

# Cyberproofing

## Protect your teen on the Internet



Peel Regional Police want to remind parents that cyberproofing is a safe practice. Through education, teens will learn the necessary skills to help keep them safe on the Internet.

Cyberproofing techniques can be used by your teen at home. Here are a few guidelines from Peel Police that may assist you and your teen:

- Maintain open lines of communication with your teen.
- Tell your teen to never, under any circumstances, reveal personal information online.
- Remind your teen to never agree to meet in person, an individual met on the Internet.
- Teach your teen to stop immediately if they see or read anything that upsets them.
- Restrict access to the Internet when there is no supervision available.
- Be sensitive to the actions of your teen on the Internet.
- Monitor your long distance telephone bills for unknown telephone numbers.
- Select a family-friendly Internet service provider. Before subscribing, ask:
  - if they have programs in place to block obscene material
  - if they maintain a list of recommended internet sites that are family-friendly
  - what actions they take towards individuals who act inappropriately through their service
- Acquire software to assist in protection from the Internet.
- Take a course on the use of the Internet or have your teen teach you. Make this a family activity.