

# i-SAFE America i-Parenting Tips

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**Worldwide, an estimated 605.6 million individuals—9.5% of the entire population—went online in 2002.** Not all of them are nice people.

**i-SAFE America** has created this list of Internet safety tips (Please copy and distribute) to help your family recognize online danger and take the appropriate steps to protect yourselves.

- **Keep the computer in an open area**

A responsible adult should always accompany minors while they access the Internet to provide support and direction should they be confronted with an aggressive solicitation or inappropriate materials.

- **Beware of all requests for your personal information online**

Criminals copy logos perfectly to trick you. Legitimate companies never send unsolicited requests for personal information. Never give out personal information unless you initiate the correspondence.

- **Respect your child's privacy**

Respect your child's privacy but make certain they know personally everyone on their e-mail "buddy" list. Work to generate parent and child trust that supports open and honest Internet use.

- **Delete unsolicited attachments**

Viruses, worms, and Trojan horses are activated by opening an infected e-mail attachment. "Spoof" viruses make e-mail look like someone you know sent the message. Use updated anti-virus software, install a firewall, and regularly monitor your computer.

- **Know intellectual property and copyright regulations**

Using file-sharing programs for downloading music can open up your computer to identity thieves by giving access to your personal information. Downloading music and movies without paying for it is illegal.

- **Be a part of your child's online experience**

It can be a fun journey to explore the wonders of the Internet as a family. As computer-savvy as kids and teens are today they will certainly teach you a thing or two!

- **Get involved with i-SAFE America**

These are only some of the measures you can take to ensure your child has a safe and enjoyable Internet experience. This tip sheet is only a small part of the i-Parent Campaign. Go to the Outreach & Parents section at [www.isafe.org](http://www.isafe.org) for more information on how you can bring the message of Internet safety to your community.

## Remember the 4 Rs

**RECOGNIZE** techniques used by online predators to deceive, groom, or intimidate their victims.

**REFUSE** requests for personal information or a face-to-face meeting.

**RESPOND** assertively by exiting the program, logging off, or turning off the computer.

**REPORT** any suspicious or dangerous contact that makes you or your child feel uncomfortable.

# i-SAFE America Eluding Internet Predators Tip Sheet

**According to a survey by the National Center for Missing & Exploited Children, only 1 in 4 youth who received a sexual solicitation online reported the incident to an adult.**

**i-SAFE America** has created this list of Internet safety tips (Please copy and distribute) to help your family recognize online danger and take the appropriate steps to protect yourselves.

- **Keep Usernames and profiles generic and anonymous**

Discuss your child's online screen name(s), profile(s), and activities. Many provide too much personal information. Ensure all screen names and profiles are non-specific and purposely vague.

- **Avoid posting personal photos**

Pictures can be altered to embarrass or humiliate. They also provide personal information that can help an Internet predator to pretend to know you, your children, and/or their friends.

- **Always keep private information private**

With just three pieces of personal information, specialized Internet search engines can be used to locate someone anywhere. Internet conversations should never include any personal information.

- **Keep the computer in an open area**

A responsible adult should always accompany minors while they access the Internet to provide support and direction should they be confronted with an aggressive solicitation or inappropriate materials.

- **Respect children's privacy**

Respect your child's privacy but make certain they know personally everyone on their e-mail "buddy" list. Work to generate parent-child trust that supports open and honest Internet use.

- **Be part of your child's online experience**

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## Remember the 4 Rs

**RECOGNIZE** techniques used by online predators to groom and deceive their victims.

**REFUSE** all requests for personal information, to keep the relationship secret, or to meet anywhere.

**RESPOND** assertively by exit the program, logging off, or turning off the computer.

**REPORT** suspicious or dangerous contact that makes you or your child feel uncomfortable.

# i-SAFE America Cyber Bullying Awareness Tip Sheet

***Boys are as likely as girls to be targeted for threats or efforts to humiliate them on the Internet.*** Gender does not affect a child's online risk profile.

**i-SAFE America** has created this list of Internet safety tips (Please copy and distribute) to help your family recognize online danger and take the appropriate steps to protect yourselves.

- ***Don't open/read messages from cyber bullies***

Your child can't be intimidated by messages from cyber bullies they never open. Teach your child to curb his or her curiosity to read and respond to a message if they suspect or know a cyber bully has sent.

- ***Encourage your child to tell an adult***

For some children, their reaction to being bullied is not only fright, but also confusion about how to react appropriately. Coach your child to tell a trusted adult if they are ever being bullied.

- ***Report cyber bullying***

Internet Service Providers (ISPs) can often block a cyber bully, and schools have specific procedures and rules to handle bullying. Save the bully's message and screen name, then contact and report it.

- ***No chatting while angry***

Sending angry, hostile or taunting messages attracts cyber bullies. Make certain your child is not using e-mail messages or chat rooms to vent their own anger in a way that hurts others.

- ***If you are threatened with harm, tell the police***

Even if you don't know how to identify the individual who has made the threat, law enforcement often has access to the information and may be able to track down and arrest them before they do more harm.

- ***Be part of your child's online experience***

It can be a fun journey to explore the wonders of the Internet as a family. As computer-savvy as kids and teens are today, they may even teach you a thing or two!

- ***Get involved with i-SAFE America***

These are only some of the measures you can take to ensure your child has a safe and enjoyable Internet experience. This tip sheet is only a small part of the i-Parent Campaign. Go to the Outreach & Parents section at [www.isafe.org](http://www.isafe.org) for more information on how you can bring the message of Internet safety to your community.

## Remember the 4 Rs

**RECOGNIZE** "flaming" and cyber bullying techniques and the bully's screen name or address.

**REFUSE** to open or read any message from a cyber bully.

**RESPOND** assertively by leaving the chat room without responding or the letter unopened.

**REPORT** cyber bullying to the ISP, the school, or law enforcement as needed to stop it immediately.

# i-SAFE America Protecting Intellectual Property Tip Sheet

***Copying and sharing licensed materials without permission is a violation of federal law.***

Parents are being held financially responsible for their children's illegal downloads.

**i-SAFE America** has created this list of Internet safety tips (Please copy and distribute) to help your family recognize what are and what aren't protected materials and how to avoid violating the law.

**• Don't copy or download commercial computer software**

With the exception of shareware, "borrowing" a CD from someone and downloading computer programs or games onto your computer for your own use constitutes theft even if you return the CD.

**• Be careful when using "sharing" software**

By using software programs such as KaZaa, iMesh, and Gnutella, users can unknowingly be allowing others to share files illegally—as well as your personal files—with everyone on the Internet.

**• Always cite the information source**

Copying written materials from the Internet without citing the sources is plagiarism. Students should avoid the temptation to submit research papers purchased on the Internet as their own.

**• Get permission before downloading copyrighted materials**

Books, magazines, videos, computer games, and music require the permission of the author, publisher or artist to copy or download and use, even for your own personal use. Free doesn't mean legal.

**• Become a part of your child's online experience**

It can be a fun journey to explore the wonders of the Internet as a family. As computer-savvy as kids and teens are today, they may even teach you a thing or two!

**• Learn about the Internet**

The more you know about how the Internet works, the better prepared you are to teach your children about intellectual property rights and how not to violate them.

**• Get involved with i-SAFE America**

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## Remember the 4 Rs

**RECOGNIZE** what is copywritten, licensed or protected intellectual property.

**REFUSE** to download or copy video, music, or software given to you for free.

**RESPOND** assertively by only using intellectual property which is purchased legitimately.

**REPORT** any incidents of people trying to sell illegal and/or pirated intellectual materials.

# i-SAFE America Identity Theft Protection Tip Sheet

**According to the Federal Trade Commission, there were nearly 10 million identify theft victims in 2003.** It's the fastest growing crime in the U.S.

**i-SAFE America** has created this list of Internet safety tips (Please copy and distribute) to help your family recognize online danger and take the appropriate steps to protect yourselves.

- **Monitor your credit report regularly**

Obtain your credit report at least once a year by phoning either Equifax, Experian, and Trans Union and look carefully for any unusual or fraudulent activity. Their contact information is on the Internet.

- **Beware of all requests for your personal information online**

Criminals copy logos perfectly to trick you. Legitimate companies never send unsolicited requests for personal information. Never give out personal information unless you initiate the correspondence.

- **Shred documents before putting them in the trash**

Bank statements, credit card offers, utility bills, and documents with Social Security or account numbers can be retrieved by ID thieves from your trash, so make a habit of tearing them up before tossing them.

- **Install a locking mailbox or use the post office**

Criminals often obtain the information they need by intercepting mail in unlocked street mailboxes. Only send and receive bills, checks, or other personal correspondence from a secure location.

- **Notify law enforcement of "dumpster diving"**

Identify thieves rummage through all sorts of garbage looking for unshredded documents that contain personal information.

- **Place a fraud alert on your credit**

If you have lost your wallet, purse, Social Security card, or passport, or suspect you are a potential victim of ID theft, contact each of the three credit bureaus (Equifax, Experian, and Trans Union) for assistance.

- **Get involved with i-SAFE America**

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## Remember the 4 Rs

**RECOGNIZE** techniques used by identity thieves to obtain people's personal information.

**REFUSE** to provide personal information by phone or e-mail if you didn't initiate the communication.

**RESPOND** assertively by contacting the three U.S. credit bureaus and put a fraud alert on your credit.

**REPORT** any unusual, suspicious, or fraudulent activities to law enforcement authorities.

# i-SAFE America Chat Abbreviations

## Acronyms & Emoticons

**AFAIK = As Far As I Know**  
**AFK = Away From Keyboard**  
**ASAP = As Soon As Possible**  
**BBL = Be Back Later**  
**BBN = Bye Bye Now**  
**BBS = Be Back Soon**  
**BEG = Big Evil Grin**  
**BF = Boyfriend**  
**BRB = Be Right Back**  
**BTW = By The Way**  
**BWL = Bursting With Laughter**  
**C&G = Chuckle and Grin**  
**CICO = Coffee In, Coffee Out**  
**CID = Crying In Disgrace**  
**CNP = Continued (in my) Next Post**  
**CP = Chat Post(a chat message)**  
**CRBT = Crying Real Big Tears**  
**CSG = Chuckle Snicker Grin**  
**CYA = See You (See ya)**  
**CYAL8R = See You Later (See ya later)**  
**DLTBBB = Don't Let The Bed Bugs Bite**  
**EG = Evil Grin**  
**EMSG = Email Message**  
**FC = Fingers Crossed**  
**FTBOMH = From The Bottom Of My Heart**  
**FYI = For Your Information**  
**FWIW = For What It's Worth**  
**GAL = Get A Life**  
**GF = Girlfriend**  
**GFN = Gone For Now**  
**GMBA = Giggling My Butt Off**  
**GMTA = Great Minds Think Alike**  
**GTSY = Glad To See You**  
**H&K = Hug and Kiss**  
**HABU = Have A Better 'Un**  
**HAGN = Have A Good Night**  
**HAGU = Have A Good 'Un**  
**HHIS = Hanging Head in Shame**  
**HUB = Head Up Butt**  
**IAE = In Any Event**  
**IC = I See**  
**IMNSHO = In My Not So Humble Opinion**  
**IMO = In My Opinion**  
**IMCO = In My Considered Opinion**  
**IMHO = In My Humble Opinion**  
**IOW = In Other Words**  
**IRL = In Real Life**  
**IWALU = I Will Always Love You**  
**JMO = Just My Opinion**  
**JTLYK = Just To Let You Know**  
**KIT = Keep In Touch**

**KOC = Kiss On Cheek**  
**KOL = Kiss On Lips**  
**L8R = Later**  
**L8R=G8R = Later 'Gater**  
**LHM = Lord Help Me**  
**LHO = Laughing Head Off**  
**LHU = Lord Help Us**  
**LMSO = Laughing My Socks Off**  
**LOL = Laugh Out Loud**  
**LSHMBB = Laughing So Hard My Belly is Bouncing**  
**LSHMBH = Laughing So Hard My Belly Hurts**  
**LSHTTARDML = Laughing So Hard The Tears Are Running Down My Leg**  
**LTNS = Long Time No See**  
**LTS = Laughing To Self**  
**LUWAMH = Love You With All My Heart**  
**LY = Love Ya**  
**MTF = More To Follow**  
**NRN = No Reply Necessary**  
**NADT = Not A Darn Thing**  
**OIC = Oh, I See**  
**OL = Old Lady (significant other)**  
**OM = Old Man (significant other)**  
**OTOH = On The Other Hand**  
**OTTOMH = Off The Top of My Head**  
**PDS = Please Don't Shoot**  
  
**PM = Private Message**  
**PMFJI = Pardon Me For Jumping In**  
**PMP = Peed My Pants**  
**POAHF = Put On A Happy Face**  
**QSL = Reply**  
**QSO = Conversation**  
**QT = Cutie**  
**ROFL = Rolling On Floor Laughing**  
  
**ROFLUTS ROFL = Unable to Speak**  
**SETE = Smiling Ear To Ear**  
**SHID = Slaps Head In Disgust**  
**SO = Significant Other**  
**SOT = Short Of Time**  
**SOTMG = Short Of Time Must Go**  
**SWL = Screaming with Laughter**  
**SYS = See You Soon**  
**TA = Thanks Again**  
**TGIF = Thank God It's Friday**  
**TCOY = Take Care Of Yourself**  
**TILII = Tell It Like It Is**  
**TNT = Till Next Time**  
**TOY = Thinking Of You**

**TTFN = Ta Ta For Now**  
**TTYL = Talk To You Later**  
**WB = Welcome Back**

**WTH What/Who The Heck**  
**YBS = You'll Be Sorry**

### HUGS AND KISSES

:\* kisses  
:-X a big wet kiss!  
:-x kiss kiss  
:-{ blowing a kiss

### HAPPY, SMILING, LAUGHING

:-) smiling; agreeing  
:-D laughing  
|-) hee hee  
;-) so happy, I'm crying

### TEASING, MISCHIEVOUS

;-) winking; just kidding  
;-> devilish wink  
:\*) clowning  
:-T keeping a straight face

### AFFIRMING, SUPPORTING

:^D "Great! I like it!"  
8-] "Wow, maaan"  
:-o "Wow!"  
^5 high five

### UNHAPPY, SAD

:-( frowning; boo hoo  
:-C really bummed  
&-| tearful  
:':-( crying and really sad

### ANGRY, SARCASTIC

>:-< angry  
:-|| angry  
:-V shouting  
:-r sticking tongue out  
:-I indifferent  
|-o bored

# Internet Terms

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<b>Anti-virus</b>	Software that protects a computer from malicious code.
<b>Attachment</b>	A data file sent from one computer to another along with an e-mail or an instant message.
<b>Buddy List</b>	Instant message addresses of favorite users. List enabled designated users to know when their “buddy” is online so that both can easily communicate.
<b>Bulletin Boards</b>	Message boards, public areas on the Internet where messages or comments can be posted for other board members to read and reply to.
<b>Chat Room</b>	A virtual room, or gathering place, for Internet users with shared interests to congregate and converse.
<b>Code</b>	Written instructions in a computing language.
<b>CAT</b>	Community Action Team—community leaders working raise Internet safety awareness.
<b>THM</b>	Town Hall Meeting—Meeting where Internet safety information is provided to the public by community leaders. The event goal is to create or support a CAT.
<b>Copyright</b>	The exclusive legal rights to reproduce, publish, and sell things produced by the person who owns the copyright.
<b>Grooming</b>	Process that online predators use to build false trust in order to meet them face to face.
<b>Cyberspace</b>	Virtual Internet community in which real people interact through electronic means.
<b>Download</b>	To copy information (data) from the Internet.
<b>File</b>	The specific location of data within a computer record.
<b>File Extensions</b>	The three or more letters at the end of a file name (eg: .exe, .jpg, and .doc) defining the file “type,” such as a text file, executable file, database file, or graphic file.
<b>Flame</b>	To send a mean or hurtful electronic message.
<b>FW</b>	Forward—informs the recipient a redirected message has been sent to them. The sender is not the author and, therefore, is suspicious.
<b>Firewall</b>	Set of related hardware and software programs designed specifically to protect a computer or computer network from unauthorized external use.
<b>Hacker</b>	A person who uses the Internet to break into a computer or computer network.
<b>Hacking</b>	Gaining illegal or unauthorized access to a computer file or network.
<b>Identifying Information</b>	Personal information that can be used by online predators to distinguish you from another person and possibly find you in real life (e.g.: name, gender, age, etc.).
<b>Identity Theft</b>	When someone uses your personal info (e.g.: Social Security #, credit card #) to steal your identity for illegal purposes. The fastest-growing crime in the U.S.
<b>i-Parent Board</b>	A group dedicated to raising Internet safety awareness among parents by leading the events and activities outlined in the <i>i-Parent Campaign Toolkit</i> .
<b>i-Parent Campaign</b>	The events and activities of the i-Parent Boards around the country raising Internet safety awareness among parents.
<b>i-Parent Program</b>	A one-hour informational meeting about Internet safety featuring an i-Parent Campaign PowerPoint® presentation designed to help families become safe online.

<b>IP</b>	Implementation Plan—Form used to inform i-SAFE of i-Parent Campaign activities.
<b>IM</b>	Instant Messaging—Real time Internet communication. A “private chat room.”
<b>Intellectual Property</b>	Materials protected by copyright laws including songs, movies, software and books.
<b>Internet Safety</b>	Being educated and empowered to take control of online experiences.
<b>ISP</b>	Internet Service Provider—Vendor that provides Internet access to its customers.
<b>Looping</b>	Website code that does not allow a visitor to exit. Feature of many adult Internet sites.
<b>Malicious code</b>	Intentionally destructive computer program (eg: viruses, worms, and Trojan horses).
<b>Mentor “Link” Mentors Club</b>	Adult in a school who helps i-SAFE Student Mentors organize events and activities. i-SAFE website where Mentors exchange ideas, chat with other Mentors and learn Internet safety information to provide to their schools and communities.
<b>Netiquette</b>	Blend of “network” and “etiquette” describing the informal code of Internet conduct.
<b>Parental Controls</b>	Special features or software packages that enable restricts access to Internet sites.
<b>Phishing</b>	Phishing attacks use “spoofed” e-mails and fraudulent websites designed to fool recipients into divulging personal financial data (see “Spoofs/Spoofing”).
<b>Piracy</b>	Theft to produce counterfeit copyrighted software and other material.
<b>Plagiarism</b>	Stealing someone else’s work and pretending it’s yours.
<b>Posting</b>	Placing a message or photo to an online message board or website.
<b>PPT/ppt</b>	PowerPoint presentation software—an electronic slideshow.
<b>PSAs</b>	Public Service Announcements—A TV or radio commercial that educates people on specific issues, such as the need to be safe online.
<b>PDP</b>	Professional Development Program—the national program required for educators and law enforcement to be certified by i-SAFE to teach students and train others to teach.
<b>Screen name</b>	Online name or nickname. An alias used in Cyberspace.
<b>SPAM</b>	Mass mailing or posting of messages. Also known as Internet junk mail.
<b>Spoofs/Spoofing</b>	Fake e-mail messages or web pages mimicking those of legitimate businesses in order to trick you into providing personal information (identity theft).
<b>Trojan Horse</b>	A malicious code that appears harmless yet launches a virus or worm.
<b>URL</b>	defined as Universal/Uniform Resource Locator, is another name for a Web address. The URL is located at the top of a web page and generally begins with http/www.
<b>Virus</b>	Executable code (computer program) that infects or attaches itself to other executable code (computer programs) in order to cause destructive computer events.
<b>Worm</b>	Self-propagating computer virus embedded in a file.
<b>YE</b>	Youth Empowerment—i-SAFE campaign in which students takes ownership of what they have learned by reaching out to others through peer-to-peer communication.