

## **Bringing the Internet Into Alignment With Your Values**

- 1. Gather your resources.** The Internet changes everyday. Update your information regularly as to what's out there by accessing online newsletters and communicating with other parents.
- 2. Control Access.** The Internet gives your child access to the world. You give your child access to the Internet. You have control over where and when your family gets on-line.
- 3. Location is everything.** Put the computer where you can easily see what part of the Internet world your child is accessing.
- 4. Create guidelines of behavior.** The Internet is a tool for accessing information and stimulation. Rules for how we safely and responsibly use this tool should be posted on your computer.
- 5. Set standards for communication.** What you communicate on-line must be held to the same standards that you would use if the person were standing in front of you. Communication standards should be included with rules of behavior and posted on the computer.
- 6. Make a contract.** Write a contract for Internet use with your child. Be clear about the consequences for breaking the contract.
- 7. Talk about media manipulation.** The media is in the business of stimulating desire for profit. Teach children how to effectively guard themselves from buying into media images of success.
- 8. Own your family time.** Time with your family is your most precious commodity. Design your home, your schedule and how you choose to interact with the outside world in a way that best fits the values you want to pass on to your children.