

TEEN TOPICS

Teens And The Internet: Tips For Playing It Safe

(NAPSA)—It's easy for teens to pretend they're older than they are online, but it doesn't mean they're ready for anything the Internet can throw at them.

By monitoring and engaging teens about their online activity, parents can help them exercise self-control, report problems—and make smarter, safer decisions.

Even the best kids from the most loving families take risks and get carried away when socializing or gossiping with friends—and they don't want you to know about it.

Did You Know?

- 65 percent of high school students admit to unsafe or illegal activities online.
- 30 percent of teens have talked with a cyber-stranger about meeting in person.
- 32 percent clear the browser history to hide online activity from their parents.
- 64 percent post photos or videos of themselves online.
- 73 percent use social networking websites.

Tips for Reducing Risky Behaviors

Be proactive. Don't wait for a crisis to happen before addressing online safety. Remind your teen about rules and consequences, and stay engaged in the process. Other tips include:

- Explore the Internet together.
- Enforce ground rules and time limits.
- Become their friend on social networking sites.



Parents need to remind teens about the rules and consequences of their online activity.

- Learn about privacy settings and set them appropriately.
- Trust but verify by installing monitoring software on their computer.

Trust, Monitor, Educate, Protect

Knowing what they're doing online is as easy as checking your own e-mail, with remote monitoring software such as eBlaster from SpectorSoft. It can inform you of searches for topics such as "depression" or "drugs." It can also warn you if others are teasing them or daring your child to GNOC (get naked on camera).

Whether you're at home or at work, you receive e-mail reports and instant notification if they're visiting inappropriate websites, spending too much time on Facebook or taking risks.

For More Information

To learn more, parents can visit www.SpectorSoftSoftware.com.