

# Suggestions to Parents about Internet Usage

INTERNET USAGE: We have had an increasing number of parents of middle and high school students contact us about advice for utilization of computer and, especially the internet, at home. Many students insist to the parents, very late at night, that they have school work that needs the internet. The experts suggest:

- Have the one family computer that has internet capabilities in a “public” place (living room or family room) with the screen facing outward.
- Do not permit students to have internet on their private computers in their private rooms
- Set a time by which the internet is shut off and not used. Possibly 9 or 10 pm for Middle School and 10 or 11 pm for high school. That may mean that the students need to complete homework that requires the internet first, and other homework later.
- Talk to your students about “interactive social networking: Facebook, blogging, even Skype. Reportedly many students are on these interactive sites well into the early hours of the morning (1 or 2 a.m. and beyond). You need to know what they are doing.
- Some parents say that their children tell them that they are the ONLY parents who use controls. We can assure you this is untrue.
- Parents need to be cautious about and control the “cameras” (“webcam”) that are added to or are part of most new computers. While they are mostly used with “Skype” they can be temptations for improper use by some students.
- Talk to your children about the information and pictures they share on the web. Information about school, address and family should never be shared with unknown individuals.

