Parental Advice Leaflet

1. Get to know the services and web sites your child uses. If you don't know how to use them, get your child to show you.

2. Set reasonable rules and guidelines for computer use by your children and discuss these rules and post them near the computer as a reminder. Remember to monitor their compliance with these rules, especially when it comes to the amount of time they spend on the computer.

3. Do not overreact if your child tells you about a problem he or she is having on the Internet. Instead, work together to try to solve the problem and prevent it from happening again.

4. Do not to use a computer or the Internet as an electronic babysitter!

5. Make the Internet a family activity and ask your child to help plan family events using the Internet.