

# South Holland School District 150

## Online and Digital Safety Information

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### [Internet Safety](#)

The Illinois Internet Safety Education Act encourages schools to adopt an age-appropriate Internet safety curriculum for students in grades K through 2. It also requires instruction in grades 3 through 12. This law identifies key topics for instruction, including safe and responsible use of the Internet and the risks posed by online predators, identity theft, cyber bullying and harassment, and illegal downloading

What is the Illinois Internet Safety Education Act?

[http://illinoisattorneygeneral.gov/cyberbullying/Public\\_Act\\_095-0869.pdf](http://illinoisattorneygeneral.gov/cyberbullying/Public_Act_095-0869.pdf)



### [Safe and Responsible Use of the Internet](#)

Kids go online to research and complete school assignments and to learn about topics that interest them. They also go online to chat with friends, play games, download music, keep a journal or Web blog, create websites, shop, and more. It may seem like kids are pretty savvy Web users, and many parents think that their children are better computer users than they are. But that doesn't mean that kids understand the dangers they could encounter on the Internet or how to avoid them.

The good news is that parents can help. Defending children against Internet dangers can seem like an overwhelming task. Parents/Guardians need to make a commitment to become familiar with the technology your children use and to stay current with Internet safety issues.

### [Resources available for more information on Internet Safety . . .](#)

[Download the Internet Safety Rules 'N Tolls Checklist!](#)

<http://www.internetsafety101.org/safety101.htm>

[http://kidshealth.org/parent/positive/family/net\\_safety.html](http://kidshealth.org/parent/positive/family/net_safety.html)

[Descargue la lista de Seguridad en Internet Reglas y Herramientas!](#)

(Spanish Version of Internet Safety Rules 'N Tools Checklist)





## Cyberbullying

Cyber bullying not only looks and feels a bit different than traditional bullying, but presents some unique challenges in dealing with it. Cyber bullying, also known as electronic bullying or online social cruelty, is still defined as bullying.

Cyber bullying can be done:

- through email
- through instant messaging
- in a chat room
- on a website or gaming site
- through digital messages or images sent to a cellular phone

**"PARENTS are the  
most POWERFUL  
defense against  
bullying"**

### How can we prevent Cyber Bullying?

PARENTS: COMMUNICATE WITH YOUR CHILDREN ABOUT THEIR ONLINE EXPERIENCES.

Parents need to discuss cyber bullying with their children as part of their regular discussions about Internet Safety along with their discussions about appropriate use of technologies. Parents can make it clear that using the Internet or cellular phones to embarrass or hurt others' feelings is not part of their family values. Discussing the golden rule as it applies to internet and technology use can be very helpful. Parents should discuss encouraging children to speak out against cyber bullying that they might witness and to report it to the appropriate person. In addition, parents need to set up guidelines for appropriate use for each new piece of technology that is brought into the home.

[Stop Cyberbullying Before It Starts \(PDF\)](#) provides useful information for parents.

### GETTING INVOLVED IN KIDS' ONLINE ACTIVITIES

Online bullying, called cyber bullying, happens when teens use the Internet, cell phones, or other devices to send or post text messages or images that are intended to hurt or embarrass another person. Cyber bullying is a problem that affects almost half of all American teens. Whether you've been a victim of cyber bullying, know someone who has been cyber bullied, or have even cyber bullied someone yourself, there are steps you and your friends can take to stop cyber bullying and stay cyber-safe.

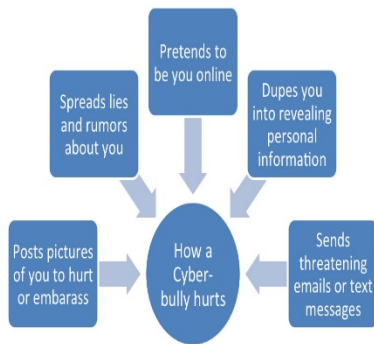


Besides informing your kids about cyber bullying, it is wise to take an active role in protecting your kids from Internet predators and sexually explicit materials online. To do that:

- Become computer proficient and learn how to block inappropriate or questionable material.
- Keep the computer in a common area, not in individual bedrooms, where you can watch and monitor its use.
- Share an email account with your child so you can monitor messages.
- Spend time online together to teach your kids appropriate online behavior.
- Forbid your child from entering private chat rooms; block them with safety features provided by your Internet service provider or with special filtering software. Be aware that posting messages to chat rooms reveals a user's email address to others directly or through their computer's IP address.

- Find out what, if any, online protection is offered by your child's school, after-school center, friends' homes, or anyplace where kids could use a computer without your supervision.
- Take your child seriously if he or she reports an uncomfortable online exchange.
- Forward copies of obscene or threatening messages you or your kids get to your Internet service provider.

Helpful link . . . . [http://illinoisattorneygeneral.gov/cyberbullying/Responding2Cyberbully\\_students\\_0108.pdf](http://illinoisattorneygeneral.gov/cyberbullying/Responding2Cyberbully_students_0108.pdf)



***STUDENTS:***

**How Are Teens Cyber bullied?**

Being a victim of cyber bullying can be a common and painful experience. Some youth who cyber bully

- Pretend they are other people online to trick others
- Spread lies and rumors about victims
- Trick people into revealing personal information
- Send or forward mean text messages
- Post pictures of victims without their consent

***HOW CAN I PREVENT CYBER BULLYING?***

*Below are some of the ways to help STOP cyber bullying . . .*

- Refuse to pass along cyber bullying messages
- Tell friends to stop cyber bullying
- Block communication with cyber bullies
- Report cyber bullying to a trusted adult

If you wouldn't say it in person, don't say it online. Delete any cyber bullying. Don't write it. Don't forward it.

***WHAT TO DO IF YOU ARE A VICTIM OF CYBER BULLYING?***

- Print out all instances of cyber bullying.
- Preserve electronic evidence. If you receive a mean or threatening message, do not delete the message. You should take a screenshot of the message or store the message in a folder. There may be important electronic information that can help law enforcement trace the source.
- Report improper content and usage to the perpetrator's website or Internet
- Ignore the sender. You do not have to respond. In fact, responding can escalate the situation.
- Block the sender. If ignoring the person does not improve the situation, you can call you phone company and ask them to block the number so that the person can no longer call you phone. You can also remove a person from a buddy list.
- Tell a trusted adult (parent, teacher, social worker, or law enforcement).
- If you feel you are in danger, call 911 immediately.





# Kid-Friendly Search Engines and Portals

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The following sites allow kids to access kid-friendly content and help prevent kids from coming across inappropriate material:

<http://www.internetsafety101.org/kidfriendlysearchengines.htm>

[dibdabdo](#)

[Education World](#)

[Fact Monster](#)

[Kids.gov](#)

[Kuboo](#)

[Surfing the Net with Kids](#)

[ixquick](#)



## Filtered Search Engines and Directories

[Ask for Kids](#)

[Fact Monster](#) -

[The World Almanac for Kids](#) -

[iKnowthat.com](#) -

[American Library Association Great Websites for Kids Directory](#)

[Homework Spot](#)

[Enchanted Learning](#)

[Kidsclick](#)

[ithaki for kids](#) -

[Google Safe Search](#)

# Additional Information and Resources on Internet Safety

## Illinois Resources

- [Illinois Attorney General Lisa Madigan Kids' Page](#)
- [Illinois Attorney General – Safe Guarding Children Internet Safety](#) *"Illinois Attorney General Madigan Offers New Internet Safety Initiative as Students Head Back to School"*

## National Resources

- [Cyberbully Help](#)
- [iKeepSafe](#)
- [National Criminal Justice Service](#)
- [NetSmartz](#)



The screenshot shows the Illinois Attorney General's website, specifically the "Internet Safety and Digital Etiquette" section. The page features a navigation menu on the left with 15 items, including "Introduction - Illinois Attorney General", "FBI Parent Guide to Internet Safety", "Rights and Responsibility", "Private and Personal Information", "Digital Etiquette", "The Power of Words", "The Key to Keywords", "Whose It Is, Anyway?", "Strong Passwords", "Digital Citizenship Pledge", "You've Won a Prize!", "How to Cite a Source", "Picture Perfect", "Talking Safety Online", and "Internet Safety and Digital Etiquette". The main content area is titled "Safeguarding Children" and includes a section for "Internet Safety". This section contains text about the dangers of online communication and provides resources for parents and educators. It also mentions "Internet Safety Training Modules" created by the Attorney General's Office, which are designed to provide schools with the tools they need to fulfill requirements under the Illinois School Code for annual, age-appropriate internet safety instruction to students in grades 3-12. The page is powered by Joomla!