



Be P.E.S.T.S.

Sending inappropriate photos and threatening messages are just two ways some teens in Barrington are using the Internet.

- **P**rotect your kids - encourage communication about computer use
- **E**stablish guidelines - set limits as you would TV, discuss acceptable/unacceptable sites
- **S**ecure all personal information - tell children to never give out personal information/photos online and never communicate with someone they have not met personally
- **T**olerate no excuses - being online feels safe to your child. Let your child know that computer rules are not up for negotiation
- **S**noop every once in a while - let your child know you will check online activity to ensure your child's safety

Check out these websites for more information on Internet safety: netsmartz.com, isafe.org

Parenting *is* prevention



Parenting for Prevention Tip #17

Kindly offered by the BAY Team

Barrington's community coalition to prevent substance abuse

www.thebayteam.org