

# ***RULES 'N TOOLS® CHECKLIST***

## ***FOR PARENTS, EDUCATORS, AND OTHER CARING ADULTS***

Implement *both* safety rules and software tools to protect children online. Focus on the positives of Internet use while teaching children about the dangers and how to make wise choices online.

### **“Rules”**

- Establish an ongoing dialogue and keep lines of communication open.
- Supervise use of all Internet-enabled devices.
- Know your child’s online activities and friends.
- Regularly check the online communities your children use, such as social networking and gaming sites, to see what information they are posting.
- Supervise the photos and videos your kids post and send online.
- Discourage the use of webcams and mobile video devices for younger kids, and guide your teens and tweens in ways to use video safely.
- Teach your children how to protect personal information posted online and to follow the same rules with respect to the personal information of others.
- Be sure your children use privacy settings on all social media platforms.
- Instruct your children to avoid meeting face-to-face with someone they only know online or through their mobile device. You cannot recognize a disguised predator.
- Teach your children how to respond to cyberbullies.
- Establish an agreement with your children about Internet use at home and outside of the home (see Rules 'N Tools® Youth Pledge).

### **“Tools”**

- Set age-appropriate filters.
- Consider using monitoring software, especially if you sense your child is at risk.
- Periodically check your child’s online activity by viewing your browser’s history.
- Set time limits and consider using time-limiting software.
- Disallow access to chat rooms and only allow live audio chat with extreme caution.
- Limit your child’s instant messaging (IM) contacts to a parent-approved buddy list.
- Use safe search engines.
- Set up the family’s cyber-security protections.
- Utilize parental controls on your child’s mobile phone and other mobile devices.
- Parental controls should be utilized on all Internet-enabled devices (desktops, laptops; and gaming, mobile, and music devices). However, these resources are not a substitute for parental supervision.

**Report any content or activity that you suspect as illegal or criminal to local law enforcement and to the National Center for Missing & Exploited Children at [www.cybertipline.com](http://www.cybertipline.com) or at 1-800-843-5678.**