



SAFETY TIP

WITH OFFICER BUDDENHAGEN, SRO

INTERNET SAFETY

I am very honored to be a part of the Pewaukee School District and to serve as the School Resource Officer. One of my passions is educating children and their families about Internet Safety. Technology is always changing and children are using technology at earlier ages which makes keeping them safe more challenging.

Here are a few tips to help keep them safe:



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 Set rules with your child. Setting rules and communicating them to your child is key. Include consequences so your child understands what will happen if they don't follow the rules. Make sure to explain that the rules are to keep your child safe as well as everyone else. Put the rules in writing and have your child sign a copy.

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 Set time limits on when your child can use electronics that can connect to the internet. Most children do not need their phone, computer, tablet, etc all night long. Have one place designated to charge electronic devices for the evening (preferably in the parents' room). For example at 7pm—all electronics are turned over to parents and will not be given back until the next morning.

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 Talk to your children about social media. The popularity of certain social media apps and websites are always changing. Make sure your child understands to only be friends with people that they know in REAL life on social media. Most social media sites (Facebook, Instagram) assume all rights to your pictures and posts as part of their user agreement.



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- ❖ Snapchat continues to be popular among kids, tweens and teens. Snapchat first became popular when messages would “disappear” after so many seconds. The app has changed. Pictures can now be saved under a part of the app called “my eyes only”. Other apps can be used to record snapchats (private videos, photos).
- ❖ Make sure that your child understands that anything that they post or send becomes a part of their digital footprint. Once a message, picture, video, etc is sent it can never be taken back.
- ❖ Help your child to understand that it is never okay to bully another person via the internet. Cyberbullying affects kids in a different way than traditional bullying. The audience is wider, it can happen around the clock, (even when the victim is at their own home), and the effects can be lasting.
- ❖ Monitor your child’s activity. You are not invading their personal space. You have every right to go through their phone, tablet, etc. You can use parent monitoring software and/or you can use parental controls to block certain websites/apps.



Officer Buddenhagen teaching Horizon Elementary students about internet safety in February.

- ❖ Use caution with Online gaming. Many popular games, including Fortnite can give kids the opportunity to play online with people from across the country. Kids are able to communication with other players while playing the game. Online predators have been meeting children through online gaming before switching to another social media platform to continue communicating.
- ❖ Communicating with your child is so important. Make sure they know that they can come to you or a trusted adult if they see something online that they did not like or that scared them.

