

# 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, such as the location of the computer, when they can have access, what websites they can visit (request their passwords) and what to do if something or someone 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 YOURSELF**
- Reach out to helpful resources
- Thinking that it won't happen to my kids is **VERY** dangerous

## Resources

Deschutes County Sheriff's Office Contacts: Lt Erik Utter, Sgt Tom Nelson  
or 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), [www.getnetwise.com](http://www.getnetwise.com)