

***“What You Don’t Know Can Hurt You”***  
***a guide to Internet Safety***

**Presenter - Sam Guttman,**  
**Assistant Inspector in Charge**  
**Digital Evidence Unit, Forensic & Technical Services**  
**U. S. Postal Inspection Service**

**OVERVIEW**

The Internet has become an essential component of our lives, and our children will be the primary beneficiaries of the vast resources it has to offer. However, ensuring that this new medium is rewarding and safe for our kids is an ongoing challenge.

**GOOD IDEAS TO HELP PROTECT YOUR CHILDREN**

- Put the computer in an area that is used frequently such as the family room or kitchen. Stop by and peer over their shoulder to see where they are “surfing.”
- Teach your children to never give out their name, school, address, phone number, picture, or other personal information to people they meet online, unless you have given them approval.
- Teach your children to never plan face-to-face meetings with people they meet online.
- Establish rules for using the Internet.
- Teach your children to tell you (or another adult) immediately if someone makes them feel uncomfortable or if they see things are bad or weird.

**HOW TO VIEW WHERE YOUR CHILDREN HAVE BEEN ON THE INTERNET**

*For Windows, Internet Explorer*

**Temporary Files** - When you load a web page, Explorer stores a copy of that page on your hard disk. If you visit that web page again, "cacheing" allows the page to be loaded from your hard disk, rather than having to download the page from the remote web server again. Internet Explorer refers to these cached files as **Temporary Internet Files** . Using Temporary Internet Files can save you a lot of time. The amount of disk space which your Temporary Internet Files use can be adjusted to meet your specific needs, but Explorer's default cache size is usually enough.

**History** - Go to the Control Panel. Choose VIEW. Choose Explorer Bar. Choose History. A screen will appear to the right giving you choices - Today, Last Week, 2 Weeks Ago, and 3 Weeks Ago. You can see a list of all places that were visited and were stored as Temporary Internet Files.

**HOW TO VIEW YOUR INTERNET SETTINGS**

*For Windows, Internet Explorer*

Log onto the Internet. On your toolbar, choose TOOLS. Choose Internet Options. Choose Temporary Internet Files. View settings. You can choose to capture more data by sliding

the button, but you'll also use more disk space. Choose VIEW FILES and you can see the files that have been temporarily stored. You can also see at what times the files were accessed.

You also have other options to use in order to set-up some restrictions on your computer. Look at each of the other Toolbar options located under Internet Options. You can change the "Security" settings, alter the "Privacy" settings, or change the "Content" settings. Another idea is to set-up a password through the Windows Control Panel that prevents your children from using the computer if you are not available to type in the password.

### **RECOMMENDED WEBSITES**

- <http://www.getnetwise.org> - a website that has great Internet Safety tips. Has an Online Safety Guide; Tools for Families, a guide for software for filtering, monitoring, etc; Websites for Kids; and Reporting Trouble.

- <http://www.EmoticonUniverse.com> - a website that lists the Internet Slang terms used by our children and more.

- <http://www.hotfiles.com> - a website that lists the most popular software programs available, most for free. A good program for protecting your computer from hackers & more is "ZoneAlarm."

- <http://www.cybertipline.com> - a resource for reporting the sexual exploitation of children.

- <http://www.missingkids.com> - the National Center for Missing & Exploited Children website. Has great advice for Internet Safety and more.

- <http://www.internetalliance.org> - website working to educate consumers about safe and responsible online use. Partnership with Internet Alliance, National Consumers League, America Online, AT&T CompuServe, Microsoft, NETCOM, and Bell Atlantic.

### **Technology Used By Law Enforcement to Catch Cyber Criminals Now Available to Parents to Protect Kids Online**

Watch Right, a new software that works on AOL and AIM, is not filtering software, but a sophisticated, easy-to-use application that empowers parents to monitor the behavior of their children on the Internet. The software monitors and records for review by the parent all: instant messages, chat room sessions, email, web sites visited, and message board interactions. The software monitoring panel cannot be accessed, disabled or removed without the password that resides in the possession of the parent.

Watch Right offers a free 20-day trial of its software. The program is easy to install, easy to use and can be purchased for \$39.95 at [www.watchright.com](http://www.watchright.com).