

During the Human Growth and Development sessions with the 5th and 6th graders, students are able to submit questions anonymously. We encourage all students to discuss HGD topics with the grown-ups at home, however we know some students will choose to use the internet instead.

The internet is a great tool to find information, games and other entertainment or to learn something new. However, without proper “parental-controls” and blockers for inappropriate content in place, children will be able to access just about anything on the internet.

Parents/guardians should be aware of what their child is viewing online.

Here are some basic guidelines for internet safety and parental supervision from KidsHealth:

- Spend time online together to teach your kids appropriate online behavior.
- Keep the computer in a common area where you can watch and monitor its use, not in individual bedrooms. Monitor any time spent on smartphones or tablets.
- Bookmark kids' favorite sites for easy access.
- Check your credit card and phone bills for unfamiliar account charges.
- Find out what, if any, online protection is offered by your child's school, after-school center, friends' homes, or any place where kids could use a computer without your supervision.
- Take your child seriously if he or she reports an uncomfortable online exchange.

<https://kidshealth.org/en/parents/net-safety.html>