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**STRATEGIC PARTNERSHIP BETWEEN SCHOOLS
KA2 ACTION, ERASMUS+ PROGRAM
THE VIRTUAL UNIVERSE WE WANT
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PORTUGAL

GUIDE FOR PARENTS

CODE FOR GOOD BEHAVIOUR ON THE INTERNET

for parents



Teach your child to be
responsible on the Internet

Are you more concerned with
security on a daily basis or on
the Internet?





BROWSE

- Talk about what he/she does and sees on the Internet.
- Lead your child's research on the Internet, stimulate his/her critical thinking.
- Participate on his/her online activities.
- Define his/her browsing rules during use of the Internet.

PLAY

- Limit the time that your child plays daily.
- Inform him/her to pay attention to conversation with strangers.
- Inform him/her to be careful about sharing information.

SOCIAL NETWORKS

- Alert him/her to have a PRIVATE PROFILE.
 - Teach not to share personal information.
 - Inform that his/her virtual friend aren't his/her real friends.
 - Alert him/her not to accept requests for friendship from people he/she doesn't know.
 - Alert him/her to create groups (friends, family and school).
 - Teach not to share photos from others without permission.
 - Alert him/her to think about the consequences before he/she posts photos!
 - Alert him/her about comments that he/she makes in his/her own and others' profile!
-

EXPLAIN to your child that once on the Internet, eternally on the Internet!



REMEMBER YOURSELF TO...

- Install software that blocks and filters inappropriate content for children.
- Track the history of the websites visited.
- Establish duration of internet's use – for example 1 hour per day.
- Have an administrator profile.
- Don't install programs.
- Protect the wireless network with strong and secure passwords.
- Have the computer in a shared space (for example living room).

**TELL YOUR CHILD THAT ON THE INTERNET THERE ARE
ALSO SCAMS AND MALICIOUS SCHEMES...**

CYBERBULLYING

ENCOURAGE

him/her to talk to you if something bothers him/her.

TEACH

him/her to not respond to the bully.

REMIND

the child to treat their colleagues as they liked to be treated.

DON'T PUNISH

the child leaving him/her without internet.

TRACK

the use of the internet, the sites visited.

REPORT

in case of a crime or a very serious situation, to the authorities.

ENCOURAGE YOUR CHILD TO:

- Always insert a code to unlock the phone or device.
- Pay attention to the personal information that he/she puts on his/her phone, such as photos, agenda, etc.
- Install secure source applications (APPS). Have the notion that almost every APPS have access to his/her mobile contacts and photos.
- Pay attention to personal photos taken with the phone so that they don't appear on the internet.
- Turn on the GPS only when necessary, because, for example, when he/she takes photos his/her location will be shared.



TEACH YOUR CHILD TO:

Have secure passwords:

- Have more than 8 characters.
 - Don't use given and/or family names.
 - Don't use only numbers.
 - Don't use birth's dates or school name.
 - Use uppercase, lowercase, numbers and special characters (!"#\$%&).
 - Change password frequently. Don't choose "save password" option.
 - Multiple password for multiples accesses.
- Don't open links from e-mails or social networks.
 - Transcribe address/links sent by emails in the browser
 - Don't make a copy of the address or link.
 - Suspect of emails from unknown source.
 - Suspect of emails with suggestive or appealing topics.
 - Pay attention with futile senders.
 - Have anti-spam filter.
 - Be careful when providing his/her e-mail on websites, social networks, etc. to avoid receiving unwanted messages.
 - Have multiples emails – one for social network and other for websites/services.
 - Always LOGOUT.

**GUIDE
FOR TEACHERS**

CODE FOR GOOD BEHAVIOUR ON THE INTERNET for teachers



browse



- Talk about what he/she does and sees on the Internet.
- Lead your student's research on the Internet, stimulate his/her critical thinking.
- Participate on his/her online activities.
- Define his/her browsing rules during use of the Internet.



**social
networks**

- Alert him/her to have a private profile.
- Teach not to share personal information.
- Alert him/her not to accept requests for friendship from people he/she doesn't know.
- Alert him/her to create groups (friends, family and school).
- Teach not to share photos from others without permission.
- Alert him/her to think about the consequences before he/she posts photos!
- Alert him/her about comments that he/she makes in his/her own and others' profile!



play

Limit the time that your student plays daily.

Inform him/her to pay attention to conversation with strangers.

Inform him/her to be careful about sharing information.



cyberbullying

How you can help your student?

Encourage him/her to talk to you if something bothers him/her.

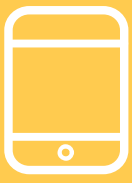
Teach him/her to not respond to the bully.

Remind the student to treat their colleagues as they liked to be treated.

Don't punish the child leaving him/her without internet.

Track the use of the internet, the sites visited.

Report, in case of a crime or a very serious situation, to the authorities.



your students

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- Transcribe address/links sent by emails in the browser – Don't make a copy of the address or link.
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- Pay attention to personal photos taken with the phone so that they don't appear on the internet.
- Turn on the GPS only when necessary, because, for example, when he/she takes photos his/her location will be shared.

Tell your student that on the Internet there are also scams and malicious schemes ...

EXPLAIN to your student that once on the Internet, eternally on the Internet!



for you

Remember yourself to:

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**Agrupamento de Escolas de Vila Real de
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