

More and more children are using cell phones. For some parents, it's a useful tool to help adapt to rapidly changing schedules for school, work, and activities. What can you do to keep your child safe with their Smartphone and cell phone use?

CELL PHONE SAFETY TIPS FOR PARENTS

- Speak with your child about their cell phone habits and your safety concerns.
- Set limits on what your child can do on their cell phones (i.e. who they can talk to, when they can be on their phones, the number of text messages they can send and what they are allowed to post online).
- Access your cell phone carrier's parental control settings and decide the settings that will work best for you.
- Talk with your kids about the consequences for sexting and cyberbullying.
- Encourage your child to teach you what they can do with their cell phones.
- Regularly review your child's pictures on their cell phones.

CELL PHONE SAFETY TIPS FOR KIDS

- Remember that what you post or text message about others can in cyberspace forever.
- Say NO to Bullying – don't let ANYONE get bullied and don't be the bully.
- Talk to an adult you trust if you have sent or received any messages that were harmful or made you feel uncomfortable.
- Do not take or forward inappropriate pictures to ANYONE. These pictures could be illegal or have serious consequences.
- Do not give your number out to people you do not know in real life.
- Cell phones are tools for you to stay connected with your parents and your friends.

This crime prevention information
brought to you by the

Sonoma County Sheriff's Office

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Important Phone Numbers

Emergency.....	9-1-1
Dispatch (Non-Emergency).....	565-2121
Business Line (Non-Emergency).....	565-2650
Crime Prevention.....	565-7398
Abandoned Vehicles.....	565-7395
Graffiti Removal	565-7397
Guerneville Sub.....	869-0202
Sonoma Valley Sub.....	996-9495



Sonoma County Sheriff's Office

Crime Prevention Unit

Cyber Safety for Kids Online

On the Internet and
Using Smart Phones



**Commitment to Duty and Tradition - Sense of
Team - Organizational Efficiency - Effective
Enforcement of the Law - Community
Oriented Philosophy**

The Internet has opened up a world of information for anyone with a computer and a connection. Your children will use and learn about computers in their everyday lives. As a parent you wouldn't send children your children outside to play without some safety rules, so you shouldn't send them online without safety rules. Too many dangers exist on the internet and can easily reach children and adults.

Explain to your child that although a person may be alone in a room using the computer, once they are logged on to the Internet, he or she is no longer alone. People skilled in using the Internet can find out who and where you are.



Set aside time to explore the Internet together. If your child has some computer experience, let him or her take the lead. Visit areas of the Internet that have special sites for children.

Controlling Access

The best tool a child has for screening material found on the Internet is his or her brain. Teach your child about exploitation, violence and other issues that concern you, so they know how to respond when they see this material.

- Choose a commercial online service that offers parental control features. These features can block content that is not appropriate for children; chat rooms, social sites and newsgroups; or access to the Internet entirely.

- Monitor your children when they're online and the time they spend online. If a child becomes uneasy or defensive when you walk into the room or when you linger, this could be a sign that he or she is up to something.

Tell Your Children...

- To always let you know immediately if they find something scary or threatening on the Internet.
- Never to give out their name, address, telephone number, password, school name, parent's name or any other personal information.
- Never agree to meet face to face with someone they've met online or send them pictures.
- Never respond to messages that have bad words, seem scary or just weird.
- Never to enter an area that charges for services without asking you first.

What You Can Do In The Community

- Make sure that access to the Internet at your children's school is monitored by adults.
- Know your children's friends and their parents. If your child's friend has Internet access at home, talk to the parent about the rules they have established. Find out if the children are monitored while they are online.
- If your child receives threatening e-mails or pornographic material, save the offensive material and contact that user's Internet Service Provider and your local law enforcement agency.

Cyber Bullying

Young people are using the Internet more than ever and most have Internet access from home. For many children, the Internet isn't simply a convenient way to research or a fun afterschool activity - it's a big part of their social life. Emailing and chatting with friends are children's most common online activities. But like many other social situations, some kids bully other kids online.

Cyber bullying is similar to other types of bullying, except it takes place online. Cyber bullies can be classmates, online acquaintances, and even anonymous users, but most often they do know their victims.

Some examples of ways kids bully online are:

- Sending someone mean or threatening emails or instant messages.
- Tricking someone into revealing personal or embarrassing information and sending it to others.
- Posting messages that make fun of another person for everyone to see.
- Using websites to rate peers as prettiest, ugliest, etc.

What to do if you or someone you know is bullied online

If you or someone you know is being cyberbullied, know that there are things you can do to help you and your friends:

- **Talk with someone you trust.** Talking to someone could help you figure out the best ways to deal with the problem. Reach out to a family member, friend or another adult that you trust.
- **Do not respond to cyberbullying.** Sometimes people post or text teasing or name-calling to get a reaction. If someone has posted or sent a message that could be hurtful to others, refuse to pass it along or respond to it.
- **Keep evidence of cyberbullying.** Record the dates, times and descriptions of instances when cyberbullying has occurred. Save and print screenshots, e-mails, and text messages.
- **Block the person who is cyberbullying you.** Many websites and phone companies let you block people. Also, cyberbullying may violate the "Terms and Conditions" of these services. Consider contacting the service provider to file a complaint.
- **Report the incident to your school.** They may be able to help you resolve the cyberbullying or be watchful for face-to-face bullying.
- **Ask for help.** Sometimes, talking to a counselor or health professional can help you get through the emotional effects of bullying.
- **Report the incident to law enforcement.** If you feel an incident has occurred that is serious, contact your local law enforcement agency to report the incident.