

**RULES AND REGULATIONS
IMPLEMENTING BOARD POLICY 6:235**

ACCESS TO ELECTRONIC NETWORKS

I. Scope of Rules and Regulations and School District Authority

These Rules and Regulations are promulgated pursuant to Board Policy 6:235, the *Access to Electronic Networks* Policy (the “Policy”). These Rules and Regulations govern all use of the District’s electronic networks, including, but not limited to, District-owned computers and mobile devices, the Internet, and the District’s local and/or wide area network (collectively, “Network”). A “Mobile Device” is any electronic device that has the capability of accessing the Internet, whether through wireless connection or other means. Use of a personal Mobile Device to access the District’s Network, including the Internet, is subject to these Rules and Regulations to the same extent as if the individual was using a District device.

The Policy and these Rules and Regulations may be supplemented by additional rules, regulations, and other terms and conditions of Network use that may be promulgated by District staff pursuant to the Policy or these Rules and Regulations.

The goal of the Board is to include appropriate Network access in the District’s instructional program in order to promote educational excellence by facilitating resource sharing, innovation, and communication. All use of the Network shall conform to the requirements of all District policies

II. Obtaining Authorization to Use Network

A. Authorized Users

Authorized users of the Network include students, teachers, administrators, other employees of the District, and Board of Education members who have been given access to the Network, have submitted the appropriate authorization forms, and whose Network privileges are not suspended or revoked.

B. Students

- 1. Access of Network through District-Owned Devices.** To obtain access to the Network through a District-owned computer or District-owned Mobile Device, a student must submit a properly signed copy of the Student and Parental Authorization for Electronic Network Access form (Exhibit 1, the “Network Authorization”) to a designated District employee.
- 2. Access of Network through Personal Mobile Devices.** The District recognizes the value technology can bring to the students’ educational experiences. At times, it may be helpful to student learning for personal Mobile Devices to be used at school. With parent consent and student understanding of the Policy and these rules and regulations, a student may use, with teacher permission, a personal

Mobile Device to access the Network for educational purposes. In such cases, the student must utilize the District's guest wireless network and turn off any private network. By doing so, the student will have access to a filtered Internet in compliance with the Policy and these rules and regulations. In addition, the student will only use appropriate educational applications on their personal Mobile Devices.

During school hours and/or on District property, students are prohibited from using their district or personal Mobile Device: (1) to access private networks or bypass or attempt to bypass the District's guest wireless network; (2) to call, text message, email, or otherwise electronically communicate with others, including students, parents/guardians, friends and families, without teacher pre-approval, except that such conduct is permitted on District property during non-school hours using personal devices; (3) to record audio or video media or take pictures of any student or staff member without teacher pre-approval; (4) to distribute any unauthorized media; (5) in locker rooms and washrooms; (6) for any unacceptable use as set forth in the Policy and these rules and regulations; and (7) in any manner that violates any Board policy, rule or Code of Conduct.

The student is responsible for setting up and maintaining his/her personal Mobile Device, including ensuring that the Mobile Device has virus protection and is free of any viruses or other files that may affect the Network. The District is not responsible for providing technical support to students who utilize a personal Mobile Device.

The student is also responsible for the safety and security of his/her Mobile Device. The District is not responsible for the safety, security, or loss of or damage to a student's personal Mobile Device.

The District may inspect and search the contents of a personal Mobile Device on school property if and to the extent there is reasonable suspicion to believe that the Mobile Device was used in violation of school policies or rules or the law. A student may be subject to discipline for violating the rules regarding the use of personal Mobile Devices, up to and including expulsion.

To obtain access to the Network through a personally-owned Mobile Device, a student must submit both the Network Authorization and a properly signed copy of the Student and Parental Authorization for Personal Mobile Device Use form to a designated District employee.

1. Maintenance and Completion of Authorization Forms. A record of the student's submission of these forms will be kept in the student database. Copies of these forms or electronic backups shall be kept at the school the student attends.

Students and parents/guardians must complete and submit a Network Authorization form (online or on paper) and a Personal Mobile Device Authorization form, if applicable, at the beginning of each school year. Upon submission of the newly-signed form(s), the District will renew the student's access to the Network.

Unless a student's Network privileges have been suspended or revoked, the Network Authorization form and Personal Mobile Device Authorization form, if applicable, will authorize that student's access to the Network for that school year. If a student's Network privileges are suspended or revoked, a newly-signed copy of the Network Authorization form and the Personal Mobile Device Authorization form, if applicable, must be submitted before the student's access privileges are restored.

2. Disciplinary Consequences. Any violation of the terms of these forms, the Policy, these Rules and Regulations, or additional rules, regulations or other terms and conditions of Network access promulgated by the Superintendent or Building Principals may result in the suspension or revocation of Network privileges, disciplinary action pursuant to Board Policy 7:190, and/or appropriate legal action.

C. Non-Student Users

To obtain Network access via a District-owned computer or any Mobile Device, teachers, other District staff members, volunteers, and Board members ("Non-Student Users") must submit a signed copy of the Non-Student Authorization for Electronic Access form (Exhibit 3, "Non-Student Authorization").

A Non-Student User must complete the Non-Student Authorization form at the beginning of each school year. Upon submission of the newly-signed form, the District will renew the Non-Student User's access to the Network. If a Non-Student User's Network privileges are suspended or revoked, the user must submit a newly-signed Non-Student Authorization form before the user's access privileges are restored.

Any violation of the terms of this form, the Policy, these Rules and Regulations, or additional rules, regulations or other terms or conditions of Network access promulgated by the Superintendent or Building Principals may result in the suspension or revocation of Network privileges, disciplinary action, and/or appropriate legal action.

III. Use of Network

A. Acceptable Use

1. Curriculum Purposes. Access to the Network is limited to bona fide educational or research purposes consistent with the District's educational mission. Access also must comply with the Policy, these

Rules and Regulations, and any other rules, regulations or other terms or conditions of Network access promulgated by the Superintendent, Executive Director of Instructional Innovation, or Building Principals, and all other disciplinary policies and regulations necessary for the safety and pedagogical concerns of the District.

2. General Use by Employees. Employees may access the Network for personal use during times when the employee is not instructing, supervising students, or otherwise performing responsibilities related to their job duties (e.g., parent-teacher conferences, in-services, IEP meetings, etc.) and when such use is not negatively impacting the employee's work duties and performance, interfering with the operations of the District, or violating the rights of others. Such personal use must be reasonable, professional, and appropriate at all times. District employees are representatives of the District and have a duty to act in a professional manner while using the Network.

B. Unacceptable Use

Any use that: (1) disrupts the proper and orderly operation and discipline of schools in the District; (2) threatens the integrity or efficient operation of the Network; (3) violates the rights of others; (4) is socially inappropriate or inappropriate for a student's age or maturity level; (5) is primarily intended as an immediate solicitation of funds; (6) is illegal or for illegal purposes of any kind; (7) violates any Board policy, rule or procedure; or (8) constitutes gross disobedience or misconduct is an unacceptable use. Use of the Network for any unacceptable use may result in the suspension or revocation of Network privileges, disciplinary action up to and including expulsion (for students) or termination from employment (for employees), and/or appropriate legal action.

Unacceptable uses of the Network specifically include, but are not limited to, the following:

1. Taking any steps which threaten, or which may reasonably be interpreted to threaten, any person, group of persons, building, or property with harm, regardless of whether the user intends to carry out such threat, including cyber-bullying. (Cyber-bullying is defined as, but is not limited to, harassing, teasing, intimidating, threatening or terrorizing another person by sending or posting inappropriate and harmful email messages, instant messages, text messages, digital pictures, images or video, or web site postings via social networking sites or other electronic means.);

2. Compromising the privacy or safety of other individuals, including but not limited to the unauthorized disclosure or use of personal identifying information, such as personal addresses, telephone numbers, photographs, or videos without that person's permission;

3. Accessing, using or possessing any material in a manner that is

illegal, abusive, harassing, or obscene, or that constitutes or furthers fraud (including academic fraud), libel, slander, plagiarism, forgery, or a violation of copyright or other intellectual property right or transmitting any material in violation of State or Federal law;

4. Using the Network for commercial, private, or personal financial gain, including gambling;

5. Sexting or deliberately accessing, creating, submitting, posting, publishing, transmitting, receiving, displaying, or otherwise possessing or disseminating any material that contains pornography, obscenity, or sexually explicit, pervasively lewd and vulgar, or indecent or inappropriate language, text, sounds, or visual depictions;

6. Creating or forwarding chain letters, “spam,” or other unsolicited or unwanted messages;

7. Gaining unauthorized access to resources or entities, including, but not limited to, other student files, teacher files, confidential information, student record data, and unauthorized computer network accounts;

8. Creating or sending e-mail or other communications that purport to come from another individual (commonly known as “spoofing”), or otherwise assuming an anonymous or false or misleading identity in online posts or in communicating with other individuals, businesses or organizations;

9. Hacking or modifying, disabling, compromising, or otherwise circumventing any anti-spyware, anti-malware, anti-virus, user authentication, content filter, or other security feature maintained on the Network or on any external Mobile Device, computer, computer system, or computer account;

10. Using or accessing another user’s Network account or password, with or without consent from the user;

11. Disclosing any Network password (including your own) to any other individual;

12. Downloading or installing text files, audio, video, images, or other files to the Network without prior permission from the Superintendent, Executive Director of Instructional Innovation, Building Principal, or their designees;

13. Downloading, installing, or updating software to the Network without prior permission from the Superintendent, Executive Director of Instructional Innovation, Building Principal, or their designees. (Staff requesting the installation of software need to submit the appropriate form

to their Technology Facilitator.);

14. Creating or deliberately downloading, uploading, or forwarding any computer spyware, malware, or virus, or otherwise attempting to modify, destroy, or corrupt computer files maintained by any individual on the Network, any computer, or any Mobile Device;

15. Participating in, or subscribing to non-school-related mailing lists, newsgroups, chat services, electronic bulletin boards, or any other non-school-related association or service through the Network;

16. Students using encryption software or otherwise encoding or password-protecting any file that is created with, sent to, received by, or stored on the Network, except with permission of the Network Manager;

17. Using the Network for the purpose of harassing other users or other individuals;

18. For Non-Student Users, using the Network to participate in acts constituting “prohibited political activities” under the *State Officials and Employees Ethics Act* or “election interference” under the *Election Code*, or to participate in any political activities that create the appearance of impropriety under those laws or under any ethics policy of the District relating to political activities of District employees;

19. Using the Network resources, such as file space or printer resources, in a wasteful manner;

20. Disrupting or interfering with the District’s Network or the educational process, including use that is reasonably foreseeable to result in a disruption or interfere with the rights of others;

21. Any use of the Network that does not meet the intended purposes of Board Policy 6:235;

22. For employees, failure to abide by Board Policy 5:125, *Electronic Communication & Social Networking*, and its implementing Guidelines/Procedures;

23. For employees, personal use of the Network that negatively impacts that employee’s work performance or duties, interferes with the operations of the District, or violates the rights of others;

24. For employees, communication or socializing with students through private (i.e., non-District provided) e-mail accounts, Internet accounts, texting, or other means of private electronic communication, including, but not limited to, social networking sites, without the prior authorization of the Superintendent or his or her designee;

25. For Students, using the Network in a manner that violates any provision of the Board's Discipline Policy or Student Code of Conduct;

26. Attempting to commit any action that would constitute an unacceptable use if accomplished successfully.

IV. Student Use of the Network and Internet

A. Procedures

Students shall abide by the rules, regulations and procedures implemented by this Policy and their teachers when using the Network.

Student access to the Internet while at school is allowed only under the direct supervision of a teacher for a specific educational purpose or as otherwise allowed under Board Policy or the One-to-One District iPad Initiative.

B. Internet Safety

The District's primary concern in maintaining Internet access is that student safety and security may not be compromised at any time. Some of the most effective safety measures can only be implemented by students themselves. The District strongly recommends parents/guardians discuss the following safety concerns with their children:

1. Students should never give out such personal information as their name, age, home address, telephone number(s), photograph, their parents'/guardians' work address or telephone number, or the name or location of the school over the Internet or through email. Students should never give out such personal information about other individuals over the Internet or through email.
2. Students should immediately inform their parents/guardians, or a member of District staff if they come across any information on the Internet, in an email or via any other electronic communication that makes them feel uncomfortable. Students should not respond to any such email or other message.
3. Students should never agree to meet someone in person whom they have "met" online without parental knowledge, permission, and supervision.
4. Students should never agree to send or accept any item to or from a person whom they have "met" online without parental knowledge, permission, and supervision.

V. Downloads

Users may only download text files, images, or other files or software obtained through the Internet, e-mail, file transfer protocol (ftp), or other means of file-sharing on the Network with the permission of the Superintendent, Executive Director of Instructional Information, Building Principal, or their designees. Users must scan all such files with virus detection software before installing, executing, or copying such files onto a District computer.

VI. Privacy

Any electronic communications or files created on, stored on, or sent to, from, or via the Network, whether on District-owned or personally-owned computers or any Mobile Device, are subject to monitoring and inspection by the District. Consequently, users do not have any expectation of privacy with respect to such messages and files. Users should remember that such messages and files can be recovered from the Network's backup system even after they have been deleted from a user's individual account.

Each person should use the same degree of care in drafting an electronic mail message as would be put into a written document or memorandum. Nothing should be transmitted in an email message that would be inappropriate in a letter or memorandum.

The Superintendent, Executive Director of Instructional Innovation, Building Principals, and/or their designees may access and review such messages and files when necessary to maintain the integrity and efficient operation of the Network; to monitor compliance with the Policy, these Rules and Regulations, and all other rules, regulations, or terms or conditions of Network access promulgated by the Superintendent or designee; and to further all other educational, safety and pedagogical concerns of the District. The District also reserves the right to intercept, access, and disclose to appropriate authorities all information created with, sent to, received by, or stored on the Network at any time, with or without user notice. Use of the Network to create, store, send, receive, view, or access any electronic communication or other file constitutes consent by the user for the District to access and review such files consistent with this paragraph.

E-mail accounts issued by the District to any user remain the property of the District, and the District reserves the right to disclose the e-mail addresses of accounts issued to non-student users to third parties consistent with legitimate District purposes.

The District makes every effort to review educational apps and websites to ensure their compliance with appropriate privacy standards. However, the District is not liable for any unauthorized access to student information by the vendor of any educational app or website used in the District.

VII. Technology Protection Measures

Consistent with the District's legitimate educational and pedagogical concerns, the District shall implement technology protection measures, which may include filtering and/or blocking software, on every District computer and Mobile Device that has Internet access via the Network. Such technology protection measures shall be implemented in the best manner practicable to prevent access to any material, including visual depictions,

that are obscene; that constitute pornography, including child pornography, or that, with respect to use of computers by minors, would be harmful to or inappropriate for minors, as defined by the *Children's Internet Protection Act*. The Superintendent, Executive Director of Instructional Innovation, Building Principals, or their designees may disable the technology protection measure on an individual computer during use by non-student adults to enable access to material needed for bona fide research or other lawful purpose.

The District shall reasonably monitor the use of the Network by students and any other minor user in order to ensure compliance with the Policy, these Rules and Regulations, other rules, regulations or other terms of conditions of Network access promulgated by the Superintendent or Building Principals, and other disciplinary policies and regulations necessary to further the educational, safety, and pedagogical concerns of the District.

VIII. Security

The security and integrity of the Network is a high priority. Users are to keep their account and password secure and confidential at all times. If a Student or Non-Student User believes at any time that he or she has identified a security gap, weakness, or breach on the Network, the user must notify a District staff member immediately. The user may not exploit the gap, weakness, or breach, and the user may not inform any other individuals of it. Any user who violates this procedure may be subject to a suspension or revocation of Network privileges, disciplinary action, and/or appropriate legal action.

IX. No Warranties

- A.** The District makes no warranties of any kind, whether express or implied, for the service of providing Network access to its users, and bears no responsibility for the accuracy or quality of information or services obtained from the Network or any loss of data suffered in connection with use of the Network. The District will not be responsible for any damages any user suffers, including loss of data resulting from delays, non-deliveries, missed deliveries, or service interruptions. Use of any information obtained from the Network is at the user's own risk. The District specifically denies any responsibility for the accuracy or quality of information obtained through the Network.
- B.** The District assumes no responsibility for any unauthorized charges or fees, including telephone charges, long-distance charges, per-minute surcharges, and/or equipment or line costs, relating to, or arising out of, an individual user's use of the Network.
- C.** The District has acted in good faith and in a reasonable manner in selecting and implementing filtering software, blocking software, and other technology protection measures to prevent access to material that is obscene, pornographic, or, with respect to use of computers by minors, harmful to or inappropriate for minors. Nevertheless, by using the Network, users acknowledge that such technology measures do not prevent access to all prohibited material, and may prevent access to non-prohibited material. The District assumes no responsibility for access gained or denied by the technology protection measures that have been implemented.

X. Indemnification

The user agrees to indemnify the District for any losses, costs, damages, charges or fees, including, but not limited to, telephone charges, long-distance charges, per-minute surcharges, equipment or line costs, or attorney fees, incurred by the District and relating to, or arising out of the user's use of the Network or any violation by the user of the Policy, these Rules and Regulations, or other rules, regulations or other terms or conditions of Network access promulgated by the Superintendent or designee.

XI. Cooperation with Investigations

The District reserves the right to participate and cooperate fully in any investigation requested or undertaken by either law enforcement authorities or a party alleging to have been harmed by the use of the Network. Evidence of illegal activity may be reported or turned over to appropriate authorities.

XII. Enforcement

The failure of any user to abide by the Policy, these Rules and Regulations, or other rules, regulations or other terms or conditions of Network access promulgated by the Superintendent or Building Principals may result in the suspension or revocation of the user's Network privileges, disciplinary action, and/or appropriate legal action. Network privileges may be suspended or revoked by the Superintendent or Building Principal. Disciplinary measures, if any, will be considered and imposed consistent with District discipline policies. Discipline may include dismissal for Non- Student Users or expulsion for Student Users.

XIII. Policy Modifications

The Board of Education or its designee may modify the terms and conditions of use and/or the provisions of this Policy and its' implementing Rules and Regulations at any time. The Superintendent or Building Principals may also promulgate additional rules, regulations, or other terms or conditions of Network access as may be necessary to ensure the safe, proper, and efficient operation of the Network and the individual District schools. Notice of any such modifications or additional rules, regulations, or other terms or conditions of access shall be promptly communicated to all authorized users, including by posting such modifications on the Network or in a conspicuous place at access locations. Use of the Network constitutes acceptance of the terms of the Policy, these Rules and Regulations, and any additional rules, regulations, or other terms or conditions of Network access that may have been promulgated by the Superintendent, Building Principals, or their designees.

Exhibit 1

Student and Parental Authorization for Electronic Network Access

****To be read and agreed to by Student:***

I have read, or have had explained to me, the attached Policy and Rules and Regulations regarding the use of the School District's electronic network, and I agree that I will follow these rules when I use the District's electronic network. I understand that, if I use the District's electronic network in a way that violates these rules, I can be disciplined. Discipline may include loss of electronic network use privileges, detention, suspension, expulsion or other consequences. I understand that any information or documents I create or place on or access via the District electronic network belong to the District and may be looked at by District employees or others at any time, and that such information or documents will not be private in any way. I know that information or documents placed on the system also may be lost or damaged. I understand that if I misuse the electronic network or cause harm to the Network or anyone else or their information or documents, I may be subject to discipline, and my parents/guardians and I will be responsible for paying for such misuse or damage. By signing below, I demonstrate that I understand and agree to the attached Policy and Rules and Regulations.

****Students are required to have a parent/guardian read and agree to the following:***

I have read and accept the District's *Access to Electronic Networks* Policy and its' implementing Rules and Regulations. I understand that access is designed for educational purposes and that the District has taken precautions to eliminate controversial material.

However, I also recognize it is impossible for the District to restrict access to all controversial and inappropriate materials. I realize that my child might access objectionable material through the Internet. I will hold harmless the District, its employees, agents, or Board members, for any harm caused by materials or software obtained via the network. I accept full responsibility for supervision if and when my child's use is not in a school setting.

I understand that any unacceptable use of the District's electronic network is grounds for suspending or revoking my child's computer network privileges, and may result in disciplinary action against my child, up to and including expulsion from school, as well as criminal or civil penalties.

I agree to indemnify the District and be liable for any losses, costs, damages, charges or fees, caused or incurred by my child relating to, or arising out of, my child's use of the District's electronic network or the violation of any District policy, rules, or regulations. I request that the District allow my child to access the computer network, and agree to hold harmless the Board of Education, its individual Board Members, employees, agents, and assigns, for any harm caused to my student or to me relating to, or arising out of, my student's use of the District computer network or the violation of any District policy.

I have discussed the terms of this *Network Authorization* and the applicable District policy and procedures with my child. I hereby request that my child be allowed access to the District's Internet.

Parent/Guardian Name (*please print*)

Parent/Guardian Signature

Date

Student Name (*please print*)

Student Signature

Date

Exhibit 2

Teacher and Non-Student Authorization For Electronic Network Access and Use

I, the undersigned, certify that I have read the attached Board Policy and Rules and Regulations regarding the use of the District's computer network and agree to abide by its terms and conditions. I understand that any unacceptable use shall be grounds for the suspension or revocation of Network privileges; may result in additional discipline up to and including dismissal; and may result in criminal or civil penalties. I understand that the District makes no express warranties of any kind and disclaims all implied warranties regarding the Network, and bears no responsibility for the accuracy or quality of information or services obtained from the Network or any loss of data suffered in connection with use of the Network. I agree that all electronic files, including electronic communications, that are created on, stored on, or sent to, from, or via the Network, whether through District-owned computers or any Mobile Device, are the property of the District; that I do not have any privacy interest in any such electronic files, and that the District may access and review such files consistent with Section VI of the attached Rules and Regulations.

In addition, I agree to indemnify the District for any losses, costs, damages, charges, or fees, including, but not limited to, telephone charges, long-distance charges, per-minute surcharges, equipment or line costs, or attorney fees, incurred by the District and relating to, or arising out of, my use of the District's Network or any violation of the Policy, Rules and Regulations, or other rules, regulations or other terms or conditions of Network access promulgated by the Superintendent or Building Principals. In consideration for use of the District's network, I hereby release the Board of Education of Glenview School District #34 and its individual Board members, employees, agents and assigns from any claims and damages arising from my use of, or inability to use, the District's Network.

Name:

Signed:

Title:

Date:

Exhibit 3 – Only Used on a Case-By-Case Basis

Personal Mobile Device Authorization

****To be read and agreed to by Student:***

I have read, or have had explained to me, the attached Policy and Rules and Regulations regarding the use of my personal Mobile Device to access and use the District's Network. I agree to follow these rules when I use a personal Mobile Device. I understand that, if I use a personal Mobile Device in a way that violates these rules, I can be disciplined. Discipline may include loss of use privileges of my Mobile Device, detention, suspension, expulsion or other consequences. I understand that any information, documents or communication created, sent or received via a personal Mobile Device are not private and may be looked at by District employees or others at any time. I further understand that I am responsible for the safety and security of, as well as the setting up and maintenance of, my Mobile Device. By signing below, I demonstrate that I understand and agree to the attached Policy and Rules and Regulations.

****Students are required to have a parent/guardian read and agree to the following:***

I have read, discussed with my child, and accept the District's *Access to Electronic Networks* Policy and its implementing Rules and Regulations in regard to my child's use of a personal Mobile Device at school. I understand that in such a situation, my child will use his/her Mobile Device to only access the District's secured wireless guest network, not a private network. I understand that any unacceptable use of the personal Mobile Device is grounds for confiscating and/or suspending or revoking my child's privileges for use of the Mobile Device, and may result in discipline up to and including expulsion from school, as well as criminal or civil penalties. I further understand that my child is responsible for the safety and security of his/her Mobile Device, as well as for the setting up and maintenance of the Mobile Device. I have discussed the terms of this *Authorization* and the District policy and Rules and Regulations with my child. I hereby give permission for my child to use a personal Mobile Device.

Parent/Guardian Name *(please print)*

Parent/Guardian Signature

Date

Student Name *(please print)*

Student Signature

Date

Exhibit 4 - Keeping Yourself and Your Kids Safe On Social Networks

For students:

- Put everything behind password protected walls, where only friends can see.
- Protect your password and make sure you really know who someone is before you allow them onto your friend's list.
- Blur or morph your photos a bit so they won't be abused by cyberbullies or predators.
- Don't post anything your parents, principal or a predator couldn't see.
- What you post online stays online - forever!!!! So ThinkB4UClick!
- Don't do or say anything online you wouldn't say offline.
- Protect your privacy and your friends' privacy too...get their okay before posting something about them or their pics online.
- Check what your friends are posting/saying about you. Even if you are careful, they may not be and may be putting you at risk.
- That cute 14-year old boy may not be cute, may not be 14 and may not be a boy! You never know!
- Unless you're prepared to attach your blog to your college/job/internship/scholarship or sports team application...don't post it publicly!
- Stop, Block and Tell! (don't respond to any cyberbullying message, block the person sending it to you and tell a trusted adult).
- R-E-S-P-E-C-T! (use good netiquette and respect the feelings and bandwidth of others).
- Keep personal information private (the more information someone has about you, the more easily they can bully you).
- Google yourself! (conduct frequent searches for your own personal information online and set alerts ... to spot cyberbullying early).
- Take 5! (walk away from the computer / mobile device for 5 minutes when something upsets you, so you don't do some-thing you will later regret).

And for parents:

- Talk to your kids - ask questions (and then confirm to make sure they are telling you the truth!)
- Ask to see their profile page tomorrow! (It gives them a chance to remove every-thing that isn't appropriate or safe...and it becomes a way to teach them what not to post instead of being a gotcha moment!)
- Don't panic...there are ways of keeping your kids safe online. It's easier than you think!
- Be involved and work with others.
- Most kids really do use social networks just to communicate with their friends. Take a breath, gather your thoughts and get help when you need it. It's not an invasion of their privacy if strangers can see it. There is a difference between reading their paper diary that is tucked away in their sock drawer...and reading their blog. One is between them and the paper it's written on; the other between them and 700 million people online!
- Don't believe everything you read online - especially if your teen posts it on their blog!