



Young people today live a lot of their lives online and, generally, see far less of a distinction between online and offline than people would have even ten years ago.

As the parents and guardians of these young people, you need to be in a position to understand what they are likely to be doing online and to teach them how to protect themselves while doing so. You should also learn to protect yourself!

This document can't be exhaustive. These are general guidelines that should help you improve your safety online, but you'll need to do your homework too!

RESPECTFUL BEHAVIOUR ONLINE

Your key responsibilities around online behaviour, cyber-bullying, and trolling are:

- Ensure your child knows that nothing should be making them upset online, and they can always tell an adult they trust if they see something upsetting.
- Ensure they aren't doing it. Your sweet, perfect, little child might spend their evenings harassing celebrities (or classmates) on Instagram!

SHARING & SOCIAL MEDIA

- Remember that people may look at your profile to learn about your children. Avoid sharing details like where they go to school, or to after school activities. You can accidentally give this away with things like pictures in uniforms!
- Have an account on every app and website your children are on. You need to understand how it works and what they can do there.
- Learn about the privacy settings for all those accounts and work with your child to put good settings in place on their accounts. **You need to check this every few months, as these settings are often changed by the social networks with little or no notice.**
- The internet **never forgets**. Once something is up there, it's almost impossible to get it down. Teach your child to think carefully before sharing and to be aware that anyone they meet in the future will be able to look it up!



PASSWORDS

Passwords are key in internet security. Even if you have great privacy settings, if someone gets your password, they can still really mess things up for you! Remember that getting into your accounts may help a hacker get into your child's accounts too, so it's important to protect yourself.

- Consider a password manager like **LastPass**—it can generate and store unique and secure passwords for every site, considerably increasing your security.
- Consider **two factor authentication** (read dojo.soy/2FA) on your most important accounts.
- Avoid things like family members' names, dates of birth or things related to the website in your password.
- Take special care with the passwords for email addresses and password managers since getting into them can get you in *everywhere*. Remember: if I have your emails, I can reset all your other passwords!

VIRUSES AND MALWARE

Viruses and other malicious software (malware) can do do things like slow your computer, down, steal your information, or make your computer do things you don't want it to. A few tips to protect your family:

- Have an anti-virus program (**Avast** is a good free choice) installed. Make sure it starts when the computer does and don't quit it, even if you think it's slowing things down.
- Be cautious when clicking online. A lot of ads just want a click to install a virus. A pop-up ad can't tell if your computer's slow, or has a virus, and if a give-away seems too good to be true, it probably is!

Check out the Online Safety Checklist at <http://dojo.soy/safe>