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PANS appreciates your contribution, support and interest in our Annual Crime Prevention Guide.

Special thanks to Fenety Marketing Services for their excellent hard work and professionalism in bringing about another successful Guide!

A handwritten signature in blue ink that reads "Derrah J Reid (P)". The signature is written in a cursive style.

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Police Association Nova Scotia Executive members present a \$5,000 cheque to the Red Cross for the RespectED Anti-Bullying Prevention Program

L-R: Richard Hickox, Wilfred Andrews, Travis Price (RespectED Anti-Bullying Prevention Coordinator), Christena Copeland (Senior Corporate Relations Officer), Gavin Giles (Member, Canadian Red Cross National Board of Directors), Darreh Reid (PANS President), Steve Curley, Doug Williams and Dale Johnson

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FROM THE PUBLISHER



Each year, the Police Association of Nova Scotia publishes these Crime Prevention Guides as a result of financial contributions from residents of the province and business representatives. With their generous support for our annual campaign, PANS is able to give back to Nova Scotia communities through donations to various local charities and youth-oriented programs, in an effort to keep our younger generation from experiencing the negative effects of many of the topics discussed in these annual guides.

This 42nd Annual Crime Prevention Guide focuses on the topic of **Children's Internet Safety**. Our goal is to educate children, youth and adults on the potential hazards and risks related to the use of the Internet, and to provide information, tools and strategies for children so they can better protect themselves online.

On behalf of the Police Association of Nova Scotia, I would like to take this opportunity to sincerely thank each and every contributor to our 2012 Telephone Appeal, which allowed us to publish this Crime Prevention Guide.

This unique publication is distributed free-of-charge each year to schools, libraries and public facilities, and it is also available online at the Police Association of Nova Scotia's website - www.pansguide.com, making it easily accessible to everyone.

Your comments or suggestions regarding these publications are always welcome and we look forward to speaking with you again this year during our Annual Telephone Appeal.

Respectfully,

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Tim Keizer making his presence felt at Colonel Gray High School



Guardian photo by Shane Ross

Const. Tim Keizer will be stationed at Colonel Gray High School in Charlottetown until at least November. He will focus on drugs, bullying and traffic issues.

Back from a lunchtime cruise in mom's red Tercel, the teens pull into the Colonel Gray parking lot, tunes blaring, heads bobbing.

Two in the front, two in the back. Two in the back. That's two too many, according to the graduated licence sticker on the front windshield.

It's also a \$220 fine and three demerit points, said the cop writing up the ticket.

Well, that sucks.

Const. Tim Keizer begins his second week patrolling the grounds at Colonel Gray High School today. Principal Kevin Whitrow had lobbied the police department for three years for an in-house cop primarily to help deal with an ongoing drug problem, but also to address cyberbullying and traffic issues.

"My role is to provide a safe environment", Keizer said. "And to educate."

He's not there to take the students' money. That's why he has let all eight traffic violators he's written up so far off with just a warning, providing they - and their moms - attend an education session he will put on at the school.

He's also not there to be a truant officer. If he sees a kid skipping school, he might ask what's up, but he won't pull out the handcuffs and escort him back to class.

That's why Devin Johnson, a Grade 11 student who admits he is not always an angel, thinks Keizer is the perfect choice for the school cop.

Keizer grew up in Charlottetown and graduated from Charlottetown Rural High School in 1988. Johnson and other students I spoke with say Keizer is bridging the gap between the police and youths.

"He's not old so he knows how to act," Johnson said. "He's not trying to get people in trouble, so he's trusted and respected for that. He gets out of the way for small stuff."

Like any other school, there are more serious issues at Colonel Gray than traffic. And that's where Keizer will "get in the way".

Normally, Johnson said, there would have been at least one good fistfight by now - usually involving someone who owes money or someone who might have "cocked off" to another guy's girlfriend.

But after Week 1, there has been only one minor shoving match, and when one of the boys threatened to "get the cop", the other "ran like a scolded dog", said Keizer, who saw the whole thing go down.

Drugs are still prevalent at the school, Johnson said. Walk into the bathroom at any given time and you could see a deal going down, or see someone snorting crushed-up hydromorphone through a rolled-up twenty or tampon applicator.

"At least you don't see it as much as last year," Johnson said.

Keizer has an office in the school and makes rounds between classes and during breaks. He's aware of the drug problem, and has already warned the usual suspects that he's watching.

He is also learning to understand mental health issues. Johnson said Colonel Gray is rife with stereotypical cliques - he lists the jocks, the preps, the nerds, the smokers, the stoners, the junkies, the foreigners and the "unpopulars" who are looking for a sense of belonging.

Keizer wants to reach out to the vulnerable kids before they wind up in the wrong group, or become bullied or involved with drugs. He has already used his authority to take one student, who had contemplated suicide, to see a doctor.

Keizer will be at Colonel Gray until the end of November. After that, he would welcome the opportunity to move to another school if there is a need, or extend his stay at Colonel Gray.

"I'm only here for a short time," Keizer said. "But I hope the impact I have lasts a lot longer."

Published on September 17, 2012 by Shane Ross, THE GUARDIAN

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Truro police officers shine bright like a diamond

MacNeil, Hickox receive Jubilee Medals for work in community

Published on January 30, 2013 by Truro Daily News



Truro Police Service Chief Dave MacNeil, left, and Cpl. Rick Hickox show off their Queen Elizabeth II Diamond Jubilee Medals they recently received. The two officers are humbled and honoured by the recognition, which came through their peers in the province.

TRURO – Dave MacNeil and Rick Hickox do what they do because they care. That's part of the reason the two members of the Truro Police Service have been recognized with Queen Elizabeth II Diamond Jubilee Medals.

"We're able to be out in the community, getting to know people and it's nice to give back. We're very fortunate we are in positions that we can give back," said MacNeil, the chief of the department.

"The town encourages that we get involved in the community. We can build bridges and it's nice to be able to do that."

The men were nominated for the award by their peers. Cape Breton Regional Police Chief Peter McIsaac put forth MacNeil's name through the Canadian Police Association (CPA), and David Fisher, the chief executive officer of the Police Association of Nova Scotia (PANS), recommended Hickox for the award. The latter also went through the CPA.

"I was pretty surprised," said MacNeil, acknowledging he wasn't aware he had been nominated. "I had no idea it was coming. Obviously I am very honoured and also humbled by it."

MacNeil, 42, has been in policing for the past 20 years. When not wearing the uniform, MacNeil can be found at a number of places.

He's been a board member with the Colchester East Hants Mental Health Association for the past five years and is also a board member with the Central Colchester Soccer Association.

"I've coached basketball, soccer and hockey," MacNeil said of some of the local volunteering he's done.

For the past 16 years, policing has been a part of Hickox's life. The 42-year-old received his medal at a special ceremony in Halifax in December with 11 other police officers.

"None of us knew it was being presented," he said about the ceremony with eight additional officers from Nova Scotia and three from Prince Edward Island.

"I'm very honoured to receive it. It's nice to be recognized by your peers for the work you do," said Hickox.

Cpl. Hickox is the Truro area director of the PANS for the seventh year and along with working locally with the association, he attends meetings in Ottawa with the CPA.

Hickox has been a board member since 2006 with Bridges in Truro.

"It's a men's intervention program designed for men, and even families, that have issues with violence," said Hickox.

He also volunteers with the Truro and Area Minor Hockey Association, the same association where MacNeil is also a coach.

"More recently, I volunteered for security with the Ignite the Spirit campaign's Blue Rodeo concert," Hickox said.

But the volunteering doesn't end there. Both officers are members of a number of boards and associations, both provincially and nationally. For example, MacNeil is the vice-president of the Nova Scotia Chiefs of Police Association.

While the two officers haven't received a medal of this honour before, they have both received long-service awards through the province.

"I personally wanted to keep this one low key," said MacNeil about the Diamond Jubilee Medal. "There are a lot of people that do a lot of good things in this community. We're very honoured to receive this honour though. The jubilee only happens once and it's pretty amazing to receive it."



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City police reading computer data from crash vehicles



Cst. Ron Kennedy, a traffic specialist with Charlottetown Police Services displays a crash data recovery system now in use by the department. It reads data collected and stored by a vehicle's airbag restraint system which can include vehicle speed, brake activation time and force, antilock brake activation, seatbelt engagement and many other points of data.

Charlottetown police are now obtaining data from vehicle computers after a crash, just like black boxes in aircraft.

The department demonstrated its Bosch Crash Data Retrieval kit to the Guardian Tuesday.

The device gets data from the minicomputer modules which control the airbag system, the roll-over sensor and the power-train sensor of vehicles.

"Your airbag control module acts as the brain, whether your airbags are going to fire in a crash, whether your side curtains will deploy, whether your seatbelt pre-tensioners will engage," said Constable Ron Kennedy, a traffic specialist with Charlottetown Police Services. "It makes all those decisions in milliseconds."

Older air bag modules either didn't save or record that data, or did so in a non-standard way.

Up to 40 percent of all vehicles on the road, however, do have data that can be obtained by police, says an industry website.

Kennedy says that investigators do not need to obtain permission to download data from a

vehicle involved in an accident.

"It's part of our investigation, like we look at any other kind of data pertaining to your car," he said.

The data has not yet been the subject of any court proceedings on P.E.I. but Kennedy says that it is proven technology.

"It has been tested quite often in Ontario and the courts are supporting it," he said.

The device is read-only so the kit cannot alter the sensor data, said Kennedy.

For years, federal agencies in North America have been urging car manufactures to collect and store the pre-crash data in a standardized format and most vehicles now do that, said Kennedy.

"When your vehicle sensors indicate there is pressure coming on your bumpers, all of a sudden the system wakes up and starts making these calculations," he said.

"It looks at how fast you are going. In some of the newer vehicles it will look at whether there is someone in the passenger seat, their weight, and make all these calculations, whether to deploy the airbags.

"Some vehicles have a roll-over sensor to detect if a vehicle is going past a certain angle. If it gets an impact on the door it will fire the side curtains or the ones in the seats.

"Some of the newer vehicles have up to 12 bags in them. It's incredible," said Kennedy.

Newer cars can capture even more data, like the position of the throttle, even the position of the seat, whether it's fully back or forward and whether occupants are wearing their seatbelt.

Kennedy said that Charlottetown police do not depend solely on the data to reconstruct what happened during an accident.

"It kind of reconfirms after we have done a lot of our traditional reconstruction techniques," he said.

Published on January 9, 2013 by Nigel Armstrong of THE GUARDIAN

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TEAM WORK

Charlottetown Police Const. Walter Vessey and police services dog "Pana" scour the shoreline along the Prince Edward Island National Park searching for a 90-year-old Prince Edward Island man who has been missing since Thursday.



GUARDIAN PHOTO - Published on September 15, 2012

Promotion Routine April 2012



Deputy Chief Flemming & Cpl. Rick Hickox

Welcome Rick Hickox to the Truro Police Department's Supervisor Team.

Cpl. Hickox is the successful candidate from the recent promotional routine.

Truro police, fire services to duel on the ice in support of charity

Published on February 21, 2013

Battle of Badges event March 13th at new community centre

TRURO – In cooperation with the Truro police and fire services for their upcoming battle on ice, Cobequid Educational Centre's student council is collecting food donations Friday night.



From 4 to 8 p.m., students will be walking door-to-door for donations for the Colchester Food Bank. Students collecting donations will be wearing orange student council shirts.

The goal is to collect enough food to fill a Truro Police Service truck. People can also drop donations off at the school between 8 a.m. and 8 p.m.

The food drive is in support of the upcoming hockey game between the two services.

The event will take place March 13 at the Rath Eastlink Community Centre, and will support the Children's Wish Foundation, Colchester United Way, Truro Boys and Girls Club, Heart and Stroke Foundation and CEC safe grad.

Tickets are \$10 each or four for \$30, and are available at the door. Game time is 7 p.m.

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Queen's Diamond Jubilee Medal Recipients



Queen's Diamond Jubilee Medals were given out on December 1, 2012 at a special dinner in Halifax to the following PANS members:

Acting Cpl. Doug Williams, Springhill Police Service; Det/Cst. Morgan Gibson, Bridgewater Police Service; Sgt. Joe Di Persio, New Glasgow Police Service; Cst. Derrah Reid, Amherst Police Department; Sgt. Wayne Crane Stellarton Police Service and Sgt. Wilf Andrews, Kentville Police Service. Missing from picture and also receiving medal, Cpl. Rick Hickox, Truro Police Service; and Sgt. Anthony Chisholm of the Westville Police Service.



Dale Johnson, Lynn and Joe DiPersio, Derrah Reid, David Fisher



Kelly and Doug Williams, Springhill Police Service



Laurie and Morgan Gibson



Rick and Angela Hickox, Truro Police Service-Recipient

Continued on page 39



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Queen's Diamond Jubilee Medal Recipients

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Cindy Gallagher and Cst. Derrah Reid, Amherst PD



Linda and Wilf Andrews, Kentville Police Service



Lynne and Joe DiPersio



Donna Gallant (PANS Executive Assistant) and her husband Maurice Gallant, and Brigitte Gaudet (PANS Controller) and her husband Derek Gaudet

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Police form community response unit to target issues

Management, union forge deal to better serve town

by Lisa Brown

Published on January 16, 2013 by SouthShoreNow



Chief John Collyer of the Bridgewater Police Service looks on along with Pat Cappello, chairman of the board of police commissioners, as Det/Cst. Morgan Gibson signs an amendment to the local union's collective agreement enabling the creation of a community response unit. The four-officer CRU hits the streets this month.

BRIDGEWATER — The Bridgewater Police Service has formed a new unit to target issues in the town.

The four-member community response unit (CRU) was scheduled to hit the streets January 15.

The one-year pilot project redistributes existing resources to focus crime prevention and enforcement on identified problems.

One officer has been pulled from each four-person patrol shift. Those officers will work 10-hour shifts in pairs at peak times of the week.

They will assist general patrol officers responding to complaints as needed. That means five officers will be available at the busiest times, instead of four.

It will also allow the CRU to target specific needs identified by management. That might be anything from directed traffic enforcement initiatives during day shifts to working in plain clothes targeting culprits breaking into cars at night.

The idea for the specialized unit originated with the president of the Bridgewater Police Association, local 108 of the Atlantic Police Association, Det/Cst. Morgan Gibson.

It required an amendment to the collective agreement, which was signed January 7.

Pat Cappello, chairman of the board of police commissioners, signed on behalf of the town.

"It's just so nice to see the co-operation between management and union," Mr. Cappello said.

Both sides say they're happy about the collaborative approach and hope it's a first step to a better relationship between management and union reps, who have often butted heads in the past. The last contract was settled through arbitration four years after the fact.

"I don't think that's necessarily in anybody's best interests. I think what we've done here today hopefully will signal a new way of doing business, a new relationship," Chief John Collyer said.

"It needs to be a collaborative approach to how we do business because if it's good for the town it's going to be good for our members long term. If the members are happy, it makes management's life easier," Det/Cst. Gibson said.

Because the CRU is a pilot project, both sides will evaluate the pros and cons. At the end of the year, they can decide to abolish the unit, continue it as is or tweak it for possible improvements.

"We want to have a go and see if this will work. There's little or no jeopardy to either side," Chief Collyer said. "Management believes there may be some cost savings in terms of overtime, but we have to see whether that's true or not."

Officers assigned to the CRU may benefit from a work schedule that better fits their lifestyles. They'll be off every second weekend and working 10-hour rather than 12-hour shifts.

"Having our members have a good work-life balance is a good thing," Chief Collyer said.

It's also an opportunity for those officers to gain some experience with plainclothes work and more exposure to the duties of other specialized units, such as the general investigation and street crime enforcement units.

At the same time, it will give management a chance to identify potential candidates for future deployment in the specialized units.

"It gives them an opportunity to see what it's like working in plain clothes and it gives us an opportunity to see if they have some of the skills that are necessary to work in plain clothes full time," Chief Collyer said.

"It's really mutually beneficial," Det/Cst. Gibson added. "The members are going to gain personally and professionally and it's going to enhance what we provide to the community."

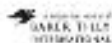
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Message against drinking, driving remains essential



Lighting a candle during the MADD Candlelight Vigil of Hope and Remembrance in Kentville Saturday evening are: Kings Detachment RCMP Const. Blair MacMurtery, Ben Nelson, Matt Lahey, Charles Lahey, Jannie Lahey, Tarilyn Lahey and Kentville Police Service Cst. Mike Goss.

KENTVILLE - Alcohol-related traffic collisions are the number one criminal cause of death in Canada.

That is the message that Mothers Against Drunk Driving (MADD) continues to drive home to everyone who gets behind the wheel.

"Four people die and 186 people are injured every day in Canada as a result of drinking and driving," said

Susan MacAskill, the Atlantic regional chapter services manager for MADD.

On Saturday, MacAskill was in Kentville for MADD's candlelight vigil of hope and remembrance, an annual service honouring loved ones killed or injured by impaired drivers.

"We want as many people as possible to think about the consequences of drinking and driving," she said.

During Saturday's vigil, families and friends gathered to light candles and honour lost sons, daughters, husbands and wives.

The Lahey family of Brooklyn, Hants County, was there to remember Ryan Lahey, 20, who was killed in a car crash 5 years ago.

"He was in the back seat and the driver of the vehicle had been drinking," said Jannie Lahey, Ryan's mother.

"Many people think that as long as you're responsible for yourself, you'll be all right," she said.

"It's more involved than that. You also have to be vigilant about who you get in the car with."

Police officers from the Kentville Police Service and the RCMP formed the honour guard for Saturday's service. The Annapolis Valley chapter of MADD organizes this annual event and the red ribbon campaign in the fall.

Police, pharmacies join forces to collect pills from city seniors

Service an opportunity to safely dispose of old or unused prescriptions

Charlottetown Police Services, in partnership with Murphy's Pharmacies, is offering a pill collection service for Charlottetown seniors.

Police Deputy Chief Gary McGuigan says this will be an opportunity for seniors to safely dispose of old or unused prescriptions.

Police will visit Charlottetown seniors homes at pre-arranged times and will collect old or unused prescriptions from seniors at that time.

"This partnership by the CPS and Murphy's Pharmacies will provide an opportunity for seniors to clean up their medicine cabinets and dispose of any old pills leaving them less vulnerable to thefts and people looking for pills to feed their addictions or to sell illegally on the streets," said McGuigan.

Seniors can turn the old pills over to a Charlottetown police officer and feel safe and secure in the knowledge the pills will be disposed of properly by the professionals at Murphy's Pharmacy, said the deputy chief.

He said police are noticing a trend where prescription medications are being stolen by teenagers, family members or friends from the medicine cabinets of the people with those prescriptions. Police have also recently had a home invasion where the thieves broke into a home and demanded pills.

McGuigan said when these drugs fall into the wrong hands they present a risk to the community and if they are disposed of improperly they can pose a risk to the environment as well. Police will visit seniors homes in the Charlottetown area this week to post times and dates for the start of the program.

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Members of the Police Association of Nova Scotia (PANS) present their donation to Chris Wilson, Vice President of the Alzheimer Society of Nova Scotia.



Richard Hickox, Wilfred Andrews, Derrah Reid (PANS President), Chris Wilson (Alzheimer Society of Nova Scotia Vice President), Doug Williams, Steve Curley and Dale Johnson

Our favourite day of the year is just around the corner. I'm not talking about Halloween, I'm talking about a very special day when Canadians take time to celebrate philanthropy.

November 15 is National Philanthropy Day and across Canada we will celebrate the many

contributions that philanthropists have made to our country.

At the Alzheimer Society of Nova Scotia, we have dedicated this year to celebrating philanthropy. Our philanthropic community is made up of those who donate money to our cause and also donate their time through many volunteer hours.

This week we are very grateful to profile and celebrate the Police Association of Nova Scotia (PANS). Each year, PANS publishes crime prevention guides for the community and this year, their focus is on elder abuse. PANS goal is to educate the public and promote their role in the identification and prevention of abuse and neglect of our seniors.

PANS gives back to their communities through donations to various local charities. Thank you for choosing the Alzheimer Society of Nova Scotia and helping us to provide Help for Today...Hope for Tomorrow.

www.wordpress.com

REMEMBERING VICTIMS OF VIOLENCE



Const. Leonard Weatherbie, Charlottetown Police Department, lights a candle during the annual Charlottetown Memorial Service for Victims of Violence to mark Canada's National Day of Remembrance and Action on Violence Against Women.

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North Nova Education Centre Graduation in New Glasgow ~ June 27, 2012

Since 2008, bursaries for continuing education have been awarded to the graduating children of New Glasgow Police Service members. Each of the graduates was presented with a \$300.00 bursary by Cst. Rebecca Heighton of the New Glasgow Police Service.

To date, scholarships have been awarded to 13 graduates totaling \$ 3,900.00. The funds are raised each year by members of the New Glasgow Police Association. The fundraising campaign has been headed since its inception by Sgt. Blair Bannerman of the New Glasgow Police Service.



Kiana Casey, daughter of Cpl. Mike Casey, New Glasgow Police Association. Kiana Casey was also awarded the Atlantic Police Association Scholarship in the amount of \$500.00 in memory of Sgt. Charlie Williamson of the Amherst Police Service.



Ryan Hawley, son of Cst. Allan Chabassol, New Glasgow Police Association



Katie Hurley, daughter of Sgt. Blair Bannerman, New Glasgow Police Association



Robyn Rutledge, daughter of Sgt. Duane Rutledge, New Glasgow Police Association



*Left to Right:
Robyn Rutledge, Kiana Casey,
Cst. Rebecca Heighton New Glasgow
Police Service, Ryan Hawley,
Katie Hurley*



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Benefit Hockey *Annapolis*

Our **15th Annual Charity Benefit Hockey Game** on January 17, 2013, featuring the Maritime All Stars, raised over \$7,000.00 to support our Police Association's activities in the area, including generous donations to the **Annapolis Valley MADD Chapter**, **Children's Wish Foundation**, and the **Special Olympics**.



Annapolis Valley MADD Chapter

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Benefit Hockey *New Glasgow*

Our **14th Annual Charity Benefit Hockey Game** on January 24, 2013, featuring the Saint Francis Xavier University Women's Hockey Team, was a success, with over \$6,000.00 in proceeds raised to support our Police Association's many activities in the area, including generous contributions to the **Pictou County Help Line**, **Children's Wish Foundation**, and the **Pictou County Early Intervention**.



Children's Wish Foundation

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*Supporting Children's
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Benefit Hockey

Halifax

Our 7th **Annual Charity Benefit Hockey Game** in Halifax on January 31, 2013, featuring the Maritime All Stars, was a huge success with over \$12,000.00 in proceeds raised to support our Police Association's many activities in the area. Generous contributions were made to the **Children's Wish Foundation**, **Feed Nova Scotia**, and **Kids Help Line**.



Children's Wish Foundation



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Benefit Hockey

Truro

Our **Annual Charity Benefit Hockey Game** on March 13, 2013, featuring the C.E.C. Cougars High School hockey team raised over \$5,000.00 to support our Police Association's many activities in the area, including generous contributions to the **C.E.C. Safe Grad**, **Children's Wish Foundation**, and the **United Way**, **Heart & Stroke Foundation**, and the **Truro Boys & Girls Club**.



Heart & Stroke Foundation



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KIDS & THE INTERNET: THE FACTS



Canadian Youth and Internet Use

Canadian children and youth are major users of the Internet. In fact, Canadian households are a world leader in Internet usage. Youth are using the Internet for social interaction, entertainment, education, information and other activities.

- 99% of Canadian youth report they have used the Internet at some point. Almost 8 in 10 say they have Internet access at home.
- Almost half say they use the Internet from home at least an hour every day.

Kids say their parents know nothing about the sites they visit; parents say they do

- When asked how much their parents know about web sites they visit almost 4 in 10 young people say their parents know very little or nothing.
- When parents were asked about how much they knew about the sites their children visit, 71% said they knew a great deal or a fair bit.
- More than one third of young people say they erase the history that shows the web sites they've visited.
- 8 in 10 young people say their parents don't talk to them at all or very little about what they do online.
- While 78% of parents say they talk to their kids about their online habits a great deal or fair bit.
- 50% of young people think their parents know less about the Internet than they do.

Kids are on their own when using the Internet

- A large percentage of young people are alone when they go online. 50% say they are alone most of the time. 33% say they are alone some of the time.
- 15% of young people say they have met in person at least one friend they've made online.
- Most youth have their own email accounts, but many parents are unaware they do.

Chat Rooms

- 30% of 9-10 year olds go into chat rooms. For 11-12 years, the rate is 58%; 13-14 year olds is at 70%; 15-17 years is 72%.
- Of those who visit chat rooms, 26% of 9-10 year olds visit adult chat rooms; 37% for 11-12 years; and 66% for 15-17 year olds.
- The majority of youth who visit private and adult-only chat rooms are at home but unsupervised (85%) and they have no household rule relating to this practice (82%).

Exposure to Pornography/Sexual solicitation

- More than half of young Internet users have received pornographic junk mail. Most did not tell their parents (78%).
- Almost one-half of youth in secondary school say someone has made unwanted sexual comments to them on the Internet.
- 21% of young Internet users indicated they would give out both their name and address online in order to win a prize.
- About one-quarter of youth have their own personal web site. 57% of these provide their email address; 26% provide their full name and 22% provide a photograph of themselves.
- Of all young Internet users, 60% have household rules about not giving out personal information about themselves or their family.

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CHILDREN MISUNDERSTAND PUBLIC NATURE OF THE INTERNET, SURVEY FINDS

Toronto, ON – A new Internet Safety study conducted by Microsoft Canada and Ipsos Reid provides new insight into the way children use the Internet, how they perceive the risks of sharing personal information online and how much parents understand about their child's online behaviour. Issues relating to privacy are of particular concern as 70 per cent of children age 10 to 14 believe the information they put online and send to friends is private and 37 per cent of girls and 22 per cent of boys in this age range have emailed their picture to someone.

Other important findings from the Microsoft Canada and Ipsos Reid survey relate to Internet use outside of the home. The study found that 85 per cent of children age 10 to 14 who have Internet access at home also have access to the Internet outside the home and that 15 per cent of these children visit websites that their parents consider off limits.

Highlights from the survey of children age 10-14 with Internet access at home include:

- 33 per cent of children age 10 to 14 spend 6-10 hours a week online while 26 per cent spend more than 10 hours a week online.
- 25 per cent of children would feel safe getting together with a person they have only met online and talked to for a long time online.
- 17 per cent of children say they have used the Internet in the middle of the night.
- 11 per cent have been asked by a stranger for personal information while online such as their full name, home address and phone number.

- One in 10 youth do not know all of the people on their friends/messaging list.
- Two in five 10 year olds always participate in instant messaging when online.
- 26% per cent of children age 10 to 14 have seen hateful messages
- 96 per cent of parents have spoken with their children about dangers to be aware of online.

The Microsoft Canada and Ipsos Reid report surveyed a nationally representative sample of 1,000 children from age 10 to 14 who have Internet access at home, and 600 parents of children age 10 to 14 who have Internet access at home. The study focused on Canadian children's access to the Internet and their behaviours and experiences while online including stranger danger, cyber bullying and privacy issues



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ONLINE: KNOW THE FACTS – PROTECT YOURSELF!

The Internet is an amazing tool that connects us to the world – but unfortunately, it can be used by people who want to steal information or do harm.

By being smart about online activities, you can protect yourself and your friends.

Be on alert if an online contact:

- asks you a lot of personal questions like where you live, go to school or hang out. Never give an online contact details that will let them locate you offline!
- offers you gifts or money (saying stuff like, “*I can’t believe your parents won’t help you out, how about I send you some bucks?*”) This is a strategy to find out where you live or to make you feel like you owe them something.
- asks where your computer is located – they might be trying to figure out if you are “alone”.
- talks about kissing or sexy pictures, or tries to get you to talk about sexual stuff (cyber sex) or send pictures. Remember – everything sent over the Internet can be shared with a million people, and could last forever. Never send a photo, especially one you don’t want everyone in the world to see, to an online contact.
- gives you nicknames like ‘beautiful’ or is overly nice; they might be trying to soften you up to make you do things you otherwise would not.
- won’t take ‘no’ for an answer; keeps bugging you to do stuff you aren’t interested in.
- wants to meet you in private. If an online friend is really who they say they are, they should have no problem meeting you in a public place with your parent(s) or another adult you trust.

Listen to your gut; if someone makes you uncomfortable online or in person, get away and get help!

www.redcross.ca

If any of these things are happening to you online or in person, tell a trusted adult.

If anyone sends you pictures of sex, or talks to you about sex or anything else inappropriate, or tries to get information about you:

BLOCK IT, SAVE IT and REPORT IT to www.cybertip.ca or phone 1-866-658-9022.

You don’t even have to know who they are! They are experts - they will investigate.

If your friend is meeting someone they met online, they could be in danger. Tell a trusted adult – it’s not telling when you are trying to protect them!

The Bottom Line

Listen to your gut; if someone makes you uncomfortable online or in person, get away and get help!

If you have made a mistake, it’s never too late to tell someone you trust. A little embarrassment and a lecture from your parents or other adults could save you a lot of trouble and pain!

Above all, remember: you have a right to be safe and happy. When someone tries to hurt you, it’s not your fault!



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WHAT IS CYBERBULLYING?

CYBERBULLYING IS THE USE OF ANY KIND OF TECHNOLOGY TO INTIMIDATE, HURT, OR HUMILIATE OTHERS.

It's so common that you or someone you know have probably already been involved in it—whether as target, bystander, or as the person cyberbullying others.

Here are some **examples** of cyberbullying:

- Sending cruel or threatening emails, texts, or instant messages to someone
- Posting photos that you know will embarrass someone
- Creating a website to make fun of someone
- Posting insults on someone's timeline on Facebook
- Making up fake accounts on social networking sites (like Facebook, Twitter, or Tumblr) to ridicule others
- Rating people in online polls
- Spreading secrets or rumours about people online
- Harassing other players in online video games (flaming)

So?

All forms of bullying are hurtful, but there are some things about cyberbullying that can make it especially devastating. For example:

- **It's easier** to be cruel when you can't see or be seen by your target. When someone doesn't witness the hurt they are causing, it's easier to imagine that it's just a joke' or that what they're doing is 'no big deal.'
- Cyberbullying has a much **larger audience** than face-to-face bullying. If someone posts something that your entire friend-circle can see, it's going to hurt more than if they'd said the same thing to your face.
- The perpetrator is anonymous in some types of cyberbullying, which can make the abuse very **difficult to stop**.
- Because teens are always wired, cyberbullying can follow them everywhere—even into 'safe' places like their homes.



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ARE YOU A TARGET?

Cyberbullying hurts.

It can leave you feeling isolated, humiliated, confused, and scared. It can follow you into your home, making it feel like you can't escape it. But don't lose hope. There are things you can do that will make a difference, even if it takes some time for the situation to resolve completely. You have the strength to get through this. We can help.

What's different about cyberbullying?

- It can be harder to avoid cyberbullying than other types of bullying because it occurs through technology. Cyberbullying can occur at any time and can spread quickly.
- Cyberbullying has a much larger reach than face-to-face bullying. It uses technology, which extends beyond the school, playground and other contexts, and can follow the person into their home.
- Photos and videos can be used in cyberbullying, which can be humiliating.
- Some forms of cyberbullying involve impersonation, which can harm your reputation.
- When the person doing the bullying is anonymous it can be much harder to put a stop to it.

What can I do?

Protect yourself on Facebook

- 1** It might be tempting to respond to the text, post, or email but it's better not to. Take a breath and count to ten.
- 2** If it's a text or email, don't delete it. If it's a post on Facebook or another social networking site, take a screen shot. Having a record can help you prove what happened.
- 3** Block the sender from your inbox. Move the message to your Junk folder. If you don't know how to block a sender from your phone, contact the service provider (your cell phone company).
- 4** It's important to tell someone you trust about what's happening, especially if it continues. If you are being threatened, you should contact the police.

Did You Know?

65% of KHP users asked said they have been bullied online.

How do I tell?

The best way to get through the awful feelings that cyberbullying can cause is to talk to someone about what you are going through. Talking is also the first step in getting the help you need to solve this problem. Here are some tips to help you figure out what kind of support you need and how to ask for it.

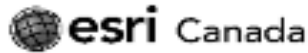
- Think about how you are feeling right now, and what would be most helpful. Do you need emotional support? Someone to help you figure out what to do next? Someone to talk to school administration or the police with you? Once you know what would be most helpful right now, it'll be easier to pick who to talk to first.
- Tell the person you talk to what it is you need from them. If you really just need someone to listen, tell them that. If you are not ready to report the cyberbullying yet, you can tell them that, too.
- If you are ready to report the abuse and need help doing so, be very clear that it's what you want. Ask the person what they think the first step should be. If they don't seem to know much about cyberbullying, show them this page and ask them to do some research. Learning about your school's anti-bullying policies is a good place to start.
- If the first person you talk to isn't helpful, tell someone else. Don't give up! It sometimes takes a few tries before you find someone who knows how to help.
- Contact the police if you are being physically threatened or feel that your safety is in danger.

Staying safe

- Keep your passwords private, even from your friends.
- Learn about privacy settings and reporting features on any social networking sites you use.
- Be careful about which photos you share online.

Remember, no one deserves to be cyberbullied, and no one should have to go through it alone. If you're really upset and don't know what to do, you can always call a counsellor at **Kids Help Phone: 1-800-668-6868.**

Map your way to decisions that matter



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Is Your Child Being Bullied In Cyberspace?

By Marcia Kelly

If the word “bullying” makes you think of one child picking on another in the schoolyard, it maybe time to update your image of this important problem. While such face-to-face harassment certainly still exists, new ways of bullying have emerged. With the proliferation of cell phones, instant messaging, social networking Web sites such as MySpace, and other technologies, bullying has muscled its way into cyberspace.

Cyberbullying, as this new technological danger is called, may already have happened to your child. According to a study done by wiredsafety.org, 90 percent of middle-school students say they have been the victims of this new form of bullying. Perhaps more sobering, only 15 percent of parents even know what cyberbullying is, according to another study by the group.

Cyberbullying: What it is and how it works

Cyberbullying is the use of technology to harass, hurt, embarrass, humiliate, or intimidate another person. It can be done anonymously, which makes it easy for one child to hurt another and not be held accountable or see the impact of his or her actions. Because this technology reaches a wider audience than just the person who is targeted, its effects can be devastating.

This form of bullying can take place in many ways. For example, some young people have discovered sites where they can create a free Web page—including one intended to bully another child. Embarrassing pictures, private instant messaging (IM) exchanges, and hateful

or threatening messages can be posted on these sites. Some young people also post mean comments at legitimate Web sites’ guest books. Others post blogs (short for “Web logs”), information that is instantly published to a Web site. Bullies have found blogging to be a powerful tool when encouraging peers to gang up on another child.

Cyberbullies, like schoolyard bullies, look for targets who are vulnerable, socially isolated, and may not understand social norms. Many children with disabilities have these characteristics, and so they may be especially vulnerable to cyberbullying.

Your 3-step plan to protect your children from cyberbullying

Today’s children are the first generation to experience cyberbullying. Today’s parents are the first to figure out how to respond to the problem.

As you venture into this new territory, here are some tips that you may find helpful, says Julie Hertzog, PACER’s bullying prevention project coordinator.

1. Raise the topic of cyberbullying with your children.

Many children are afraid to initiate such a conversation because they fear that their access to the Web and cell phones will be eliminated; others are scared to admit that they are being bullied. Open the subject for discussion and let your children know that you want them to have some cyber freedom—but that it needs to be safe.

2. Set cyber safety rules.

You set safety rules for your children in the physical world. Do the same in cyberspace. Remind your children that they never really know who is on the other end of cyber communication. It could be the person they think it is, or it could be a

continued on page 53...

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predator or a bully. With that in mind, two good guidelines are, “Don’t do or say anything online that you wouldn’t do or say in person. Don’t reveal anything that you wouldn’t tell a stranger.

Specific advice for your children might include:

- Never give out your e-mail password, a photo, or any personal data, such as a physical description, phone number, or address. A bully could use that information to harass you in many ways.
- Never share too many personal details. For example, if you keep an online diary, someone could use that information to bully or ridicule you.
- Never share your IM account password with anyone, even your best friend. That friend may share it with other people, or the friendship may end—and your private messages could suddenly become very public. Also, a cyberbully with your password can sign on, pretend to be you, and behave inappropriately with others to embarrass and humiliate you.

3. Know what your children are doing online.

Privacy is important, but safety is more important. As a parent, you have a responsibility to know what your children are doing online. Keep your children’s computer in an open spot, such as the family room, where you can supervise Web activity. If your children have an account on a social networking site such as MySpace or Facebook, for example, know how to access it so you can monitor the communications. If you do discover that your children are subjected to cyberbullying, document it by printing the e-mails or Web pages, saving electronic copies, and contacting your children’s school or the police.

Technology offers your children many advantages and benefits—and, occasionally, some risks. The solution is not to remove their access to technology but rather to manage the risks. You can do that by being aware of your children’s cyber activities, learning about new technologies, and adding “cyber parenting” to your list of talents.



Cyberlife by the numbers—a new world for many parents

Cyberbullying

- 22% of students know someone who has been bullied online.*
- 19% of students admit to saying something hurtful to others online.*
- 12% of students have personally become upset by strangers online.*

* Based on a 2005–06 survey of 13,000 students in grades 5-12.

Kids Online

- 58% of students admit to using the Internet unsafely, inappropriately, or illegally.
- 55% of students report having given out personal information (e.g. name, age, gender, home address) to someone they have only met online.***
- 31% of students have a personal Web page.***

** Based on a 2005–06 survey of 11,900 students in grades 5-12.

*** Based on a 2005–06 survey of 12,000 students in grades 5 - 12.

Digital Divide

- 93% of parents say they have established rules for their child’s Internet activity.*
- 37% of students report being given no rules from their parents on using the Internet.**
- 95% of parents say they know “some” or “a lot” about where their children go or what their children do on the Internet.*
- 41% of students do not share where they go or what they do on the Internet with their parents.**
- 26% of students believe their parents would be concerned if they knew what they did on the Internet.**

* Based on a 2004–05 pre-assessment survey of 1,350 parents.

** Based on a 2005–06 pre-assessment survey of 12,650 students in grades 5-12.

Statistics from the Internet safety organization i-safe and its sister group, Teenangels. Learn more at www.isafe.org and www.teenangels.org.

www.PACERKidsAgainstBullying.org

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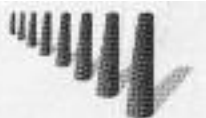
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HOW TO BLOCK CYBERBULLIES



Cell Blocking

You don't have to take upsetting calls or texts:

Instructions

1. If the message is from someone you know, go to your Menu and find the person in your Contacts.
2. Hit Block.
3. If you get a hurtful text from a stranger, don't write back. Save it.
4. If you have the text message open, go to your Menu. You might find Block in your Options.
5. If you don't see Block, call your cell provider and ask how to block a sender.
6. If you can't block numbers from your phone, save unwanted callers as "Do Not Answer."

Email Blocking

Make it hard for bullies to find their way into your inbox:

Instructions

1. Click on the message in your inbox and select Spam or Junk Mail
2. When the message is open, select Block Sender or Junk from the Options menu
3. Go to your Options from your social networking homepage
4. Look for "profile settings" or "security settings"
5. Change your security settings on social networking pages (Facebook, Myspace), so that only people in your friends or contacts can send you messages. Go to your Options from your homepage to make changes to your settings.

Website Blocking

You don't have to take abuse online or anywhere else:

Instructions

1. Contact the Host Administrator. If you don't know who the Host is (such as Blogger), check the top of the website's homepage. Look for a link that says Contact or Contact Us.
2. Contact your Internet Service Provider (ISP) and explain what's happening. If you're not sure who your ISP is, look around your home for a phone or cable bill—you probably get Internet services from the same place

Forum Blocking

Don't let cyberbullies bug you in chat rooms or online forums:

Instructions

1. Go to Report Abuse or Ignore. These tabs should appear at the top or bottom of the screen when you are in the forum or chat room.
2. Try contacting the forum administrator to report abuse.



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WHAT MAKES YOUNG PEOPLE VULNERABLE TO EXPLOITATION?

Young people are vulnerable because they lack power – socially and economically – and must rely on adults to provide the necessities of life, as well as mature guidance. If they are without strong support at home or in their community, they are vulnerable to those who want to exploit them.

Also, adolescents want to leave childhood behind and be seen as adults. This can be manipulated by those wishing to exploit them.

Some factors make certain young individuals even more vulnerable:

- history of abuse or neglect
- low self esteem; poor peer relations
- high levels of conflict with parents/caregivers
- drug or alcohol use/addiction
- being away from home and away from a familiar environment
- poverty, few economic options
- lack of education or job skills
- meeting the wrong person, in person or online, and growing to trust them
- a lack of awareness about sexual abuse/exploitation

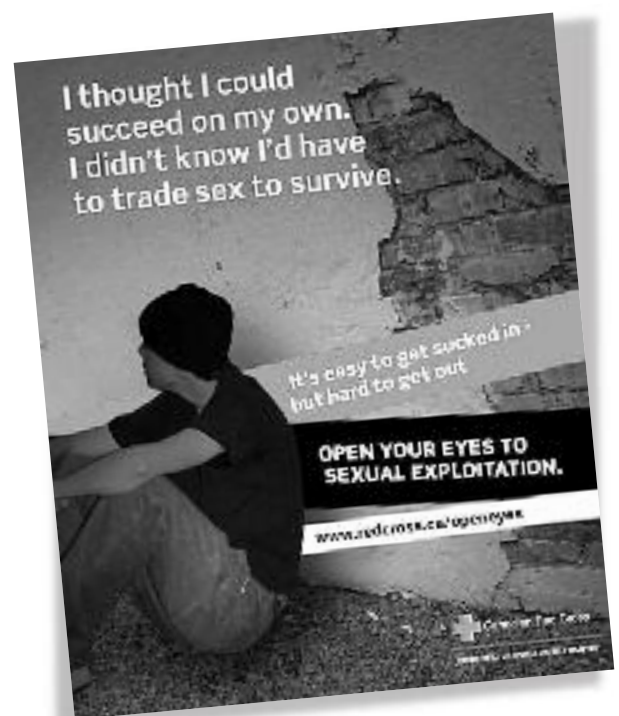
Those who have been transported into Canada, often from poor or unstable areas, are unable to seek support and help for fear of being punished, either by their captors or by the authorities. Sometimes they don't speak the language, so they cannot seek help; they have no papers. They are very much at the mercy of those who traffic them.

But even children who live in Canada and have supportive families, schools and communities are increasingly at risk, especially through the Internet.

Adolescents are curious, and it's normal for them to push

boundaries and to experiment; and because they are young they don't often make the best choices. The Internet opens them up to contact with predators. It's very easy for them to get in too deep, before they realize that they're in danger, and then they are at risk of being exploited because they don't want to be caught doing whatever it was they were doing. Parents need to be talking about these issues with their children, and monitoring Internet use and watching for danger signs.

Whatever factors lead to sexual exploitation, once involved it is very difficult for a young person to escape. It's crucial that there are supports available, and that sexually exploited youth are not judged, devalued or written off as lost causes.



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ONLINE EXPLOITATION: WHAT TO WATCH FOR

The Internet is such a great tool, it is easy to overlook the potential dangers it can pose. These include exposing children and youth to unsuitable/offensive materials, and making them accessible to adults who want to exploit them, and go online to find vulnerable young people.

Online child sexual exploitation is a serious problem. Approximately 1 in 5 children is sexually solicited online.

For young people, the Internet is an incredible social tool. Chat rooms and Instant Messaging are very popular, but they are places where abusers may lurk, and might lie about who they are. Predators can adopt a false young identity, strike up friendships with children or youth and then attempt to meet them in person.

Experts note that predators are not always older. Often, they are peers.

Identifying offenders can be very difficult even when the child does report the incident to parents and/or police. The exploiter may have lied about everything, including their age, gender, location and reasons for contact.

Luring

The term “luring” can mean a variety of activities — enticing a child or youth to reveal personal details about themselves and family members; to send photos; even to meet, usually in a different city or country. Sending photos over the Internet is potentially risky because an exploiter can intercept the photos and cut and paste the child’s image into a pornographic photo and then distribute it.

Internet exploitation typically starts in a friendly, non-threatening way, and the trust of a young person is gained. This process may take place in a single interaction or over a period of weeks or months.

Children and Youth at Risk

Some children and youth are more vulnerable than others. Some traits include:

- emotionally immature, naive or curious
- shy
- desperate to be in an intimate relationship
- impulsive
- low self-esteem or peer problems
- troubled or depressed
- strong respect for adult status
- experienced prior maltreatment
- willing to cooperate for a desired reward



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ONLINE EXPLOITATION: WHAT TO WATCH FOR

...continued

Female: According to Cybertip.ca's reported cases, 95% (18) of the identified victims of luring reports were female and the average age of the female victim was 13 years.

Are there warning signs I can watch for?

- Your child spends large amounts of time online, especially at night, and doesn't want to tell you who s/he is talking to or doing.
- You find pornography on your child's computer.
- Your child receives phone calls from adults you don't know or is making calls, sometimes long distance, to numbers you don't recognize.
- Your child asks for a web camera or moves the web camera to a more private location.
- Your child receives mail, gifts, or packages from someone you don't know.
- Your child turns the computer monitor off or quickly changes the screen when you come into the room.
- Your child becomes withdrawn from the family.
- Your child is using an online account belonging to someone else.

What should you do if you suspect your child is communicating with a sexual predator online?

If you come across child pornography online, believe someone is attempting to lure a child for sexual purposes/commit some other sexual offence against a child, you should:

- Talk immediately, calmly and frankly to your child in a supportive, non-angry way;
- Submit a report to cybertip.ca by visiting www.cybertip.ca and filling out an online reporting form or calling a toll free number (1-866-658-9022).cybertip.ca analysts are available 24 hours a day, 7 days per week to accept calls from those who require direct assistance;
- Contact your local police;
- Report these incidents to your Internet Service Provider (ISP).

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Cyber Security Consumer Tip Sheet

Most of what we do online falls into one of three categories: Talk, Shop and Play. There are risks associated with all these activities that consumers need to be aware of so they can take the necessary steps to protect themselves and their computers.

The Canadian Internet Registration Authority (CIRA), in partnership with Media Awareness Network, wants to make sure you stay safe online. We have developed the following list of potential risks you may encounter during your online experience and suggested tools that may assist in lowering the level of risk.

Cybersquatting

Scammers may register a Web address that looks like it belongs to a legitimate business, or one that can easily be typed by accident when navigating to a legitimate Web site.

Tools to use: Bookmarks, Content Filters

Cookies

Small files your Browser saves on your computer. They often include data like your login and password.

Tools to use: Browser and antivirus updates, Clearing browser cache, Privacy policies, Private browsing tools, Secure sites.

Data theft

Your financial and personal data can be very valuable in the wrong hands.

Tools to use: Bookmarks, Browser and antivirus updates, Clearing browser cache, Creating strong passwords, E-mail encryption, Firewalls, Privacy policies, Privacy settings, Private browsing tools, Reporting online crime, Secure sites.

Excessive spending

The ability to buy real or virtual things instantly can make it easy to lose track of how much money you're spending.

Tools to use: Prepaid credit, Content filters

Griefing

Some people enjoy annoying other people on purpose and ruining experiences that should be fun.

Tools to use: Blocking other users, Contacting sites and ISPs, Content filters, Privacy settings, User/vendor rating systems

Identity spoofing

It's easy to pretend to be someone else online. There are lots of fake Facebook profiles and Twitter accounts that pretend to be from someone they're not.

Tools to use: Blocking other users, Browser and antivirus updates, E-mail encryption, Firewalls, Managing reputation, Privacy policies, Privacy settings.

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Cyber Security Consumer Tip Sheet

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Identity theft

Scammers can steal your online identity by getting access to your credit card or bank information or to other data you use to verify your identity.

Tools to use: Bookmarks, Browser and antivirus updates, Clearing browser cache, Firewalls, Privacy policies, Private browsing tools, Reporting online crime, Secure sites.

Malware

These programs – which may pretend to be something useful or install themselves by getting you to click a box – can hurt your computer or even take control of it.

Tools to use: Bookmarks, Browser and antivirus updates, Firewalls, Secure sites.

Online fraud

It's easy to be taken in by people online who promise more than they intend to deliver. You can see a complete list of online frauds at <http://www.rcmp-grc.gc.ca/scams-fraudes/index-eng.htm>.

Tools to use: Bookmarks, Contacting sites and ISPs, Prepaid credit, Reporting online crime, Secure sites, User/vendor rating systems.

Phishing scams

E-mails that try to get data from you by pretending to be from a bank or other business.

Tools to use: E-mail encryption, Reporting online crime.

Spyware

Malware that collects data from your computer. Some spyware records everything you type.

Tools to use: Bookmarks, Browser and antivirus updates, Firewalls, Secure sites.

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CIRA is proud to sponsor Media Awareness Network and the important work they do on behalf of Canadians.




**Children's Internet Safety
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Bookmarks: Most browsers let you set Bookmarks or Favourites so you can go straight to your favourite Web sites.

Blocking other users: Almost every kind of online communication lets you block other users from contacting you.

Browser and antivirus updates: Your Browser is your first line of defence against malware, but you need to keep updating it. The same is true for free or commercial antivirus software.

Clearing browser cache: The cache is where your Browser saves cookies, so you should clear it often.

Contacting sites and ISPs: Bad behaviour that is not criminal can be reported to a site or the ISP that hosts it.

Content filters: Browsers, ISPs, Web sites and special software all offer ways of filtering out unwanted content.

Creating strong passwords: Choose a password that is at least seven characters long and is based on a word with no personal connection to you. Change some of the letters to numbers or punctuation marks and use a mix of upper- and lower-case letters. Then customize the password for each site by adding the first and last letters of the site. (bananas becomes b@nAn2s and then fb@nAn2sk as your Facebook password.)

E-mail encryption: E-mails can be intercepted and read. Encryption software and some e-mail services allow you to encrypt your e-mails so they remain private.

Firewalls: These block unauthorized access to your computer. Make sure yours is activated in your Control Panel.

Managing reputation: Do a search for your name to see what picture of you is on the Internet. If you find things that you don't like, try to get them taken down. You can also publish things that reflect the image that you want to be the dominant picture of you. Consider registering your name as a Web address (www.yourname.ca).

Prepaid credit: Some banks and credit cards offer prepaid credit cards which only let you spend a set amount.

Private browsing tools: Most browsers have a function that lets you surf without saving anything in your cache.

Privacy policies: Any site that collects information should have a privacy policy. This should be written in easily readable language and should explain what will be done with any information you give them as well as how you can get your information deleted if you want to.

Privacy settings: Social networking sites such as Facebook have privacy settings that allow you to decide who can see what on your profile. The default settings are often not the most secure, so make sure yours are set to show your content only to your friends.

Reporting online crime: Online crime can only be stopped if it's reported. If you know about successful or attempted crime online, visit <http://www.recol.ca/> to report it.

Secure sites: Secure Web sites use methods like encryption to keep your data safe. Look for a Web address that starts with "https" and a padlock icon at the top or bottom right of your browser window (not the Web site itself.)

User/vendor rating systems: Some online commerce sites allow users to rate vendors based on their experience with them. Look for a good rating and positive comments. As well, some online games and virtual worlds rate users based on other users' feedback. You can use these systems to help fight grieving.

About Us

The Canadian Internet Registration Authority (CIRA) is the organization that manages Canada's .CA domain name registry, develops and implements policies that support Canada's Internet community and represents the .CA registry internationally.

Media Awareness Network (MNet) is a Canadian not-for-profit centre of expertise in media and digital literacy. MNet's programs are funded by its public and private sector sponsors and partners, who include: CTV • Canwest • TELUS • Canadian Internet Registration Authority • National Film Board of Canada • BELL.

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See page 69 for more tips...

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Cyber Security Consumer Tip Sheet

...continued

Mobile Devices

As well as invaluable tools for keeping in touch with our friends, families and our work, mobile devices have become an increasingly big part of how we access the Internet. Unfortunately, while many smartphones are nearly as powerful as computers, we often don't use the same caution with them as we do with our computers—and they often don't have the privacy and security safeguards that come built into computers. As well, the fact that we're never far from our mobile devices can bring a host of opportunities for us to be distracted and to make poor choices.

Risks to Using Mobile Devices

Data theft

Because mobile devices are so convenient, they are often the main tool we use to do both our work and our personal errands online. Unfortunately, this means that the device is typically packed with personal information related to the device owner. You don't need to be a hacker to get information off of someone's mobile device, either: people leave phones and tablets in cabs, airplanes and restaurants every day, and according to the Office of the Privacy Commissioner, fewer than half of Canadians password-lock their devices or tighten their privacy settings. Once someone has access to your data they can use it to access your online accounts, buy things with your credit cards or even pretend to be you online.

Malware

While it is possible for malware to gain access to a mobile phone, in most cases when a mobile device is compromised it's because the user downloaded an app that contained some kind of malware. While most of us have become cautious about downloading to our computers, we are often distracted when using digital devices. The one-click process makes it easier to download apps without thinking twice. Unlike malware designed for computers, which is typically delivered through illegal or "grey-market" venues such as file-sharing sites, mobile malware can often be found among the many legitimate apps available for little to nothing—often masquerading as games or even security software. There are two main types of known mobile malware: those that steal your data as you use your phone and those that charge money to your accounts without you knowing it.

Bullying

Bullying and harassment by mobile devices are at least as big an issue as they are on social networks. Research has found that teens who are heavy cell phone users are more likely both to be targets and perpetrators of online bullying, and the cameras found on almost every phone now make it possible for every embarrassing moment to be captured and uploaded.

Sexting

Because we mostly use phones to talk to or text a single person at a time, we sometimes forget that anything we do over a mobile device can be saved, copied and forwarded to any number of people. Sexting (and sharing sexts sent to you) can have consequences ranging from embarrassment to criminal

continued on page 71...



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Cyber Security Consumer Tip Sheet

...continued

prosecution, and is not just a problem for teenagers: in fact, a 2012 study found that adults are twice as likely as teens to do it.

Overspending

The convenience of buying things on a phone or tablet—whether it's apps for the device or merchandise in an online shop can lead us to make purchases without thinking about them. As well, many game apps—especially those for children—encourage users to spend real money to advance in the game, and if a parent isn't careful, kids may be able to use their credit card information. Finally, just using the phone can cost an unexpected amount as the price of making calls, sending texts and surfing the Web through mobile devices adds up.

Distraction

Many places have passed laws against using mobile devices while driving, but they can also cause accidents for cyclists and pedestrians. As well, having a mobile device handy while you're doing other things increases the temptation to multitask—which makes you less efficient at all the things you're doing. Mobile devices can also lead to sleep problems, especially for teenagers who feel a pressure to respond to texts right away and worry about missing what's going on among their friends.

Inappropriate content

Many of the issues faced by parents in moderating their children's online experience on the Internet are found with mobile devices as well. Many of the apps available are aimed at young children and teens, but because new apps are often rushed to the marketplace—and because app developers rate their own products—it can be hard to know what you're going to find.

Privacy Invasions

Even if you don't use your phone to store personal information, it's gathering data all the time about who and where you are. Many legitimate apps will communicate to your phone's device ID and your location to the app's developers or to third parties. Most often, this data gathering is spelled out in terms of service you agree to when you download it, but some invasions of privacy are done secretly and maliciously—including spyware that allows someone to turn on your device's camera or microphone remotely, even when it's turned off.


How You Can Protect Yourself

Educate yourself. Make sure you understand what features are on a mobile phone before buying it for yourself or for a child. Find out what privacy and security options a device has and activate them; even better, find out before you buy a device which has the best security tools. Before downloading an app, read the Terms of Service to find out what data it's gathering about you.

Be polite. Treat people you talk to or text with the same way you would treat people offline. Remember that a lot of the cues we use to understand what someone means—their facial expression, their body language, their tone of voice—aren't present when you're texting, so phrase what you say carefully and don't jump to conclusions about what someone else means.

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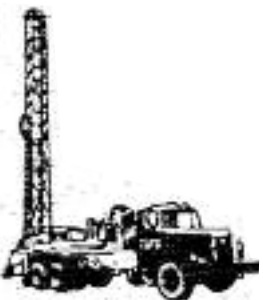
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...continued

Think ahead. Imagine who might see any texts or pictures you send or forward with your device. Before you send a text or forward a picture, think about how the person receiving it—or the person who sent it to you—might feel.

Get an eraser. Software is available for nearly every mobile device that lets you track a device, disable it or wipe its memory remotely. Use this immediately if your device is lost or stolen. If you get a new device, make sure the old one has had its memory fully wiped before selling it, giving it away or throwing it out. (Your device’s manufacturer should have this information on their website.)

Be secure. Set your Web accounts to use only secure connections by going to the “https” version of the site.

Be cautious. Do research on an app before you download it to make sure it’s reliable and doesn’t contain any undesirable content. Don’t follow links sent in emails or text messages.

Turn off what you’re not using. Bluetooth, WiFi and other ways of connecting devices can all be targeted by hackers; turn them off when you’re not using them. Also, set all Bluetooth-enabled devices to “non-discoverable” so they don’t appear to other Bluetooth users around you.

Don’t expose your data. Never send any sensitive information, buy anything online, or do online banking when using a public hotspot. These are very vulnerable to hacking.

Set spending limits. To make online purchases, use prepaid or low-limit credit cards to keep from spending too much. If you share a device with someone else, make sure that your credit card information is out of the device’s memory each time you finish an online purchase. Teach small children that purchases in games cost real money and that they need to ask for permission before buying anything. For children and teens, get a plan that either sets hard limits for texting (so that once they reach their limit they can’t send texts, instead of paying an increased price) or get an unlimited texting plan.

Don’t multitask. Never use a mobile device while you’re driving, cycling, or walking. When you’re working, set your device out of reach so you won’t be tempted to check it. Establish “no phone zones” in your home—in bedrooms, for instance, or at the dinner table.

Start talking. Before a child or teen begins using a mobile device, make sure you have a conversation about these issues. Reassure them that they should come to you if anything happens and that you won’t “freak out” and take away the device.

For more information:

See Cyber Security Consumer Tip Sheet from the Canadian Internet Registry Authority (CIRA) and MediaSmarts available at www.cira.ca and on the MediaSmarts website at www.mediasmarts.ca, as well as other digital literacy resources.

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CYBER-SAFETY TIPS FOR PARENTS & CAREGIVERS

Limiting your children's computer time is not enough to safeguard them on the Internet. Here are tips you can use to prepare your children for the online world:

Talk to your kids.

One of the most important things you can do to improve your children's online safety is to talk to them. Talk about the benefits and risks of the Internet. Let them know it's OK to ask you questions or talk to you if they run into problems with someone online.

Build guidelines and a family agreement around Internet use just as you would for other activities. The following should be included in your guidelines:

- They should never arrange to meet someone they met online in real life. If they do, they should take an adult and meet in a public area;
- They should never post pictures of themselves online to people they do not know;
- They should never download pictures from an unknown source; there is a high probability these could be sexually explicit images;
- They should never respond to messages or bulletin board postings that are suggestive, obscene, belligerent or harassing.
- They should alert an adult immediately if someone is asking them to meet them, or do anything that makes them uncomfortable.
- **Never disclose personal details online.**

Everything said online stays in cyberspace FOREVER, whether or not it is deleted.

Talk to your kids about the importance of their personal information and stress that they should never disclose personal details that would allow someone online to contact them in real life. Things they should not reveal:

- full name
- address
- phone/cell number
- e-mail address
- favourite hangouts
- restaurant
- sports venues

Be proactive in finding out who your kids are talking to online by spending time with them on the Internet.

Get them to teach you about their favourite online destinations, things to do and what's cool. Spend time online doing family activities.

Keep your computer in a public area.

Keep your computer in a public area of your house, not in their bedroom or other area that is private. It is too easy to break guidelines and get involved in potentially dangerous online activities when they can surf without caregiver involvement.

Reinforce that people online may not be who they say they are.

Remind them that "anyone can be anybody" on the Internet.

Consider using parental controls like Internet filters or blocking software.

Always keep in mind that technological controls are not substitutes for your communication and other involvement. Remember that kids have multiple points of access to the Internet and just because you have protections on your computer does not mean they cannot access it other places.

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Encourage open dialogue with your kids and offer a “No-Questions-Asked” deal as a safety net if they feel they could be in danger.

Adolescents often make poor decisions that could lead to victimization when they have broken a family rule. For example, they may not tell you about a potentially harmful situation because you will know they have broken a rule. Let them know they can come to you for help, no matter what they've done, without fear of harsh judgment; once the crisis is averted, you can sit down and talk with them about what happened, and how they can avoid it in the future.

Be constructive about good places for them to visit on the Internet.

Work with your kids, other caregivers and parental resources to develop your family's list of safe, fun sites to visit. Explore kid-friendly search engines for your children to use when looking for information online.

Model positive online behaviour.

As a caregiver, you have a strong influence on your child's behaviour—both on and offline. Make sure that you are demonstrating ethical behaviour from the places you go online and how you use e-mail. Also, talk to them about the importance of not using the Internet as a tool for bullying or other actions that would harm others. Remind them that everything said online stays in cyberspace FOREVER, whether or not it is deleted.

As a caregiver, you have a strong influence on your child's behavior - both on and offline.



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ONLINE INTERACTIONS AND "NETIQUETTE"

Kids interact online with friends, family and sometimes strangers. While most of these interactions are positive, sometimes the internet can lead to negative interactions with others: sexual exploitation and cyberbullying.

Children and online exploitation

While children are online they could come into contact with people who want to exploit them. Certain people go online in an attempt to manipulate or abuse young people. The exploiters can even be teenagers or young adults; they are not always the stereotypical older man.

Fast facts:

Teenagers are the most common victims of manipulation and abuse online.

"Sexting" is text messaging sexual messages.

Most of online activities are not harmful when you take the right precautions, but the following could bring your children into contact with people who want to exploit them:

- Online chatting
- Photo sharing
- Webcams
- Sexting
- Online gaming
- Social networking websites

The signs

Your child may begin to show signs that they are having problems online, like withdrawal, spending extended periods of time on the computer, or suddenly staying away from the computer.

People who want to exploit your kids online may try to

win them over by giving them lots of attention, compliments or gifts. They are sometimes patient and willing to work at gaining your kids trust for weeks or even months. Others may use threats or claim that they are in an emergency to convince your children to cooperate. Some are teenagers, and others may pose as teenagers online and develop a "friendship" with your child with the goal of meeting them for sexual purposes. Some will slowly and gradually introduce sexual content into conversations, while others work faster, introducing sexual content very quickly.

How to stay safe

When your children are online, remind them:

- Never to give out or post any personal information, like their address, phone number, password or photograph. It is surprisingly easy for strangers, or other young people your children have met online, to track down your children even with the smallest amount of information.
- To use impersonal nicknames that do not give away any identifying information in chat programs and other sites.
- To think about their online reputation -- what they say and do online can reveal a lot about them and can have an impact on how others view them. Acting before they think might give others the wrong impression or attract unwanted attention.
- If your child is talking to people he/she doesn't know offline (for example, someone she only knows through an online game), use a voice-mask so others don't know her age or gender.
- Not to believe everything they're told. They have no way of knowing who is telling the truth on the Internet.
- If something sounds too good to be true, it probably is.

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ONLINE INTERACTIONS AND "NETIQUETTE"

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- To ask you for permission before they make an arrangement to meet in person someone they have met online. Make sure they meet in a public place and are not alone.
- If they share photos or videos of themselves, the images can never be taken back. Once it's out there, it's there for the whole world -- including you, the parents, and future employers -- to see.
- Unplug their webcam when they aren't using it, and avoid webcam chats -- participants can record live video and you can't control where the images may end up.
- Not to let other people - including friends - convince them to do something they aren't comfortable with.
- Report abuse to the service provider in cases where someone is misusing a service to inappropriately communicate with a minor.
- Report online child sexual exploitation to a reporting tip line (in Canada, these reports should go to local police or Cybertip.ca).
- Everything you write online could potentially be viewed by anyone. Some people tend to forget this and say things that they shouldn't say or that they would not want others to see.
- Just like offline, you should respect someone's right to end a conversation with you. Not respecting the other person's wishes is a type of harassment and is disrespectful.

As a caregiver, you have a strong influence on your child's behavior - both on and offline.

Using "netiquette"

When interacting with others online, help make sure your kids' interactions are positive by encouraging them to abide by the common rules of "netiquette" (online etiquette):

- Don't say anything online that you would not repeat or say in person. Why should this be an issue? Because the anonymity of the Internet may lead people to say things on the Internet that are inappropriate, rude or embarrassing. This can have offline consequences, like losing friends.
- Never deceive someone for malicious purposes. This means that you should not pretend to be someone else, or lie to a person online, when your intentions for doing so are not well-intended.



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ONLINE PROFILE CHECKLIST

Many websites today allow you to create your own profile to let other users know a bit about you. A profile is all about you. It's your own personal online space. Profiles are a great way for friends to communicate but, because it's all online, other people besides your friends may be able to see it too. There is no such thing as complete privacy online. When it comes to profiles, remember, it may not only be your friends who are viewing, so you don't want to reveal too much. In creating a profile, ask yourself, "how much would I want a stranger to know about me?"

Here is a checklist to help you make sure that you are not giving away too much personal information on your profile:

NAME: You don't need to include your full name; your friends already know who you are! You could use a nickname instead. However, a nickname can say a lot about you and can give others the wrong impression. Think about how your nickname may be perceived. For example, "Wild_grl_15" is not a good nickname. It may give viewers the wrong impression, and also reveals the age of the user (see next section for more on age). Other things you should be careful not to include in nicknames are things like your location and the name of the school you go to.

AGE: Letting others know your age is probably okay, as long as you don't link it to other, more personal information, like your full name, hometown, and school. However, it's probably best if you don't have it on your profile. Lying about your age can be easy and pretty tempting, but there are risks associated with including a false age. For example, if you state that your age is older than you actually are, you may attract unwanted attention.

SEX: It's fine to let others know if you're a boy or a girl, as long as you are careful about what other information you have on your profile!

ADDRESS: Your friends already know where you live. Giving your full address means that anyone in the world who views your profile knows exactly where to find you. That can be dangerous! It's ok if you want to put a general location of where you are for networking purposes, such as Ontario or Ottawa. However, if you are from a small town or village, it's probably not a good idea to include your specific location.

PHONE NUMBER: If your friends don't already have it, you should give it to them in person. A person can find out a lot of other details about you if they know your phone number (for example, looking up some phone numbers on the Internet can reveal your home address). Also, if your phone number is online, anyone in the world may be able to call you.

EMAIL: Your friends and family should already know your email. Think of all the annoying junk mail and spam you could get if you post it online! You may also get personal emails from people you don't know and don't care to know.

SCHOOL: People who know you will already know what school you go to. Like other information listed here, school names can reveal your relative location and other information about you (for example, your general age).



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ONLINE PROFILE CHECKLIST

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PHOTOS/VIDEOS: Any photos or videos you post online can be downloaded, copied, altered or printed. Once you post them online, they may be on the Internet forever – even if you take them down at a later time! If you include pictures in your profile, they should be ones that you wouldn't mind your parents or teachers seeing. Also, be sure that no other information is included in the pictures or videos, such as your school, street name or sports teams. For your main profile picture, a cool graphic or avatar would probably do.

POSTS/BLOGS: Posting on profiles or blogs is a quick way to communicate with your friends online, and it doesn't cost you minutes on your phone. But, anyone may be able to read what you write. Think about what you write before you click SEND. Would your parents be upset if they saw what you wrote? Are you giving out too much information such as where you are going to be, or that you are on vacation (in other words, "hey everyone, my house is going to be empty for awhile!").

MUSIC: Many people may break laws by sharing and/or distributing music online (simply downloading music is illegal in Canada). Someone else usually owns the rights or has copyrighted the music. Adding music to your profile is alright as long as you have the rights to do so. Try using a song you put together!

PROFILE SETTINGS: Privacy settings exist on almost every site where you can create a profile. When possible, make sure your profile is set to private. This makes it harder for people you don't know to see your profile. However, it is not impossible! As we stated earlier, nothing online is truly private.

Fast facts:

Bullying and harassment by mobile devices are at least as big an issue as they are on social networks.

Tips:

- It's easy to lie online, but remember: if you can lie, so can others! Don't believe everything you are told online.
- Stay in control of your online reputation. Think about how your behaviour online may be perceived by others (including coaches, employers, parents and strangers).
- Remember that all online choices have offline consequences and, in some cases, maybe even legal implications.


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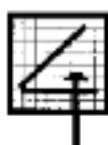
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INSTANT MESSAGING

Any adult living with children is familiar with the distinctive chime that accompanies the arrival of a new message in an instant messaging (IM) window. IM is to young people what e-mail is to their parents' generation: the best way to communicate online (and, most importantly to kids, unlike e-mail IM conversations take place in real time).

MSN Messenger is the most popular stand-alone messaging program, although some Web sites, including Facebook, now offer IM technology as a feature so users can talk in real time.

Most young people (74%) use instant messaging on a regular basis. For kids, it is an incredible, free tool that lets them chat with friends, coordinate school projects and plan activities. It is also an integral part of their daily social lives: knowing all the jokes shared during the previous night's IM discussion helps kids build and maintain their social relationships with peers at school. Beyond that, as young people use the "my contacts" feature to create lists and groups of friends to talk with they are developing skills for managing a social network or community of peers.

When younger youth start using instant messaging – usually as pre-teens – their social status is based on the number of friends they have in their contact list. Because of this, kids in this age group may be pressured to accept requests to be added as a contact – even from people they don't know. As they gain proficiency in using IM, young people develop subtle techniques for gaining and maintaining status in their social group. For example, if they want to impress someone, they may wait for that person to contact them, instead of the reverse – and they may not rush to respond once contacted. Some kids set up two instant messaging accounts: one that is public and another that they share only with their closest friends.

Sometimes, kids use other people's accounts to disguise their identity in conversations with others – with or without permission. They don't necessarily intend this maliciously: they may view it as a joke or as a role playing experiment


(which can be a normal developmental activity for adolescents). But harassment and hurt feelings can easily result, so it's a good idea to talk early on with your kids about these sorts of behaviours. Build empathy by asking them to consider: even if the person whose identity you have "borrowed" has given you permission, is this fair to the person you're talking to? How would you feel if this happened to you?

Here are some tips to help you effectively manage instant messaging in the home:

- Set ground rules before giving your kids permission to use instant messaging. Tell them you will be saving their chat logs and address any privacy concerns they might have by agreeing to not read their logs unless you have serious concerns regarding their safety. To ensure chat logs are being saved when using MSN Messenger, enable the option "save history" in the settings.
- Ensure that your kids are not revealing too much personal information in their profiles, and, for the younger ones, make sure that they know everyone on their contact lists.
- Instant messaging is one of the main ways through which young people experience cyberbullying and sexual harassment online. Discuss the ethical questions surrounding online bullying behaviour and how the physical anonymity of the technology encourages kids to say and do things that they would never do face-to-face.




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INSTANT MESSAGING

...continued

- Teach your kids that if they are being harassed through IM, to stop the activity immediately and block the sender's messages – they should never reply to harassing messages. Make sure your IM program is automatically saving the IM chat logs so you have physical evidence of the harassment should you need to report it to the school or police.
- MSN Messenger offers a video conferencing feature you can use if you or the person you are talking with has a webcam attached to the computer. This can be a wonderful way to stay in touch with relatives and friends who live far away but there are serious safety issues relating to webcams which need to be discussed. For general instant messaging, it is best to ensure the option “Allow Others to See That I Have a Webcam” is de-selected (this is found under the “My Webcam” settings).



www.bewebaware.ca

Managing Video Game Playing in the Home

The best way to manage games in the home is to get involved in what your kids are playing. Your kids will be much more likely to follow your advice if you show them you are genuinely interested in their games.

Get involved:

- For younger kids, choose video games for them. Look for games that don't contain violence or stereotyping. Talk to other parents for advice and suggestions of good games. For more information, see the tip sheet Choosing Good Video Games.
- Always check the rating and content descriptors on a game before renting or buying it.
- As they get older, talk to your kids about the games they like, and be there when they buy or rent them.
- In their book *Grand Theft Childhood*, Drs. Cheryl K. Olson and Lawrence Kutner report that parents are often frustrated by how little they know about the games their children are playing. Sit down and play with your kids, particularly if they have a new game and you're unsure about the content. (Be aware that games can become more violent as you play them longer, so be prepared to invest some time in playing a new game with them.)
- If possible, have your computer or video game console in a public area of your house so you can closely monitor what your kids are playing.
- Buy games that can be played by more than one person and which several people in the family will enjoy.

Restrict access to violent games:

- Approach your local video store and ask them to put a restriction on your account to prevent your children from renting or buying games that are rated for older players. (Most stores will honour this kind of request. If they don't follow through, find a more cooperative, family-friendly store.)
- Discuss video game content you find objectionable.
- Talk to your kids from a young age about why you find certain video game content objectionable. Most teens will play video games with violent or sexist content from time to time, so it's unrealistic to try to ban them outright at this age. However, if you talk to your teens about why you find certain games offensive, they will better understand your feelings, and will hopefully carry your values with them even when they play games away from home.
- Encourage critical thinking. Discuss with kids how believable events or story lines in games would be if they happened in real life. Challenge stereotypes when you see them, and encourage your children to do the same.
- Discuss with your kids the prevalence of violence as a solution in video games. Ask them to think about what might be other, non-violent solutions to the same problem, and encourage them to play games that allow for non-violent solutions (many "action" games allow players to succeed through stealth or careful planning as well as through violence; a good game review site will steer you towards these.)

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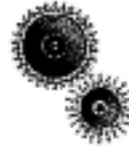
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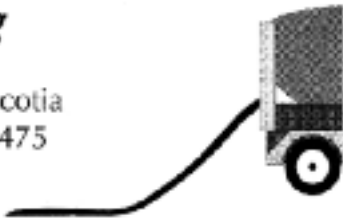
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Managing Video Game Playing in the Home

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Control the amount of time your child spends playing video games:

- Don't ban game playing outright--it is an important part of kids' social lives, particularly for boys.
- Establish rules for how much time per day your kids can play games, and stick to them. Many homes have "not until homework is completed" or "only on weekend" rules.
- If you put limits on how long a gaming session can last, keep in mind that many games take a certain amount of time to finish.
- Remember that while a new game will sometimes completely consume your kids, the novelty will pass and other pursuits will eventually hold more appeal.

Encourage other activities:

- Do whatever is necessary to encourage and support your child's participation in other activities. If your child doesn't seem to be interested in anything other than video games, try a tie-in to one of his or her favourite games. If your son prefers fantasy role-playing games, for example, you might encourage him to read books with fantasy themes.

Control video game spending:

- Video games, consoles and online video game subscriptions are expensive. To keep costs down, you can rent or borrow games and consoles.



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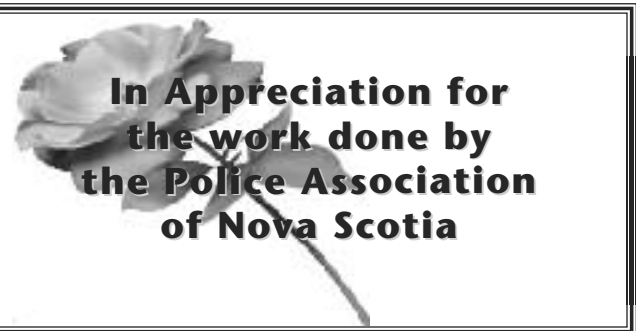
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VIRTUAL WORLDS

What are they?

Virtual worlds are online worlds that are inhabited by users who take the shape of avatars (cartoon characters that represent you, which you can choose characteristics for). Internet users who are online simultaneously meet in the virtual world and communicate through their avatar by chat – sometimes with audio or video options.

Virtual worlds are a relatively recent phenomenon and are very popular with youth, with three times as many young people than adults populating them.

There are two main types of virtual worlds:

- environments that provide a setting for socializing, playing and shopping; and
- massively multiplayer online role-playing games (MMORPGs) that provide a storyline or quest.

Virtual worlds are particularly interesting to adolescents as they are real-time places in which they can experiment with all kinds of situations and identities. As their personalities develop, teens are attracted to the opportunity to test behaviours and identity anonymously in a relatively protected environment. For example, through their avatars, kids can:

- experiment with different ages and genders; and
- test behaviour that would be considered risky offline (such as aggressiveness or double-crossing) and observe the immediate impact of this behaviour on others.

Some psychologists believe that virtual worlds can help teenagers deal positively with changes that occur at puberty by letting them explore different personas and social situations. However, if their involvement becomes compulsive and dominates a teenager's life at the expense of face-to-face socializing with peers, it can have the opposite effect.

Socializing environments (i.e. Teen Second Life and Club Penguin)



Virtual worlds geared towards children and pre-teens are a cross between social networking and online gaming. Popular sites for this age group include Webkinz, Club Penguin, Neopets, and Stardoll.

When using these sites, children are learning valuable social skills for interacting in online communities. For example, Webkinz represents a simplified version of a social network where children interact through their Webkinz avatar. Two friends, each owning a Webkinz toy, can have their avatars play together on the Webkinz site.

Tip: Children need to learn proper social skills for virtual worlds. Teach them to remember there are people behind the avatars and everyone must be treated with respect.

As virtual worlds usually include some type of chat, children can learn communication skills. In Club Penguin, for instance, children can communicate with each other through two levels of chat: a secure mode where children use pre-programmed phrases to communicate, and a second mode where children are free to type whatever they like. For children who are just learning to write, the free chat mode helps familiarize them with the keyboard and how to use writing for fun in real life communications.

It's important that parents understand that virtual worlds are as much about commerce as socialization. From buying more Webkinz toys to purchasing land on Teen Second Life, most virtual worlds are commercial environments where kids are encouraged to buy products for their avatars, or real world products for themselves.

continued on page 97...

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VIRTUAL WORLDS

...continued

Habbo Hotel, for example, describes itself as an online environment that provides companies and brands “with a completely new and exciting way of building their brand value among teenagers.”

Tip: Look for virtual worlds that don't encourage consumerism – ones that promote charitable giving or civic engagement. For example, Global Kids aims to develop global citizenship and community leadership skills in young people.

Online multiplayer games



The main difference between virtual world games and “traditional” video games that are not played online is that the former allows players to create and play within real online communities, with both their offline friends and players from all around the world. Popular examples are RuneScape and World of Warcraft.

The community aspect of these games provides players with valuable opportunities to learn and practise important social skills such as helping or guiding a newcomer and organizing groups or guilds, and learning how to make moral or ethical decisions about how a community, city or nation should be run.

When confronted with extreme situations that they are unlikely to encounter in the “real world”, youth can also learn the skills to manage the unexpected and deal with crisis situations.

According to a 2008 study, teens who have these civic gaming experiences report much higher levels of civic and political engagement than teens that have not had this kind of experience.

Massively multiplayer online role-playing games are intrinsically time-consuming. They are sometimes referred to as persistent worlds because they continue to evolve, whether or not the player is online. This can be very addictive for players, who feel the need to constantly check back into the game to see what's happening. In some games, the avatar disappears if the player hasn't clocked a certain number of hours per week.

Tip: It's a good idea for parents to check whether there are a minimum weekly number of hours of play required before their child registers with an online game.

Because the storyline is developed by interactions between players, it is difficult to estimate how much time a session or game will take. Knowing this, parents can better understand why their child may not be able to “disconnect” from the game come mealtime.

Tip: Discuss time management with your child and plan game playing for times when gaming won't conflict with other priorities.

Tip: If you're a gamer yourself, monitor your own playing habits – after all, you're your child's main role model.



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EXCESSIVE INTERNET USE

Maintaining a healthy balance between entertainment media and other activities in their children's lives has always been a challenge for parents. The Internet has made this challenge even more difficult. The engaging nature of Internet communications and interactive games means many children and teens have trouble keeping track of time when they're online.

Is there such a thing as Internet addiction?

Parents know that children and young people can easily become 'hooked' on online activities such as gaming and using Facebook – but is this really an addiction? While some experts refuse to use the term "addiction" to describe excessive use of the Internet (because it doesn't entail physical symptoms), it is increasingly common to refer to excessive Internet use as a "behavioural addiction" – which is defined as losing the ability to stop going online to the point where it impacts on other areas of your life – including relationships, emotions, social life, school, and so on.

It is also now recognized that there are different forms of addiction based on the type of Internet activity – for example downloading, forming online relationships, compulsive shopping and accessing pornography. (Gimani et al., 2003)

Online gaming

For young people, online role-playing games lend themselves particularly well to excessive use because these games have no end and there is always someone available to play with. In addition, in role-playing games, players are often members of groups, which means they need to stay engaged so everyone can advance. However, keep in mind that research shows only 5 to 12 per cent of gamers have a problem with excessive playing.

If a child or teen is obsessive about playing a certain game, it can be worrisome, however there can be benefits to keep in mind. Some psychologists believe that games may support and help young people through adolescent changes – for example, the avatar representing them could allow them to explore new identities. It's also important to acknowledge the confidence that comes with mastering a game and, in role-playing games, the more time spent playing, the more skilled the players become.

Identifying problem online gaming

Playing more than 30 hours a week over several months could be symptomatic that your child needs help in controlling his or

her online playing. It's important, however, to consider other factors before panicking:

- Is the child involved in a repetitive activity that has little variety or creativity?
- Does the game take up most of the child's leisure time or take over other activities?
- Are relationships outside the game (family, friends, romantic relationships) suffering?
- Is the child obsessed with the game?
- Are the child's studies, work or romantic relationship seriously affected?
- Does the child persist even though he/she is aware of the problem?
- Does the child protest (sometimes violently) or become agitated or experience mood swings when unable to play the game?
- Does the child neglect to take care of personal hygiene or clean up his or her living space?

Tips for controlling Internet use

If your child is demonstrating strong signs of Internet addiction, consider seeking professional counselling. Compulsive Internet use may be symptomatic of other problems such as depression, anger and low self-esteem.

Investigate software that monitors and restricts Internet use. Although these tools are helpful, keep in mind they can be easily disabled by a savvy computer user. Your ultimate goal should be helping your kids to develop self-control, discipline and accountability with the Internet.

Examine your own online habits because as a parent, you are the most important role model for your children. On average, Canadian adults spend 19 hours a week online compared to 13 hours spent by children.

Keep Internet-connected computers out of your kids' bedrooms. Research shows that young people who have an Internet-connected computer of their own spend twice as much time online as those who share a connection with other family members.

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Too Much Time Online



Maintaining a healthy balance between entertainment media and other activities in their children's lives has always been a challenge for parents. The Internet has made this challenge even more difficult. The engaging nature of Internet communications and interactive games means many children and teens have trouble keeping track of time when they're online. Here are a few tips to help manage time online:

- ◆ As much as possible, keep Internet connected computers out of your kids' bedrooms. Research shows that young people who have an Internet-connected computer of their own spend twice as much time online as those who share a connection with other family members.
- ◆ Examine your own online habits: how much time are you spending online? As a parent, you are the most important role model for your child.
- ◆ When all else fails, software is available that monitors and restricts Internet use. Although these tools are helpful, they don't replace helping your kids to develop their own self-control, discipline and accountability with regards to their Internet use.

A word about gaming...

Young gamers are especially vulnerable to losing themselves online. In fact, many online role playing games are actually designed to encourage players to continue playing.

- ◆ A good place to start is for parents to check whether there are a minimum weekly number of hours of play required before their child registers with an online game.
- ◆ Understand the elements of online game playing that your child enjoys and try to find other activities that provide similar satisfaction. For example, mastering new skills and belonging to communities are two positive and empowering elements that engage kids and teens.

While parents may be concerned about their children's game playing, it's important to consider other factors before panicking:

- ◆ Is your child involved in a repetitive activity that has little variety or creativity?
- ◆ Does the game take up most of your child's leisure time or take over other activities?
- ◆ Are relationships outside the game (family, friends, romantic relationships) suffering?
- ◆ Is your child obsessed with the game?
- ◆ Does your child's playing persist even though he or she is aware of the problem?
- ◆ Does your child protest (sometimes violently) or become agitated or experience mood swings when unable to play the game?
- ◆ Does your child neglect to wash, take care of personal hygiene or clean up his or her living space?

If your child is demonstrating a number of these symptoms, consider seeking professional help. Compulsive Internet use may be symptomatic of other problems such as depression, anger and low self-esteem.



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Media Awareness Network (MNet) is a Canadian not-for-profit centre for media and digital literacy. Its vision is to ensure children and youth possess the necessary critical thinking skills and tools to understand and actively engage with media.

For more tips and information on how to help your kids get the most out of digital media, visit www.bewebaware.ca.

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Are you Web aware?

A Checklist for parents

	YES	NO
Are you involved in your kids' online activities? Do you know what they are doing and who they are talking to when they are on the Internet?	<input type="checkbox"/>	<input type="checkbox"/>
Does your family have a set of rules or an agreement for appropriate Internet use?	<input type="checkbox"/>	<input type="checkbox"/>
Do your kids know to ask permission before submitting any personal information online? This includes: when using email, social networking sites or instant messaging, filling out registration forms and personal profiles, and entering online contests.	<input type="checkbox"/>	<input type="checkbox"/>
Do you try to not be too critical of your kids' activities on the Net and use their Internet experiences as an opportunity to discuss inappropriate content, trust and responsibility?	<input type="checkbox"/>	<input type="checkbox"/>
Do you make Internet use a family activity by guiding your kids to good sites and teaching them how to do safe, effective searches?	<input type="checkbox"/>	<input type="checkbox"/>
Have you taught your kids not to believe everything they read online and to check online information with an adult or with another source?	<input type="checkbox"/>	<input type="checkbox"/>
If your child accesses the Internet from school or your local library, are you familiar with their acceptable use policies?	<input type="checkbox"/>	<input type="checkbox"/>
Do you look at the privacy policies on the commercial, what kind of personal information is gathered, and if it may be sold to another party?	<input type="checkbox"/>	<input type="checkbox"/>
Have you reassured your kids that you won't "freak out", overreact or cut off their internet access if they come to you with a problem?	<input type="checkbox"/>	<input type="checkbox"/>
If your kids are on a social networking site, have you talked to them about making careful choices before posting?	<input type="checkbox"/>	<input type="checkbox"/>
Have you talked to your kids about responsible online behaviour? Do they understand that stealing from websites, downloading pirated software, making online threats and hacking are illegal activities?	<input type="checkbox"/>	<input type="checkbox"/>

Booster Boxes

CHIGNECTO MANOR CO-OP LTD ADVOCATE HARBOUR (902) 392-2028	DARIM MASONRY LTD LOWER SACKVILLE (902) 252-9694	ENGINE ROOM TRURO (902) 895-5151
CHILDREN'S CORNER DAY CARE CTR DARTMOUTH (902) 462-7200	DAVIDSON INSURANCE LTD PLEASANTVILLE (902) 543-5800	EVELINAS RAPPIE PIE SAULNIERVILLE (902) 769-0702
CHRISTINE'S TAILOR SHOP DARTMOUTH (902) 469-2861	DAYSRING ELECTRIC LIMITED PLUMBING & HEATING DAYSRING (902) 543-4723	FAIRLANES HALIFAX (902) 455-5446
CHRISTOPHER ROBIN'S LEARNING CTR DARTMOUTH (902) 468-5208	DIGBY EXCAVATING LTD BEAR RIVER (902) 245-6312	FENNLAND KENNELS SYDNEY FORKS (902) 828-2034
CLAUSSEN /WALTERS REAL ESTATE LUNENBURG (902) 634-4040	DIGGDON'S FREIGHT SERVICES WEST ARICHAT (902) 226-3388	FIRST BAPTIST CHURCH HALIFAX HALIFAX (902) 422-5203
CLAYT'S SIGNATURE TIRE STORE LITTLE BROOK (902) 769-3522	DIGITAL FUSION INC BRIDGEWATER www.fusionstudio.com	FIRST RATE MACHINING LTD DARTMOUTH (902) 468-1073
CO OP FUELS SYDNEY (902) 562-3163	DON WEAGLE CA HUBBARDS (902) 857-1135	FLAGSTONE BUSINESS INTERIORS HALIFAX (902) 434-3456
COLE LAWCARE MIDDLE SACKVILLE (902) 222-7552	DONALD KOSZKULICS EXCAVATING NEW GLASGOW (902) 755-1592	FLOWSTAR INDUSTRIAL INC TRURO (902) 896-0041
CONCERTIA TECHNOLOGIES INC HALIFAX (902) 491-4496	DONNA CONSIGNMENT SHOP LTD SYDNEY (902) 539-3939	FOLEY'S AUTOMOTIVE SVC CTR TIMBERLEA (902) 876-7679
CONTRAST ENGINEERING BEDFORD (902) 835-2175	DOWN EAST STARTER & ALTERNATOR SERVICE EAST CHEZZETCOOK (902) 827-4500	FOODLAND SPRINGHILL SPRINGHILL (902) 597-8777
CORRIDOR CO-OP FOOD MARKET SHUBENACADIE (902) 758-3333	DR JOHN HUGH GILLIS REGIONAL ANTIGONISH (902) 863-1620	FORT ANNE CAFE ANNAPOLIS ROYAL (902) 532-5254
CROSS SMALL ENGINE REPAIRS LTD BRIDGEWATER NS (902) 543-9683	DR JAMES PERKIN WOLFVILLE (902) 542-5501	FOYER PÈRE FISET CHÉTICAMP (902) 224-2087
CROZIER'S DEFENSIVE DRIVING SCHOOL BRIDGEWATER (902) 521-5240	DURON ATLANTIC LTD DARTMOUTH (902) 468-6671	FUNDY COMPOST INCORPORATED BROOKFIELD (902) 673-3020
CUMBERLAND JOINT SERVICES MGMT AUTHORITY AMHERST (902) 667-5141	E D M ENVIRONMENTAL DESIGN & MANAGEMENT HALIFAX (902) 425-7900	FUSION STUDIO HAIR & ESTHETICS COLE HARBOUR (902) 431-3310
CUREGGIO GENERAL CONST LTD WALLACE (902) 243-2243	E Y E MARINE CONSULTANTS DARTMOUTH (902) 463-8940	FUSION YOUTH MINISTRIES NEW GLASGOW (902) 755-1500
D & D LANDSCAPE & CONSTRUCTION BEAVERBANK (902) 865-5569	EARTH CRAFT LANDSCAPE LTD BEDFORD (902) 835-0505	G W GIFFIN FUNERAL HOME CROSS ROADS COUNTRY HARBOUR (902) 328-2233
D & E ENERGY CONSERVERS TRURO (902) 895-5567	EASTSIDE BILLIARDS & LOUNGE HALIFAX (902) 450-5550	G E COLLINS & SONS LTD AMHERST (902) 546-2003
D & G CONSTRUCTION WESTVILLE (902) 396-4513	ECLIPSE CORPORATE SERVICES LTD BEDFORD (902) 481-1684	GARVIN-ALLEN SOLUTIONS LTD HALIFAX (902) 453-3554
D & T FLOORING DIGBY (902) 245-6401	ED'S BARBER SHOP SPRINGHILL (902) 597-8470	GINGER'S COSTUMES & DANCEWEAR SYDNEY (902) 539-4715
D W MATHESON & SONS LTD LITTLE NARROWS (902) 756-3033	ELLIS IMPORT SERVICE TRURO (902) 893-4945	GLENHOLME PETRO-CANADA DEBERT (902) 662-2806



CANADA'S CENTRE
FOR DIGITAL AND
MEDIA LITERACY



Are you Web aware?

A Checklist for Kids ages 9-12

	YES	NO
I ask my parents' permission before giving out any personal information on the Internet, including: my sex, name, phone number, address, email, school name, my parents' work address/telephone numbers, credit card information, my picture and my passwords.	<input type="checkbox"/>	<input type="checkbox"/>
I only use websites for kids that my parents have checked out for me.	<input type="checkbox"/>	<input type="checkbox"/>
When I'm online, I always use a nickname that doesn't reveal anything about me - including if I am a boy or girl.	<input type="checkbox"/>	<input type="checkbox"/>
If an online message makes me feel uncomfortable or frightened, I don't respond to it. Instead I tell an adult right away.	<input type="checkbox"/>	<input type="checkbox"/>
If I want to arrange a meeting with someone I've met on the Internet, I tell my parents first and make sure one of them comes with me.	<input type="checkbox"/>	<input type="checkbox"/>
I treat people nicely when I'm online and never post or send rude messages or threats.	<input type="checkbox"/>	<input type="checkbox"/>
I always ask permission from the author before taking words, pictures or sounds from a website.	<input type="checkbox"/>	<input type="checkbox"/>
I use websites and search engines for kids that my parents, teacher or librarian have told me about.	<input type="checkbox"/>	<input type="checkbox"/>
I know that things I read online aren't always true so I check the information with a parent or teacher.	<input type="checkbox"/>	<input type="checkbox"/>
I always check with an adult before opening emails from strangers.	<input type="checkbox"/>	<input type="checkbox"/>

Booster Boxes

GM MACDONALD WELDING LTD WHYCOCOMAGH (902) 756-2575	JAMES L OUTHOUSE, QC DIGBY (902) 245-2551	LEE'S FRENCHY'S NEW GLASGOW (902) 752-7544
GRAND PRÉ SERVICE STATION GRAND PRÉ (902) 542-9210	JAMIESON CUSTOM INTERIORS NEW GLASGOW (902) 755-4100	LES CARABIN SYDNEY (902) 564-9080
GREYBEARD'S BED & BREAKFAST LUNENBURG (902) 634-9696	JDA ARCHITECTS LIMITED HALIFAX (902) 422-3000	LEVY HVAC LTD HALIFAX (902) 443-7466
GRUND DESIGNER GOLDSMITH HALIFAX (902) 406-0077	JESMISVALS BULK FOOD STORE WESTERN SHORE (902) 627-2292	LITECO BRIDGEWATER (902) 543-6800
H B PROFESSIONAL BOOKKEEPING BRIDGEWATER (902) 530-5910	JESUIT CENTRE OF SPIRITUALITY HALIFAX (902) 429-7344	LITTLE LAKE FAMILY CAMPGROUND BRIDGEWATER (902) 634-4308
HAMMER HEAD FRAMING & CONST DARTMOUTH (902) 478-7804	JOHNNY'S SNACK BAR HALIFAX (902) 454-8154	LITTLE POND STABLES INC PETIT ÉTANG (902) 224-3858
HANTS SHORE HEALTH CLINIC NEWPORT HANTS COUNTY (902) 633-2110	JONEL JIM CONCRETE CONSTRUCTION SYDNEY (902) 567-2400	LONDON RUBBER STAMP CO LTD HALIFAX (902) 423-7602
HIGHFIELD VIDEO AND VARIETY DARTMOUTH (902) 466-4800	JORDAN'S HEATING SERVICE BERWICK (902) 538-7646	LOST CREEK GOLF CLUB & VILLAGE BEAVERBANK (902) 865-4653
HIGHLAND COMMUNITY RESIDENTIAL NEW GLASGOW (902) 752-1755	JUST BROWSING CRAFTS EASTERN PASSAGE (902) 405-0505	LOUIS MAZZOCA SVC DOMINION (902) 849-6680
HIGHLAND HEATING SVC NEW GLASGOW (902) 752-0452	K & M INSPECTION CONSULTANTS HALIFAX (902) 457-3144	LOVITT/STONE DENTURE CLINIC DARTMOUTH (902) 434-1477
HOMBURG INSURANCE HALIFAX (902) 422-4678	KAISER'S SUB & SANDWICH SHOPPE LOWER SACKVILLE (902) 865-6389	LOWER ARGYLE FISHERMAN'S CO OP GLENWOOD (902) 643-2976
HOME HARDWARE BUILDING CTR HEAD OF JEDDORE (902) 889-2367	KAY-CEE'S BUY & SELL HALIFAX (902) 454-3838	LRD EXCAVATING & WELDING LTD WATERVILLE (902) 538-9767
HUNT BROTHERS PAINTING PLUS WEST CHEZZETCOOK (902) 223-3190	KELTIC CONCRETE LTD NEW GLASGOW (902) 752-0861	M WRIGHT FARM & FOREST LTD NEW GERMANY (902) 644-2401
IMPACT AUTO AUCTIONS ENFIELD (902) 873-3933	KENT MACDOUGALL INC NEW GLASGOW (902) 755-1356	MACLEOD & GRANT LTD STELLARTON (902) 752-5532
INDUSTRIAL SAFETY WORLD INC NEW GLASGOW (902) 755-2060	KVM CONSULTANTS LTD SACKVILLE (902) 864-3788	MACLEOD GROUP HEALTH SERVICES LTD ANTIGONISH (902) 625-1460
ISLAND LOCK & SAFE INC SYDNEY (902) 567-1277	L HIMMELMAN ELASTOMERS LTD DARTMOUTH (902) 468-4762	MACPHEE BRIAN DIESEL SERVICES SHUBENACADIE (902) 758-1563
ISLAND SHUTTLE RESERVE MINES (902) 842-0441	L M COMPUTERS NEW GLASGOW (902) 928-0189	MADERS CLOVER FARM MARKET BARSS CORNERS (902) 644-2440
J B VARIETY STORE FLORENCE (902) 736-9300	L MASON MATTATALL CONSTRUCTION GREENFIELD (902) 893-9627	MAHONE AUTO SERVICE (1985) LTD BLOCKHOUSE (902) 624-8315
J H MCKAY MARINE RAILWAY LTD SHELBURNE (902) 875-3174	LAKEVILLE GENERAL STORE LAKEVILLE (902) 678-4446	MANSOUR'S MENS WEAR LTD AMHERST (902) 667-8577
J B AUTOMOTIVE LTD WINDSOR JUNCTION (902) 860-3904	LAVENDER HILL NURSERY JORDAN FALLS (902) 875-4600	MANUEL'S ELECTRICAL TERRANCE BAY (902) 852-3017/471-8621(C)



CANADA'S CENTRE
FOR DIGITAL AND
MEDIA LITERACY

Are you Web aware?

A Checklist for Kids ages 13-17

	YES	NO
I know how to protect my privacy on the Internet by thinking carefully about what I share online and never posting my personal contact info (address, email address, telephone number) or sharing my credit card information or passwords.	<input type="checkbox"/>	<input type="checkbox"/>
I talk to my parents about what I'm doing online.	<input type="checkbox"/>	<input type="checkbox"/>
I read the privacy policies on websites before filling out online registration or contest forms to make sure they will not be sharing my information.	<input type="checkbox"/>	<input type="checkbox"/>
If I encounter disturbing material or harassing messages online, I don't respond. I tell a parent or another adult and my Internet Service Provider.	<input type="checkbox"/>	<input type="checkbox"/>
If I am planning to meet an online acquaintance in real life, I get permission from a parent first. I arrange the meeting for a public place and I don't go alone.	<input type="checkbox"/>	<input type="checkbox"/>
I try to confirm that online information is correct by finding out more about the author and by checking it against other sources.	<input type="checkbox"/>	<input type="checkbox"/>
I respect others online. I never "flame" or insult others or spread gossip.	<input type="checkbox"/>	<input type="checkbox"/>
I know the following activities are illegal and I don't practice them: hacking, making physical threats and downloading pirated software.	<input type="checkbox"/>	<input type="checkbox"/>
I respect copyright by not stealing from other websites or using plagiarised material for homework assignments.	<input type="checkbox"/>	<input type="checkbox"/>
I check with my parents before making financial transactions online, including purchasing, ordering or selling anything.	<input type="checkbox"/>	<input type="checkbox"/>
I am careful about the photos and information I post on social networking sites.	<input type="checkbox"/>	<input type="checkbox"/>

Booster Boxes

MARINER REAL ESTATE MAHONE BAY (902) 624-8389	NOVA AGRI INC CENTREVILLE (902) 582-1445	R & R WEALTH MANAGEMENT BOUTILIERS POINT (902) 435-1569
MARK LIVELY WELDING LIMITED LOWER SACKVILLE (902) 864-4442	NOVA TILE AND MARBLE LTD DARTMOUTH (902) 468-2945	R H PORTER FUNERAL HOMES LTD NEW GLASGOW (902) 752-4122
MARSHALL SMITH CONTRACTING NEW GLASGOW (902) 923-2276	NOVA VETERINARY CLINIC BRIDGEWATER (902) 543-7255	R A GOLLAN INSURANCE SERVICE WINDSOR (902) 798-3287
MATTATALL - VARNER FUNERAL HOME TRURO (902) 893-3177	OACH PERRY ANDERSON CHARTERED ACCOUNTANT SYDNEY (902) 539-1870	R ARCHIBALD GENERAL CONTRACTING LTD ANTIGONISH (902) 863-3935
MAXWELL'S SERVICE CTR TRURO (902) 895-7444	OAKHILL COMMERCIAL & RECREATIONAL EQPT LTD BRIDGEWATER (902) 530-2363	R K MAC DONALD NURSING HOME ANTIGONISH (902) 863-2578
MERCATOR GEOLOGICAL SERVICES LTD DARTMOUTH (902) 463-0078	PAPA'S PUB & EATERY PORT HAWKESBURY (902) 625-3270	RAMSAY'S CYCLE & SPORT SYDNEY (902) 539-1730
MERLIN'S AUTO SALVAGE WINDSOR (902) 757-3171	PAT BOUDREAU SERVICE CENTRE CHÉTICAMP (902) 224-2200	RAVEN ARCHERY KENTVILLE (902) 678-2601
METCALF & COMPANY BARRISTERS HALIFAX (902) 420-1990	PAULA'S PLACE TAILOR SHOP HALIFAX (902) 443-5333	REFRIGERANT SERVICES INC DARTMOUTH (902) 468-4997
MR CHICKEN CHÉTICAMP (902) 224-2975	PAY A DOLLAR DARTMOUTH (902) 433-0100	REGENT BED & BREAKFAST AMHERST (902) 667-7676
MRS MAC GREGGOR'S RESTAURANT PICTOU (902) 382-1878	PENDLETON'S CORNER STORE BRIDGEWATER (902) 543-3171	RELIABLE CAB BRIDGEWATER (902) 527-0253
MRS P'S HOMESTYLE BAKERY HALIFAX (902) 479-1293	PERRY'S GYM & FITNESS CENTRE GLACE BAY (902) 849-0881	REMAX BANNER REAL ESTATE MIDDLETON (902) 825-6666
NEW GERMANY RURAL HIGH SCHOOL NEW GERMANY (902) 644-5000	PETE'S AUTO SOUND ANTIGONISH (902) 863-6681	REVOLUTION WINDOWS AND DOORS LTD DARTMOUTH (902) 464-5050
NEW MINAS IRVING BIG STOP NEW MINAS (902) 681-0224	PHARMACIE ACADIENNE CHÉTICAMP (902) 224-2841	ROCKINGHAM HARDWARE LTD HALIFAX (902) 443-2450
NEW WATERFORD HOMEMAKERS SRVS NEW WATERFORD (902) 862-7554	PICTOU ACADEMY PICTOU (902) 485-7200	RON BAKER & SON RIVER HEBERT (902) 251-2712
NEW WAVE FORESTRY LTD THORBURN (902) 922-2126	POLYSTEEL ATLANTIC LTD EDWARDSVILLE (902) 562-8889	ROYAL CANADIAN LEGION BRANCH 106 DEBERT (902) 662-2454
NORTH PRESTON COMMUNITY CTR NORTH PRESTON (902) 462-4230	POULAIN'S PHARMACY STELLARTON (902) 752-3261	ROYALE HOTEL SYDNEY (902) 539-2148
NORTHERN CONTRACTING LTD SYDNEY MINES (902) 565-8321	PRECISION POWDER COATING INC DARTMOUTH (902) 468-7918	RUSSELL ELECTRIC NEW GLASGOW (902) 752-8405
NORTHSIDE HOMEMAKERS SERVICE SOCIETY SYDNEY MINES (902) 736-2701	PROCOPIO & SONS MASONRY LTD SYDNEY (902) 564-6103	S & L OVERHEAD DOOR SVC LT DARTMOUTH (902) 434-9771
NORTHUMBERLAND SILO INC TRURO (902) 662-3772	PROJEX AGENCIES LTD HALIFAX (902) 456-2999	SABLE RIVER VIEW COTTAGES SABLE RIVER (902) 656-3071
NORVAL S HIGGINS NSLS WOLFVILLE (902) 542-9621	PRUDENTIAL MARQUIS REALTY SYDNEY (902) 539-8141	SAFETY FIRST-SFC LTD WWW.SAFETYFIRST-SFC.COM

FAMILY ONLINE SAFETY CONTRACT

Parent's Contract

1. I know that the Internet is an important resource for my children and that being familiar with it is a necessary skill. It can also be a wonderful place to visit, but I know that I must do my part to help keep my kids safe online.
2. I will get to know the services and websites my child uses.
3. I will set reasonable rules and guidelines for computer use by my children, including how much time they may spend online; I will encourage them to participate in offline activities as well. We will discuss these rules and post them near the computer as a reminder.
4. I will not overreact if my child tells me about something "bad" he or she finds or does on the Internet.
5. If my child does something that I do not approve of online we will have a calm conversation about my expectations and the reasons for our Internet rules. I understand that just taking away the Internet will not solve the problem.
6. I will try to get to know my child's online friends and contacts just as I try to get to know his or her offline friends.
7. I will try to put the home computer in a family area rather than in my child's bedroom.
8. I will report suspicious and illegal activity and sites to the proper authorities and learn how to report abuse when necessary.
9. I will frequently check to see where my kids have visited on the Internet and I will talk to them if I see something I'm concerned about or that I think is inappropriate.
10. I will talk to my children about their social networking profiles; what they can and cannot post, who they should allow as friends and how to behave appropriately in their online interactions.
11. I will learn about parental controls for filtering and blocking inappropriate Internet material from my children.
12. If my child continues to break our Internet rules after we have discussed them I will impose penalties for their actions including taking away his or her computer, cell phone or other devices until the behavior changes.

I, _____ agree to the above.

Parent's Signature

Date

I, _____ agree to the above.

Child's Signature

Date

Booster Boxes

SAINT MARYS EDUCATION CENTRE/ACADEMY SHERBROOKE (902) 522-2606	SWEET WILLIAMS COUNTRY SAUSAGE STEWIACKE (902) 639-2944	UNEEDA CUSTOM FRAMING & SEW MACHINE SALES & SRV TRURO (902) 895-0308
SCOTIA POULTRY FARM LTD DARTMOUTH (902) 434-2138	T N T RECYCLING DEPOT SHUBENACADIE (902) 758-2708	VELOS PIZZA DONAIRS & SUBS HALIFAX (902) 455-8881
SCOTT MCINTYRE PHOTOGRAPHY INC SYDNEY (902) 539-2456	TAX 2000 STELLERTON (902) 928-2850	VILLAGE BAKERY SHUBENACADIE (902) 758-2445
SECORD GALLERY HALIFAX (902) 423-6644	TELEGRAPH HOUSE & MOTEL BADDECK (902) 295-1100	VINCENT A GILLIS INC SYDNEY (902) 562-3222
SHEET HARBOUR FUELS AND CONVENIENCE LTD SHEET HARBOUR (902) 885-2214	THE UPS STORE BRIDGEWATER (902) 527-0002	W R BOLIVAR TRANSPORT LTD BRIDGEWATER (902) 685-2778
SINNAN FURNITURE & UPHOLSTERY DARTMOUTH (902) 466-2722	THIRD PLACE TRANSITION HOUSE TRURO (902) 893-4844	WAGNER REFRIGERATION DIGBY (902) 245-6750
SOMERSET MARKET BERWICK (902) 538-8866	TIM HORTONS ANTIGONISH ANTIGONISH (902) 863-2244	WATER & WINE TRURO (902) 895-2266
SOUTH SHORE READY MIX LTD BRIDGEWATER (902) 543-4639	TOMMY GUNS WINDSOR (902) 798-0124	WATER'N WINE NEW GLASGOW (902) 755-9463
SOUTH SHORE SCRAP & METAL LTD CHESTER BASIN (902) 627-2583	TOMPKINS MEMORIAL ELEMENTARY SCHOOL RESERVE MINES (902) 849-3803	WEBSTER'S TRUCKING & EXCAVATION LTD TRURO (902) 895-5638
SPARTAN FITNESS EQUIPMENT DARTMOUTH (902) 860-1545	TRADITIONAL CABINETRY & WOODWORKS LOWER SACKVILLE (902) 864-6088	WEST NOVA FUELS LTD/GATES PETROLEUM KINGSTON (902) 765-2769
SPECIALTY STEEL INC DEBERT (902) 662-3069	TRECAN COMBUSTION LIMITED HALIFAX (902) 876-0457	WILD ROSE CONSTRUCTION CENTREVILLE (902) 678-3821
ST MARY'S RIVER LODGE SHERBROOKE (902) 522-2177	TRI COUNTY TOWING NEW GLASGOW (902) 752-2833	WINDING RIVER FARMS LTD MACKAY SIDING (902) 639-2670
ST ANNE COMMUNITY & NURSING CARE CTR ARICHAT (902) 226-2826	TRI COUNTY VETERINARY SERVICES LTD ARCADIA (902) 742-4516	WITHROW'S FARM MARKET UPPER RAWDON (902) 632-2566
STANDARD LIGHTING HALIFAX (902) 453-0774	TWIN CITY MANAGEMENT DARTMOUTH (902) 468-9830	WOODYS CRANE RENTALS LTD PORT HASTINGS (902) 625-2212
STREAMLINE AUTO SVC NINE MILE RIVER (902) 430-0500	UNCOMMON TOUCH HAIR STUDIO TATAMAGOUCHE (902) 657-0311	YURMAC ELECTRICAL LTD SYDNEY RIVER (902) 564-2278
SUPERIOR RAIN GUTTER BRIDGEWATER (902) 529-2934	<i>Supporting Children's Internet Safety</i>	



***The Police Association of Nova Scotia
Thanks You For Assisting
Our Organization With
Your Continued Support.***

FAMILY ONLINE SAFETY CONTRACT

...continued

Child's Contract

1. I will tell my parents my usernames and passwords, but always keep them private from everyone else.
2. I will not share my personal information or my parents' or family's with anyone online. This includes: name, address, telephone number, age or school name. I will not post this information to my profiles even if I think only my friends will see it.
3. I will treat others the way I want to be treated online. I will be respectful and never pick fights or post mean or threatening words.
4. I will tell my parents about the people I meet online, even if they don't ask. I won't answer emails, IMs, messages or friend requests from people I don't know and my parents haven't approved.
5. If I see or read things that I think are bad, inappropriate or mean I will show my parents right away.
6. I will tell my parents if I receive pictures or links that I didn't ask for, or that contain inappropriate content, bad, hateful or mean language or anything I think might not be right.
7. I will not do anything a person online asks me to unless my parents say it's ok, especially things I know they wouldn't approve of.
8. I will not call, write to, or meet someone in person who I've met online unless my parents say ok and come with me.
9. I will talk with my parents or guardians about our rules for going online, including how long I can be online, what sites I can visit, and who I can communicate with while online.
10. I will help my parents learn more about the Internet and understand what I do and where I go online.
11. I know that sometimes my parents will supervise where I go online or use software to restrict some websites but I understand that they are doing this because they want to protect me online.
12. I know that if I break this contract or the Internet rules that my parents and I have discussed they can take away my access to the Internet including my computer and phone until my behavior changes.

I, _____ agree to the above.

Child's Signature

Date

I, _____ agree to the above.

Parent's Signature

Date

Business Patrons

- 4 SEASONS FLORIST
A A A TAXI & LIMOUSINE SERVICE
A LA PAIX & SON LTD
A M ROOFING & RENOVATIONS LTD
A PLUS GARBAGE REMOVAL INC
ABE'S FURNITURE LTD
ACADIAN MOTEL
ACKER AND DOUCETTE INC
ADAMS BOTTLE EXCHANGE
ADDINGTON ARMS BED & BREAKFAST
AEROBICS FIRST
AGRITAX BUSINESS CONSULTANTS
AINSLIE VILLAGE TENT & TRAILER PARK
AIRSYS ENGINEERING LTD
AL-ARZ FOOD
ALBIE'S AUTO SALES
ALEX CANFIELD PAINTING
ALEXANDRA'S PIZZA
ALIA INSTITUTE
ALICE NEWCOMBE
ALIE'S VARIETY
ALLEN BRYDEN INSURANCE SERVICE
ALMAR INSTRUMENTATION SERVICES LTD
AMANDA MCMULLIN TPI
ANCHORAGE HOUSE & CABINS
ANGELA'S LOOKING GLASS
ANNETTE'S THERAPEUTIC MASSAGE
APPLIANCE MARITIME SALES & SERVICE LTD
ARCHIE'S WELDING INC
ARGENT FISHERIES
ARIS
ARMVIEW RESTAURANT & LOUNGE
ART BARDSLEY
ARTCAIR
ATLANTIC NEWS STAND
AUTO & TRUCKING ATLANTIC
B & F BARRINGTON'S SVC CTR LTD
B & R ROOFING LTD
B F ARCHIBALD CONSTRUCTION LTD
B SHIELDS WOODWORKING & SIGN SHOP
BACKMAN SURVEYS
BANK OF MONTREAL
BARRON ROBERT A TRAILERS
BAY MAPLES FINE WOODWORKING
BAY SIDE DRIVE IN LTD
BAY VIEW AUTO PARTS LTD
BAYSIDE SUPPLIES LTD
BELLE BAIE PARK
BENVIE'S TAXI
BEST VIEW CABINS
BEVERLY MORASH
BIANCHINI'S PIZZERIA
BIG AL'S ACADIAN RESTAURANT & LOUNGE
BEVERAGE ROOM LTD
BILL & JANET OULTON
BLACK MARKET BOUTIQUE
BLESSED HOPE BAPTIST CHURCH
BLUENOSE ELECTRONICS
BLUENOSE MINI MARKET
BOARDWALK AUTO REPAIR
BOB SMYE
BOND'S APPLIANCE WORKS
BONE'S BODY & FENDER
BONNER'S DENTURE CLINIC
BOYD & PICK PSYCHOLOGICAL SERVICES INC
BRABTEC INDUSTRIAL SALES LTD
BRADMAN SALES
BRANNEN'S ELECTRIC SERVICE
BRAS D'OR AUTO BODY
BRIAN'S CRANE TRUCK SERVICE LTD
BRIDGEWATER GLASS
BRIDGEWATER READY MIX LTD
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RIGHTS OF A CHILD

The United Nations Convention on the Rights of the Child is in force around the world. It is designed to protect the lives and dignity of children (defined as those under age 18).

YOU HAVE A RIGHT, the right to the highest attainable standard of health, including through access to nutritious food, clean drinking water and a safe environment.

- the right to a name, a nationality and, as far as possible, to know and be cared for by his/her parents.
- the right to preserve his/her identity.
- the right to a standard of living adequate for physical, mental, spiritual, moral and social development.
- the right to an education.
- if disabled, the right to appropriate special care.
- the right to information and materials from a wide variety of sources.
- the right to freedom of thought, conscience and religion.
- the right to enjoy his/her own culture and to use his/her own language.
- the right to freedom of expression.
- the right to be informed of charges against the child and to have legal assistance.
- the right to be presumed innocent until proven guilty; not to be imprisoned unlawfully, and if imprisoned, to be treated with humanity and respect.
- the right not to be subjected to torture or other cruel and inhuman treatment.

Parents and guardians can provide direction in the exercise of the child's rights, according to the child's age and evolving capacities. All individuals under the age of 18 are covered by the Convention.

November 20 is National Child Day in Canada, and an international day for the prevention of maltreatment of children.



Responsibilities

Parents are responsible for providing for the best interests of the child.

Children/youth are responsible for respecting others' rights.



***Chat with your children –
before someone else does.***

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JUST RIGHT CHILD CARE

NEED HELP? HERE'S HOW TO GET IT!

Do you or someone you know need help?

Who you can talk to:

- A trusted adult is the best place to start. If you cannot tell a family member, what about a teacher, counsellor, doctor or nurse?
- If you or someone else is in danger or needs immediate help, contact your local police department.
- Counsellors at the Kids Help Phone are ready to talk 24 hours a day, 365 days a year. They can answer your questions and tell you who to talk to in your own community. Email www.kidshelpphone.ca; or call 1-800-668-6868. **It's free to call, and they will listen.**

Sometimes, for any number of complicated reasons, the first person you tell may not be able to help you. They might even act like they don't believe you or didn't hear you. They are having a problem with the information – but **YOU ARE NOT THE PROBLEM!**

Tell someone else, and keep telling until you get the help you need!

Remember, you have a right to be protected, to be safe, and to control your own body. Believe it!

www.redcross.ca

If you have been impacted
by a sexual picture / video
being shared by a peer,
WE ARE HERE TO HELP.

NeedHelpNow.ca

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Resources

To find out more about
Children's Internet Safety, please visit:



www.thedoorthatsnotlocked.ca

www.cybertip.ca

www.publicsafety.gc.ca

1-877-302-6272

www.cyberbullying.org

www.prevnet.ca

www.canadasafetycouncil.org

www.definetheline.ca

www.mediasmarts.ca

www.redcross.ca

www.kidshelpphone.ca

1-800-6698-6866

www.healthycanadians.gc.ca

www.fosi.org

www.rcmp-grc.ca

www.protectchildren.ca

www.inhope.org

www.textED.ca

www.Kidsintheknow.ca

www.commit2kids.ca

www.bewebaware.ca

www.PACERKidsAgainstBullying.org

www.media-awareness.ca

Monitoring software programs track and record web sites visited, record keystrokes, take screenshots, or block adult content. There are free downloads available from reputable, virus-free sites, such as www.cnet.com.

www.needhelpnow.ca

www.deal.org

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or tries to get information about you : REPORT IT TO

www.cybertip.ca

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Talk to your kids



Teach your children to think for themselves so they can approach challenges as an opportunity to solve problems. This will increase the likelihood that they will turn to you for help if they're faced with a troubling situation.