

## Did You Know?

The Internet is an incredible resource for you and your children, *but with its many advantages also come very real risks that families must be aware of.*

### Fast Facts

- 81%** of parents say that teens aren't careful enough when giving out information about themselves online. ❶
- 79%** of online teens agree. ❶
- 65%** of all parents and **64%** of all teens say that teens do things online that they wouldn't want their parents to know about. ❶
- 65%** of youth who reported being sexually solicited online met that person in a chatroom. ❷
- 20%** of kids **ages 10-17** have received a sexual solicitation or approach via the Internet. ❷
- 25%** of youth who received sexual solicitation told a parent. ❷

❶ Lenhart, Amanda, *Protecting Teens Online*. Washington, DC: Pew Internet & American Life Project. March 17, 2005, page ii.

❷ David Finkelhor, Kimberly J. Mitchell and Janis Wolak. *Online Victimization. Q Report on the Nation's Youth*. Alexandria, VA: National Center for Missing & Exploited Children. 2000, page ix.

## What Can You Do?

- **TALK** to your kids about safer Internet usage and encourage them to talk to you.
- **ESTABLISH** a set of online rules for your family.
- **MONITOR** the amount of time your children spend on the Internet and the sites they visit.
- **LOCATE** Internet-connected computers in an open area of the home.
- **BECOME** more Internet savvy and investigate Internet-filtering tools that give you more control over what your children see.
- **WATCH** for changes in your child's behavior (mention of people you don't know, secretiveness, inappropriate sexual knowledge, etc.).
- **DOWNLOAD** the Netsmartz Internet Safety Pledge you can take as a family, also in the Qwest Connected Family Kit.
- **VISIT** [www.Netsmartz.org](http://www.Netsmartz.org) for more resources and information.

## Talking to Your Kids

Encourage your kids to come to you if they encounter anything online that makes them feel scared, uncomfortable, or confused. Some important points to cover with your children are:

- Internet access is a privilege – not a right. And there are important rules to be followed. (Review your family rules that you establish with input from your children.)
- Remember that people on the Internet may not be who they say they are.
- It's not your child's fault if they see something inappropriate. Encourage them to report it to a trusted adult immediately.

## Establishing Your Family's Online Rules

Family rules to safe Internet usage:

- Set a schedule of appropriate times and days when your children can (and cannot) use the Internet.
- Develop specific lists of approved and unacceptable Internet activities.
- Establish a game plan for what to do if, despite your best efforts, your children are targeted or contacted by online predators.
- Once the rules are established, post them near the computer.

## What To Do If Your Child is Targeted

If all precautions fail, and your kids encounter an online predator:

- Don't blame them. The offender always bears full responsibility.
- Contact your local police.
- Report the incident to the National Center For Missing & Exploited Children's CyberTipline at [www.cybertipline.com](http://www.cybertipline.com)

## Tech Terms & Tips

### Chatroom

A real-time communication arena where participants from anywhere in the world can log in and "chat" with other participants.

### Instant messaging

Also known as IM, instant messaging combines the live nature of chatrooms with the direct contact of e-mail.

### Internet filtering tools

Also referred to as parental controls, Internet filtering tools are software programs that allow parents and guardians to filter the type of content their kids see online.

### Spyware

Spyware is any software that covertly gathers user information through the user's Internet connection without his or her knowledge.

### Pop-up blockers

A pop-up blocker (sometimes called a pop-up killer) is a program that prevents ads and other unsolicited material from "popping up" in a user's Web browser.

### Anti-virus software

Anti-virus software identifies viruses on your computer and prevents them from performing their damaging functions.

### Spam

Spam is defined as unsolicited "junk" e-mail sent to large numbers of people to promote products or services.



#### Did You Know?

Identity theft is one of the fastest growing financial crimes in the United States. According to the Federal Trade Commission (FTC), in 2003 alone, approximately one in four Americans had their identities stolen by criminals. Qwest Communications wants to help educate people and families about the dangers of fraud and identity theft, how to prevent it, and what to do if their identity is stolen.

##### Fast Facts

**10 million** Americans were victims of identity theft in 2003.

**18–29** year-old age group was the number one target for identity-theft related crimes in 2003.

**5 billion** is the estimated amount by the FTC that identity theft cost consumers in 2003.

SOURCE: National and State Trends in Identity Theft Jan. 2003-Dec. 2003, Federal Trade Commission

#### Teenagers & Identity Theft

Teens are often a target of identity theft because:

- Thieves assume no one is checking their credit, so the theft can go on for longer.
- Most teenagers go for years without using their Social Security Number (SSN).
- Often, teens first realize they have been victimized when they go to apply for a driver's license and find out one already has been issued to someone else using their name and SSN.

#### Know the Signs

Your teenager might be a victim of identity theft if:

- They apply for a driver's license and find out another one has already been issued under their name. They might even find out they already have a few tickets!
- They are denied applications for student loans, an apartment or a credit card.
- They get pre-approved credit card offers, collection statements or bank statements in the mail.
- Lots of telemarketers call asking to speak with them.

#### Additional Resources

The following online resources provide some great information on identity theft:

- **Qwest's Identity Theft Resource Guide** [www.qwest.com/identitytheft](http://www.qwest.com/identitytheft)  
Qwest provides a resource through this site that educates consumers on many aspects of identity theft and fraud.
- **Federal Trade Commission** [www.consumer.gov/idtheft](http://www.consumer.gov/idtheft)  
The Federal Trade Commission's Web site offers the latest facts for consumers on identity theft – how it happens, what to look out for and what to do if you are a victim.
- **Online Identity Theft**  
[www.spywareguide.com](http://www.spywareguide.com) or [www.identity-theft-protection.com](http://www.identity-theft-protection.com)  
These sites connect you to more information about how to protect your family online. Beware of spyware that is often used to gather confidential information, and in most case the victim has no idea their information is being stolen.

#### Advice for Your Family

The following are a few tips to help protect you and your teens from identity theft:

- **BUY A SHREDDER.** Shred any financial information including receipts, bills, account statements and credit offers before throwing them away.
- **GUARD YOUR PERSONAL INFORMATION.** Password-protect your wireless phone, PDA and laptop, and don't store personal identification information on these and other devices.
- **PROTECT YOUR SOCIAL SECURITY NUMBER.** Even when asked, don't provide your Social Security number when applying for your first job. It's not necessary. Also, don't use your Social Security number on your driver's license.
- **DON'T BE INTIMIDATED.** Tell your teens to ask adults (e.g., coaches, teachers and employers) who request personal information how they'll use it and how they'll protect it from identity theft.
- **MONITOR** your credit reports at least once a year.
- **CARRY ONLY THE CREDIT CARDS YOU NEED** in your wallet and report lost or stolen cards immediately.
- **CHECK YOUR TEEN OUT.** When your teen turns 16 begin to regularly monitor bank and credit card statements for fraudulent activities.

#### Common Types of Identity Theft

##### Shoulder Surfing

In public places, criminals may watch and listen from a nearby location as you punch in your telephone calling card number or credit card number or give your credit card number to a retailer.

##### Dumpster Diving

Criminals go through your garbage and dumpsters to obtain copies of your checks, credit card or bank statements, or other records that include your name, address and telephone number.

##### Credit Cards

Criminals try and retrieve discarded applications for pre-approved credit cards in the mail and attempt to activate the cards for their use without your knowledge and they may also try and intercept your mail from your mailbox.

##### The Internet

The Web is an appealing place for criminals to obtain identifying data, such as passwords or banking information. Many people respond to "spam" — unsolicited e-mail that promises some benefit but requests identifying data — without realizing that in some cases, the information they provide will be used to assume their identity.



## The Incredible Internet

With millions of Web sites on the Internet, cutting through the clutter can be challenging. Qwest Communications developed IncredibleInternet.com to help people simplify their online experience. Incredible Internet.com features the best Web sites on subjects including Education, Technology and Family, Lifestyle, Kids and Online Safety. IncredibleInternet.com helps people of all ages better navigate their way around the Web. Discover more incredible sites today and visit [www.IncredibleInternet.com](http://www.IncredibleInternet.com)

### TIPS FOR HAPPY AND SAFER SURFING

- 1 Even though the Internet is incredible, maintaining a well-balanced life offline is very important.
- 2 Protect your online privacy and use discretion when giving information on the Internet.
- 3 If you have children, do not allow them to arrange meetings with someone they've met on the Internet.
- 4 In your home, place the computer in a visible location to monitor your family's Internet activity and appropriate uses.
- 5 Be open for discussions about the Internet and its appropriate uses with family members, classmates and co-workers.

## Education

The Internet gives you and your family global access to educational resources and information.

- **WIKIPEDIA ENCYCLOPEDIA** <http://en.wikipedia.org>  
With more than 500,000 articles, Wikipedia is the largest encyclopedia in the world.
- **WORDS YOU SHOULD KNOW**  
[www.houghtonmifflinbooks.com/booksellers/press\\_release/100words](http://www.houghtonmifflinbooks.com/booksellers/press_release/100words)  
Check out "100 Words That All High School Graduates—And Their Parents—Should Know."
- **UNCLE SAM AND EDUCATION** [www.students.gov](http://www.students.gov)  
The U.S. Government has several comprehensive sites for planning your higher education.

## Technology & Family

The Internet connects people around the world like never before. Technology has the power to improve our lives and help us become more productive.

- **SMART SEARCHING WITH GOOGLE** [www.soople.com](http://www.soople.com)  
Google is an excellent search engine. This site will help you make expert searches.
- **ARREST THAT SPAM!** [www.spamarrest.com](http://www.spamarrest.com)  
Use this site to help eliminate spam.
- **ALL ABOUT BLOGS** <http://weblogs.about.com>  
All your blogging questions are answered here.

## Kids

The Internet is a world of adventure for kids. From schoolwork to hobbies to sports, the Internet is sure to have whatever your children are looking for.

- **DISCOVERY SCHOOL** <http://school.discovery.com>  
Do your kids like discovering new things? Now they can explore space, play games, solve puzzles and more.
- **BRAINPOP** [www.brainpop.com](http://www.brainpop.com)  
Who knew homework could be this fun?
- **WEATHER WIZ KIDS** [www.weatherwizkids.com](http://www.weatherwizkids.com)  
Learn everything about weather on this site.

## Online Safety

Learn how to better protect yourself and your family while online.

- **IDENTITY THEFT** [www.qwest.com/identitytheft](http://www.qwest.com/identitytheft)  
Qwest Communications provides a comprehensive identity theft resource guide for consumers. Find information and resources on how to protect yourself from becoming a victim.
- **NETSMARTZ** [www.netsmartz.org](http://www.netsmartz.org)  
The NetSmartz Workshop is an interactive resource that teaches kids and teens how to stay safer on the Internet.
- **WEB WISE KIDS** [www.webwisekids.com](http://www.webwisekids.com)  
Empower kids with the skills they need to be safe on the Internet. This site offers a guided tour teaching kids how to avoid trouble while they explore the Web.

## Lifestyle

Find the latest on fashion, food, work and play—IncredibleInternet.com helps you figure it all out and simplify your life.

- **CAREER INFO NET** [www.acinet.org](http://www.acinet.org)  
Make informed career decisions whether you're a student, a job-seeker or a workplace professional.
- **YOU CAN DO IT!** [www.diynetwork.com](http://www.diynetwork.com)  
Learn household projects that you can complete in a weekend or perhaps something a little more long-term.
- **INTERNET MOVIE DATABASE (IMDB)** [www.imdb.com](http://www.imdb.com)  
Discover all the movie information you could ask for...and then some.

