



Incredible Internet™

SMARTER SURFING STARTS HERE®

[Qwest helps families surf safer
and smarter on the Internet.]

Understanding A Child's Virtual World

A handbook for parents and guardians

By Dr. Linda Young



Provided by Qwest Communications

For more information please visit

www.incredibleinternet.com

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Linda R. Young, Ph.D.

About The Author

Linda Young is a senior staff psychologist at Seattle University, where she provides individual, couples and group counseling, psychotherapy and crisis intervention for undergraduate and graduate students. She also develops and delivers campus outreach programs on a variety of mental health topics and offers organizational consultation to academic departments and Student Development staff. In addition to her university work, Dr. Young maintains a private practice in Bellevue, Washington, specializing in relationship issues.

Through her work with couples and students, she has seen the topic of online safety emerge as a prominent one over the past few years. As a public service, Qwest is making it possible for Dr. Young to provide insight on how the Internet is changing the fabric of families. The public will be able to learn more from Linda at www.incredibleinternet.com.

Dr. Young has written several publications and has extensive educational, research and consulting experience. She has been interviewed as a guest psychologist by National Public Radio, NBC and various network affiliates.

Her past experience includes work as a staff psychologist at the University of California, San Diego, assistant professor of psychology at National University and counseling instructor at John Jay College of Criminal Justice of the City of New York.

Her accolades include being the recipient of an Outstanding Staff Award at UCSD, a Ford Foundation Predoctoral Fellowship in 1993. She graduated Magna Cum Laude in 1974 from Hofstra University and, in 1996, her dissertation on Young Adult Sexual Decision Making ranked among the top 10 percent at Columbia University.

DEAR PARENTS AND GUARDIANS:

These days, it's not uncommon for children to be more tech-savvy than the adults in their lives. As a result, adults often find it difficult to understand or relate to what kids are doing online.

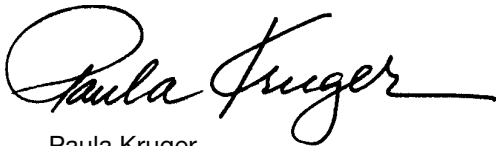
At Qwest, we believe informed parents and guardians are better equipped to create a positive online experience for their families. That's why Qwest's Incredible Internet program provides up-to-date Internet safety and security information in an interactive format that's available from any Internet connection.

To deliver these robust resources, we've partnered with the best local and national safety and security experts, including the National Center for Missing & Exploited Children® as well as influential government, education and community leaders. Qwest and these experts agree that parental education is critical to minimize the risks children face online.

Linda R. Young, Ph.D., a family therapist with more than 15 years of counseling experience, is one expert whose work is featured on IncredibleInternet.com, and in this handbook. Dr. Young provides a professional perspective on the ways advancing technology is affecting our daily lives, and how adults can better understand a child's virtual world.

As a parent, I found the topics covered to be both relevant and compelling, and I hope you will, too. I invite you to visit IncredibleInternet.com to learn more from Dr. Young.

Sincerely,



Paula Kruger

Executive Vice President
Qwest Communications

