative remarks, put-downs, or other statements are meant to make someone feel bad. These are usually a lie but can also refer to something real that the victim shared with someone. Cyberbullying can be one abusive remark, but in most cases it is frequent messages over time that are meant to torment the victim. The victim can be cyberbullied by one person or many people, or the cyberbully can get others, even adults, to do their dirty work for them. The people that end up sending nasty messages may not even know that they are being used by the cyberbully. A cyberbully can be someone who used to be your teen's friend, or someone your teen doesn't know very well. Research shows that when someone is cyberbullied, the victim often cyberbullies back. The results are never positive.

### How is Cyberbullying different from bullying?

**Bullying** is when one person harasses another face-to-face. Bullies can exist at school, in your neighborhood or other places, but your teen usually knows who they are because they make fun of people or tease them in person.

**Cyberbullying** is done using computers or hand-held devices such as cell phones. You may not be able to figure out who the cyberbully is because their identity is often hidden behind technology. Cyberbullying is not only cruel to those

who are victims; it is a serious danger since hurtful material can reach many more people via the Internet than in person. It can ruin friendships and cause a lot of damage to a teen's self-esteem. There have even been a few cases in the news where teens have committed suicide because they were the targets of repeated cyberbullying.

### Are there different kinds of cyberbullying?

Yes. **Direct attacks** are made directly by the cyberbully such as sending a mean text message to someone's cell phone, insulting them in a blog (*online journal*), emailing them pornography, sending them computer viruses, or stealing their password to make unwanted changes to their computer account.

**Indirect attacks or "Cyberbullying by proxy"** is when the cyberbully has someone else do the damage. An example is when a cyberbully steals a person's password, then sends cruel messages to all the friends on the person's buddy list. Sometimes cyberbullies may even get the parent of a victim to respond and then the parent becomes unintentionally involved in the on-line bullying. Another example of cyberbullying by proxy is when a teen makes a false complaint to an ISP (*Internet Service Provider*). This is typically done through IM accounts or in chat rooms. The victim's ISP will usually send the victim a warning but if the cyberbully-created complaints continue, even if they are false, the ISP may close the victim's account.

### What makes a teen become a cyberbully?

Some teens who get involved in cyberbullying don't realize the impact or consequence of what they say on-line or in a text message. They may feel that saying something on-line or via a text message is not as bad as if they said it in person. It may even start out as a joke. Others use cyberbullying because they don't have the courage to say something face-to-face. Anyway you look at it cyberbullying is wrong because the remarks are usually untrue, very hurtful, and can be damaging to the victim.

### What should I do if my teen is a victim of cyberbullying?

Although the first emotion you and your teen may feel is anger, and perhaps the desire to get even, discourage your teen from responding. If your teen responds, she will regret it later. Remember, if she reacts on the same level, she is considered a cyberbully too. Instead, suggest that your teen save

the messages in a folder and get off the site, chat room, or IM (*wherever the remark was made*) right away. Your teen should tell a parent or other trusted adult what happened, and can also seek support from a close, trusted friend.

### **What are some ways to deal with cyberbullying attacks?**

- Use an email filter and arrange for all the messages from the cyberbully to go into a special folder
- Tell your teen to block people from their instant messenger buddy list and in chat rooms by clicking the “Block Buddy” button.
- Buy special software for your computer that can track annoying emails from people. Then, set up the program to alert the cyberbully’s ISP that they are sending these kinds of email.

### **What if the cyberbully threatened my teen?**

In extreme cases (*when serious threats have been made*) it may be necessary for you and your teen to report the situation to your ISP (Internet Service Provider) **and** to the police. **In this case, your teen should be prepared to answer the following questions:**

- What kind of threat was it? (*direct or indirect*)
- What was said exactly? (*print the text if possible*)
- What type of technology was used to make the threat? (*IM, chat room, cell phone, other hand-held device—one or many methods*)
- How often has the threat occurred? (*once, many times, more than once a day*)
- Do you know who is responsible for the threats? (*you know exactly who it is, you think you know who is doing it, or you have no idea*)

## **Internet Predators**

### **Who are Internet predators?**

An Internet predator is typically someone who stalks vulnerable people, most often minors, on-line. In most states sex-offenders have to be registered where they live, however an Internet predator can be more dangerous since they are not easily identified. They may live close by, in your community, or they may live in another country.

### **What puts my teen at such high risk?**

Adolescence is a time of rapid transition and growth, a time when teens are beginning to gain a sense of independence and also a time when they are curious about their sexuality. Without parental guidance, they may be confused, and tempted by provocative emails. Predators take full advantage of this curiosity and uncertainty. They will use any means possible to seduce teens, initially perhaps with kindness and compassion, even offering help with homework. Predators are clever and work at establishing a false sense of trust with vulnerable teens. Your teen may not be able to see the difference between this manipulative attention and that of genuine affection. Teens who have low self-esteem are at particular risk.

### **What are some tips to keep teens safe from Internet predators?**

- Explain risks to your teen and talk about the good and bad points of the Internet.
- Keep the computer in an open area so you can supervise its use.
- Limit the number of hours per day or week of on-line time.
- Help your teen create an e-mail name that is not sexually suggestive and does not identify her in any way.
- Teach your teen NEVER to give out her name, password, home address, school address, telephone number, or individual or family pictures.
- Tell your teen to let you know if someone sends a message that makes her feel uncomfortable.
- Teach your teen to NEVER meet anyone in-person that they have met on-line.
- Spend time on-line with your teen. Ask her to teach you about the computer.
- Check with your Internet Service Provider (*ISP*) for how to block or filter inappropriate materials. Visit [netparents.org](http://netparents.org) for more information.
- Make an Internet safety contract with your teen. See examples at [safekids.com](http://safekids.com) or check out our Teen Safe materials at: [youngwomenshealth.org/teensafe](http://youngwomenshealth.org/teensafe).
- Report inappropriate conduct to your ISP.
- COMMUNICATION IS KEY! Setting up guidelines and trust are crucial.

## How can I tell if my child is having inappropriate contacts on the Internet? What are the warning signs?

You may find that your teen has homework assignments that require research on the Internet. Although some teens go to the library, many teens can complete their assignments from home. After school and evening is usually the times when most teens go on-line to do their homework, chat with friends, and also surf the net. Although sex-offenders are present on the Internet around the clock, most are on-line during after school and evening hours seeking to lure children and teens. They know it is a popular time for children and teens to be on-line.

There are warning signs that may indicate that it's time to start asking more questions about your teen's Internet activities.

- Your teen is spending a lot of time on-line – especially at night!
- Your teen is being secretive or vague regarding her activities but is on-line for hours at a time.
- Your teen turns the computer screen off or changes the screen quickly whenever you walk into the room.
- You find porn or inappropriate web sites on your teen's computer.
- Your teen is receiving phone calls from adults you don't know.
- Your teen is making calls to long-distance numbers you don't recognize.
- Your teen receives mail, gifts, or packages from someone you don't know.
- Your teen is withdrawn from the family.
- Your teen starts talking about running away, or threatens he/she has a "plan".
- Your teen is using an on-line account in someone else's name.

## What do I do if my teen is harassed on-line?

Being harassed on-line can be a very intimidating and frightening event for your teen to experience.

### Here are some tips to help you and your teen handle harassment safely and effectively:

- Prevent it from the start: Remind your teen to give her username only to close friends she can trust.

- If, however, someone starts harassing your teen, teach her to tell the person in clear terms to stop: "Leave me alone and stop harassing me. Do not contact me again."
- If your teen was IMing, or in a chat room, make sure she leaves the IM or chat room immediately.
- Do not allow your teen to sign on to the IM or chat room for at least 24 hours after the event. *Remind your teen not to respond to any future contact from the harasser as this only empowers them.*
- Have your teen delete or change their username and profile.
- If your teen is being harassed via e-mail, report the harassment to the e-mail provider such as: AOL, MSN, yahoo, Gmail, or hotmail. All of these providers have a way for you to contact them on-line. Visit their web sites and look under "customer service" or "support".
- Save and print all communications between your teen and the harasser, including IM conversations, emails, and on-line chats. Keep a diary or notes and include any data from the harasser's profile. All of this information can be used as evidence later, if needed.
- If your teen receives any sexually explicit images or child pornography, or has been sexually solicited by someone who knows they are under 18, **turn your computer off and immediately report the incident to your local law enforcement or the FBI.**
- **If you feel there is a direct physical threat to your teen or family, do not hesitate to contact your local law enforcement agency and your local FBI office!**  
Go to: [www.fbi.gov/contact/fo/fo.htm](http://www.fbi.gov/contact/fo/fo.htm) to find your local FBI branch. The sooner they can start tracking the harasser, the sooner they can protect your teen.

## Social Networking Web Sites

### What are social networking web sites?

Social networking web sites like Myspace and Facebook are new in this decade. They are like a cross between a virtual yearbook and an on-line club house. Teens can join a social networking site to post personal profiles including photos, music, and videos, and to chat with their friends. When Facebook was first launched in 2004, the intent of the web site's creators was to monitor the activity of the site's members. Now, with membership in the millions, this kind of policing has become impossible.

It is easy for anyone to create an account on these sites, and for predators to access the profiles and information of thousands of members.

Many teens and young adults use social networking sites as a journal, posting details of their daily activities. Many of them don't realize that their personal information can be viewed by just about anybody. In this way, a determined person can go on-line and access a lot of information about a teen. It isn't rocket science.

Some parents who have viewed their teen's on-line profile are stunned at what they see and read. For parents, it is often "TMI" (*an on-line abbreviation for "too much information"*) and may even include details of behaviors such as alcohol or drug use, or even sexual encounters.

### **Why would my teen post such personal information about herself?**

Most teens actually don't realize that people other than their closest friends will view the information they post. In most cases they do this innocently. Teens probably post information as a way of trying to gain acceptance from their peers. Sometimes the information is true and often a surprise to parents, though in some cases what teens write about may be far from the truth. For example, one 15-year-old posted that she was "drinking & partying with friends", but in reality she was at home babysitting her younger siblings. She most likely wanted to impress her friends by making up a story that she thought would make her popular.

### **What can I do as a parent to discourage my teen from posting inappropriate information about herself?**

Acknowledge that although it may be exciting to post information on a social networking site, remind her that the information is available for the world to see. Advise your teen to set her Myspace, Facebook or other social networking profile as "private", so that she can decide who has access to it. Talk about how future employers, college recruiters, coaches and others frequently check on-line profiles. Give this example: "If you feel comfortable taking a copy of your profile with you on a job interview, college interview, etc. your profile is probably okay." But if your teen indicates she would be embarrassed by this, she should probably edit what she has posted on her profile. Profiles can be changed very easily.

## **Tips for Keeping Your Teen Safe On-line**

### **Should I set Internet rules for my family?**

Yes! It is important that you talk to your family and set limits right from the start. Even if you feel that you don't know much about computers or the Internet, you can still help them think about ways to stay safe. Clear communication and expectations are essential. You can work together and agree on rules for using the Internet, such as whether it is okay to go on-line and when, what kind of Internet sites your teen is allowed to go to, and how to set up an e-mail account.

You and your teen can set up "filters" as a way of helping to keep her safe. Filters are programs or settings in your browser, IM, chat room, or email software that can prevent your teen from viewing or downloading harmful or unwanted material, such as hateful emails or pornography. You probably already have some filters available on the software that came installed on your computer, or through your Internet service provider. Setting these filters up together lets your family know what they will and won't be able to access. If you prefer, you can set up these filters yourself, without your teen's assistance or input. You can also purchase and install additional software to add a greater degree of filtering on your computer.

### **Can I trust everything that I read on the Internet?**

The answer is NO! Being able to tell if something on the Internet is reliable, accurate, true or real is tough for adults and even harder for your children. There is a lot of information out there. Some of it is good information but some of it is just not true. Everyone (*including yourself*) must first question any information they read on the Internet until they determine if the information is true or false. You're probably wondering, how can I tell what information is okay and what isn't?

#### **Here are some general tips on how to tell if a web site and information posted is reliable:**

- **Web sites that end in .gov are generally reliable** because they are connected with our government.
- **Look for the name of the organization, and the author of the web site and when the information was updated.** Reliable web sites often have a list of references or contacts where you can find the source of the information.

- **If you are looking for facts, check out a few different web sites to compare information.** If you are in doubt, double check facts at the library. This way you will know which web sites give you correct information.
- **Librarians and your children's teachers are usually good resources to help you identify accurate and trustworthy web sites to go to.** Once you find a reliable web site, you can bookmark it so you can find it easily later.
- **Ask your teen's health care provider about web sites to go to for reliable health information.** When you get a recommendation from a professional, it most likely will be a respected web site with accurate information.
- **Reliable web sites usually have reliable links** — so when you get lucky and find a great web site, you most likely will be able to find other good sites too.

### **What do I do if my teen tells me she accidentally went to an inappropriate Web site?**

First praise her for telling you the truth and for asking for your help! Next, show her how to click the "back" button at the top of the web browser. This will bring her back to the original web site that she was viewing. If the problem is "pop-ups" (small windows with unwanted advertisements), tell her to just keep closing the windows by clicking the X button until she is back at the original page she was looking at. Make sure you ask your teen what web address she was visiting so that you can block the site from your computer. Many browsers track web activity, and create an Internet history. Remember that you, as the "owner" of the Internet account, may be able to check what web sites your teen has recently looked at. This way, you can remind your children not to go to any sites that are inappropriate.

### **Can I protect my teen from unsafe situations on the Internet?**

With good communication, clear expectations, and proper limit-setting, as a parent, you are capable of protecting your teen. **Here are 5 simple safety tips to follow:**

- **Teach your teen how to respond to any inappropriate encounters on the Internet.** You won't always be available to step in and handle situations when your teen is on-line.

- **Monitor computer use.** If your teen knows she is being supervised, the chances of her having inappropriate conversations with others decreases dramatically.
- **Get involved in your teen's life.** Talk to your teen about her dreams and aspirations. If you don't approve of an idea, brainstorm to come up with safe, acceptable alternatives.
- **Get to know your teens on-line "friends".** Remind your teen that no matter how long she has communicated with someone on-line, if they have never actually met each other in real life, the person is still considered a "stranger."
- **ASK your teen about any suspicious activity.** Chances are, while teens may not own up to everything, being asked in a straightforward manner offers teens a fair chance to talk about things that they know are not right. Once they find themselves in trouble, they may feel intimidated or scared to come to you for help, especially if you overreact. If you approach them in a calm, nonjudgmental way, they are much more likely to trust and confide in you.

*Taking the time to learn more about parenting in this new era of technology is well worth it! You'll find that some of the old warnings ingrained in us, such as "don't talk to strangers" just need to be applied on-line as well. Teaching your teen about cyberspace etiquette and on-line safety will help her understand what types of on-line behavior and communication are acceptable and safe.*

## Helpful Resources

### Web sites

#### **[www.netsmartz.org](http://www.netsmartz.org)**

An interactive web site that teaches kids and teens how to stay safe on-line.

#### **[www.cyberangels.org](http://www.cyberangels.org)**

A “cyber-neighborhood watch” web site that provides education and ways to monitor Internet activity.

### Organizations Working to Protect Your Children

#### **National Center for Missing and Exploited Children [ncmec.org](http://ncmec.org)**

Phone: 1-800-THE-LOST (1-800-843-5678)

Report a missing child; get tips on missing children; report incidents of child pornography.

#### **Department of Justice National Sex Offender Public Registry Web Site**

[www.nsopr.gov](http://www.nsopr.gov)

Visit this web site to search the National Registry of sex offenders.

### Software

“**NetNanny**” – Software that helps track your children’s on-line activity

“**Norton AntiVirus**” – Protects your computer against computer viruses. Can also scan for and sometimes get rid of current “infections”.