

# Keeping our Children Safe Online

Deschutes County Sheriff's Office

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## IN THE BEGINNING

### Talk to your Kids

Your kids may or may not tell you what they are doing but that doesn't mean you shouldn't ask.

### Learn about the Risks

Research what your kids like to do with the different technologies they have available; Computers, Cellphones, iPods, Tablets, and gaming consoles.

### Set some RULES

Make sure you and your kids talk about rules, whatever, you decide they will be; location of the computer, when they can have access, what websites they can visit (request their passwords) and what to do if something makes them feel uncomfortable.

## SOME BASIC SAFETY

### Help Kids understand the basics

- Anyone can be anyone online
- Only talk to people you know in real life
- Only post appropriate images
- Never post personal information
- Don't **EVER** meet someone in real life you only know online

### Rules to help parents

- Limit access to the Internet to a common location (including mobile devices)
- Know who your kids are talking to and what websites they are visiting
- Learn to set parental controls and/or use parental control software
- Supervision, just like anything else is the key to your children's safety
- **EDUCATE YOUR SELF**
- Reach out to resources
- Thinking that it won't happen to my kids is **VERY** dangerous

## Resources

Deschutes County Sheriff's Office Contacts: Sgt Tom Nelson and Detective Zach Neemann

<http://sheriff.deschutes.org/>

Working in cooperation with the Internet Crimes Against Children Task Force (ICAC)

(Oregon ICAC) <http://www.doj.state.or.us/oricac/index.shtml>

Other Resource Websites: [www.netsmartz.org](http://www.netsmartz.org), [www.netsmartz411.org](http://www.netsmartz411.org), [www.cybersmart.org](http://www.cybersmart.org),  
[www.ikeepSAFE.org](http://www.ikeepSAFE.org)