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Youth Care UPA – Online Media Safety Manual for Young People & Their Carers – Pages 6-14 - [Attachment 20]

STEPS TO IMPLEMENT AN ONLINE SAFETY PROGRAM IN YOUR FAMILY

1. **Install an Internet** If the software allows for different settings for each user, we recommend blocking all chat rooms for children under 16. We also strongly recommend blocking file sharing programs like Kazaa, Limewire, BearShare & any Torrent site completely.
2. **Place computer in the family room or another open area** of your home such that the screen is easily visible when passing by.
3. **Publish the [Family Safety Pledge](#)** (found in this manual); post it by all computers. Review it with each child and have them sign it.
4. **Know what children are doing online** by:
 - a) Reviewing Internet browsing history. For most Web browsers, you can assess this by holding down Ctrl and pressing “H” at the same time or clicking on the History button on the web that looks like this: . Also, most Internet filters have a feature that lets you know what sites have been visited, and cannot be erased by tech savvy children like History in Web browsers.
 - b) Checking the “recent documents” for files transferred or accessed on disks.
 - c) Surfing together especially with younger children to learn how they use the web. Get to know the sites they enjoy and how they interact online.
5. **Lead by example. Your children are watching you.** Many kids' first pornography exposure is their parents' material. Just as second hand cigarette smoke is harmful to those exposed, your media choices can affect your children. We recommend that adults consider signing a Media Safety contract (shown elsewhere in this manual). It is your responsibility to keep them from being exposed to pornographic or sexually provocative material. This includes:
 - Television and radio
 - Internet use
 - Magazines and books
 - Videos
 - Cell phone graphics

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SOFTWARE TOOLS FOR THE HOME

We strongly recommend the use of internet filters or monitoring software on all computers, especially those used by children. **Internet filters** are computer programs that make undesirable content unavailable to the computer user.

Monitoring software simply reports on Internet usage to someone you have chosen to receive the detailed report of the computer's usage.

Filtering From ISP

Built-in Parental Controls

Most major ISP's (Internet Service Provider) like AOL, MSN, Bigpond and Optus, provide parental controls that allow you to adjust the nature of content available to each screen name. This means each household member can have customized access to the Internet based on age at no additional charge. When internet browser is open type Built-in Parental Controls into Help menu to see instructions on how to set up.

Filtered ISPs

A more aggressive option for filtering is a filtered or a "family-friendly" ISP. With a filtered ISP, content filtering is not an option you select and set up; it is built-in and automatic for all users. It cannot be bypassed or overridden. Here a couple of "family-friendly" ISP's.



www.surfonthesafeside.com

www.settingcaptivesfree.com

www.pkfamily.com

For more information on ISP-based filtering, go to kids.getnetwise.org/tools/ispoptions. For a sampling of more filtering ISP's, go to www.google.com/Top/Computers/Internet/Access_Providers/Filtered/. For families using an ISP without the parental control feature, filtering software is recommended (see below).

Filtering Software

We-Blocker

TechMission provides free Internet Filtering Software and Parental Controls to help protect children online. It is fairly simple to use and is available for downloading by going to safefamilies.techmission.org/download.php. Currently, it is only available for Windows Operating systems and requires special instructions for Windows XP systems. For Macs, see Client Software.

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Client Software

(Purchased and installed on your computer[s])

Here is a chart of some of the leading software products available. The ratings have been calculated based on several comparative reviews. (\$=US)

Product	Rating	Cost	Time Manager	Mac	Email	IM/ Chat	p2p	Keyword
Content Protect contentwatch.com	8.1	\$30	✓			✓	✓	✓
SafeEyes safeeyes.com	7.9	\$50	✓	✓	✓	✓	✓	✓
Cyber Patrol cyberpatrol.com	7.5	\$40	✓		✓	✓		✓
CyberSitter cybersitter.com	7.3	\$40	✓		✓	✓	✓	✓
Norton Internet Security norton.com	7.1	\$70; \$50/yr		✓	✓	✓	✓	
Net Nanny netnanny.com	7.1	\$40	✓		✓	✓	✓	✓
McAfee Internet Security Suite us.mcafee.com	6.7	\$35; \$35/yr				✓		
SafeFamilies Software safefamilies.techmission.org	N/A	Free						✓

There are many commercially available products. Some filtering products, like Symantec and McAfee, are part of a package of software tools that also includes virus protection, popup blockers, and other security features. The advantage: with one purchase, you can take care of several important concerns. The catch: these products typically cost more than a stand-alone internet filtering product and have annual subscriptions. The following links below provide additional information about commercially available internet filters.

[Software4Parents](http://www.software4parents.com/filtercompare.html) (www.software4parents.com/filtercompare.html)

[FamilyInternet](http://familyinternet.about.com/cs/internetfiltering/a/aafilteringsoft_2.htm) (familyinternet.about.com/cs/internetfiltering/a/aafilteringsoft_2.htm)

[Internet Filter Review](http://internet-filter-review.toptenreviews.com) (internet-filter-review.toptenreviews.com)

[Getnetwise Tools](http://kids.getnetwise.org/tools) (kids.getnetwise.org/tools)

[FilterReview.com](http://www.filterreview.com/main.asp) (www.filterreview.com/main.asp)

Filtering Router

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For advanced users, commercial filtering may work for you if you meet these three conditions:

- 1) Your household has more than one computer
- 2) They are or will be networked ("talking" to each other)
- 3) You have a fast Internet connection (not dial-up)

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The option is router-based filtering. A router is a piece of equipment that connects your computers to the Internet and to each other. Some come with options to filter content which means the filtering you set up will be applied to all computers in your network. Router-based filtering can be more complex to set up, but is also more difficult to bypass. There is an initial purchase cost, plus an annual subscription fee. To find type filtering routers into a Google search.

Accountability Software

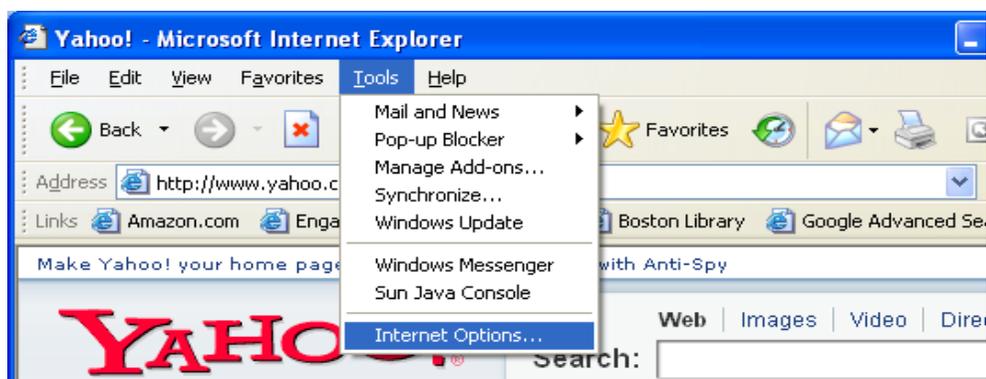
Unlike filtering, accountability software simply reports on Internet usage. No blocking occurs. In setting it up, you decide who will receive the detailed report of the computer's usage. Web sites that are deemed inappropriate, based on the options you've chosen, will be red-flagged. Because monitoring software is of value only "after the fact", we do not recommend this as a solution for Carers with children. However, it can be an effective aid in personal accountability for adults. There are several available products out there. Again type accountability software.

CHANGING YOUR CHILD'S HOMEPAGE

Step 1. Pick a Child Safe Search Engine

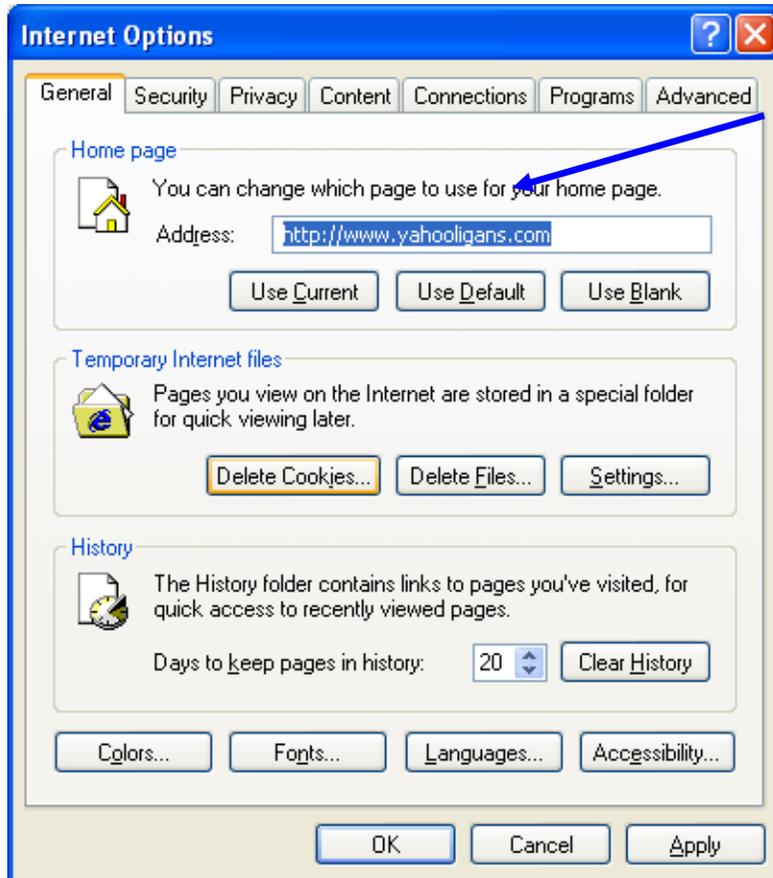
Ask Jeeves for Kids:	www.ajkids.com
Yahooligans:	www.yahooligans.com
OneKey:	www.onekey.com
Kids Click:	www.kidsclick.org
Education World:	www.education-world.com

Step 2. Click on the Tools Menu in Internet Explorer then Select Internet Options



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Step 3. Type in a child safe search engine next to “Address”



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FAMILY INTERNET SAFETY PLEDGE

- 1) I will not look at, download, or copy inappropriate or questionable material; if I'm not sure that something is OK, I'll ask first. If I see something inappropriate or if I experience anything online that upsets me, I will tell my Carers. I will not keep online secrets from my Carers.
- 2) I will not give any personal information (like my real name, address, age, phone number, school, passwords, or appearance) to anyone online or fill in online forms about myself without my Carer present. I will never send pictures without specific permission.
- 3) I will not arrange to meet anyone in person that I find out about online without getting my Carer's' permission and bringing an adult with me to a public place. I will not arrange to have a phone conversation with someone I meet online without my Carer's permission. I understand that people may not be who they say they are online.
- 4) I will always be courteous in how I communicate to others; I will not use bad language, insult people, or be rude. I will respect the privacy of my friends and family.
- 5) I will not purchase products or services online without my Carer's approval and help.
- 6) I will not respond to email or an instant message from someone I do not know.
- 7) I will follow my Carers guidelines for when I can use the computer, for how long and what programs and games I may or may not use.
- 8) If I am under the age of 16, I will not use chat rooms and I will only use instant messengers programs to communicate with those my Carers have approved of.
- 9) I will not install software programs without getting permission. I understand that peer-to-peer file sharing programs like Kazaa, Limewire, BearShare & Torrent sites are not allowed.
- 10) I will not use the computer to do anything illegal including illegal downloading of software, music or movies.
- 11) These rules apply wherever I am (at home, a friend's house, school, or the library).
- 12) I understand that violating this pledge may result in loss of computer access, and I will accept these consequences.

We agree to the above.

Children sign below

Carer(s) sign below

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We recommend that all YP that wish to keep themselves safe online and with media consider making the following commitment.

1. **Commitment to Media Sobriety:** avoiding all forms of media addiction, including avoiding pornography, gaming addiction, chat addiction, television addiction or any form of online or media addiction that is damaging to relationships.
2. **Commitment to Protect Children Online:** including installing Internet filtering software, requiring children to use and taking additional steps for online safety including having all children in the house sign an online safety contract.
3. **Commitment to Protect Children from All Second Hand Smut:** keeping any movies, games, channels, magazines, books and music that you use that may be inappropriate for children out of reach. This may include locking these materials in a safe place if necessary.
4. **Commitment to Get Educated on Online and Media Safety:** become knowledgeable about media and online safety issues and aware of new challenges that may emerge as technology and popular culture change.
5. **Commitment to Appropriate Communication:** including maintaining appropriate boundaries in communication with others online whether through e-mail, chat, instant message, talk, video, blogs or any other form of media. A good guideline is, if something would be inappropriate in communication with someone in person, then it is inappropriate online.
6. **Commitment to Avoid Online Affairs/Relationships:** commit to avoid online affairs/relationships. A good guideline is if you would not go to a level of emotional depth and intimacy in communication with someone face-to-face in person, then you should not go to that level of depth online - an online affair/relationship is still an affair/relationship.
7. **Commitment to Recovery:** to enter recovery and sign the [Media Sobriety for YP in Recovery](#) if I am not able to maintain these commitments and maintain media sobriety.
8. **Commitment to Supporting Others in Recovery:** If I am in relationship (friendship) with someone who is in recovery from pornography or other media addiction, I am committed to not making decisions that might expose them to second-hand smut; specifically, I will keep any potentially triggering movies, channels, games, magazines or other media out of reach of the person in recovery. If I show a pattern of enabling a person in their addiction, I will seek individual and/or group counseling to deal with my part in any patterns.

We agree to follow the above commitments.

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While rigid boundaries and guidelines may not be needed for YP for YP that are unable to maintain ongoing media sobriety, rigidity is often needed and very helpful. The following is a suggested contract for those who have had an ongoing issue with pornography addiction. It is recommended that YP in recovery sign both this recovery contract and the Eight Commitments of Media Safety.

1. **Commitment to Have Accountability Partner:** for accountability to be effective, it is helpful to communicate with your partner at least once or twice a week if not daily.
2. **Commitment to Have Accountability Software:** installed on all computers you use at home, work (if possible) and other locations. (See the "Software Tools for the Home" section of this manual.)
3. **Commitment to Recovery Groups:** enter support groups, recovery groups and/or counseling if the issue persists. If there are patterns that may be enabling your addiction, seek group counseling also.
4. **Commitment to Close Entry Points:** cancel any subscriptions, memberships, channels, access to 900" phone numbers or other points of entry. Commitment to dispose of any media or magazines that are a trigger or to make sure they are beyond reach.
5. **Commitment to Learn about Recovery:** investigate and pursue resources to learn more about recovery.
6. **Commitment to Have Transparency:** be transparent on where you are in recovery in general (being honest on general frequency and severity of acting out).
7. **Commitment to End Online Affairs/Relationships:** any online relationship that either could be considered an online affair and/or impede your daily life to be ended. A good guideline is if you would not go to a level of emotional depth and intimacy in communication with someone face-to-face in person, then you should not go to that level of depth online - an online affair is still an affair.
8. **Commitment to Avoid Hiding:** Commitment to allow accountability partner to review phone bills, credit card purchases, or other applicable records if the issue persists, to avoid hiding the severity of the issue.

I agree to follow the above commitments.
