

## Internet Safety

URL of this page: <http://www.nlm.nih.gov/medlineplus/internetsafety.html>

For most kids and teens, technology is an important part of their lives. They browse the Web for information, use social networking sites, text, and chat. But there can also be dangers, and it is important for parents to monitor their children's use and teach them how to be safe online:

- Never give out personal information, such as your full name, address, phone number, or school name
- Tell an adult if any communication (chat, text, e-mail message) makes you feel threatened or uncomfortable
- Never send sexually explicit photographs or messages
- On social networking sites, use privacy controls and only friend people that you know

Of course, some of this advice is good for adults, too.

### Start Here

- Internet Safety [[http://kidshealth.org/parent/positive/family/net\\_safety.html](http://kidshealth.org/parent/positive/family/net_safety.html)] (Nemours Foundation)  
Also available in Spanish [[http://kidshealth.org/parent/en\\_espanol/padres/net\\_safety\\_esp.html](http://kidshealth.org/parent/en_espanol/padres/net_safety_esp.html)]

### Overviews

- Parent's Guide to Internet Safety [<http://www.fbi.gov/publications/pguide/pguidee.htm>] (Federal Bureau of Investigation)

### Latest News

- 16 Percent of U.S. High Schoolers Victims of Cyberbullying [[http://www.nlm.nih.gov/medlineplus/news/fullstory\\_136544.html](http://www.nlm.nih.gov/medlineplus/news/fullstory_136544.html)] (05/06/2013, HealthDay)

### Specific Conditions

- Cyberbullying [<http://www.stopbullying.gov/cyberbullying/index.html>] (Health Resources and Services Administration)
- Cyberbullying [<http://www.ncpc.org/topics/cyberbullying>] (National Crime Prevention Council)
- Internet Fraud [[http://www.fbi.gov/scams-safety/fraud/internet\\_fraud](http://www.fbi.gov/scams-safety/fraud/internet_fraud)] (Federal Bureau of Investigation)
- Online Communities: Helpful If You're Careful [<http://www.intelihealth.com/IH/ihtPrint/EMIH256/24479/35321/373700.html?d=dmthMSContent&hide=t&k=basePrint>] (InteliHealth, Harvard Medical School)
- Risks of Peer-to-Peer Systems [<http://www.fbi.gov/scams-safety/peertopeer>] (Federal Bureau of Investigation)
- Sexting: How Parents Can Keep Their Kids Safe [<http://www.ncpc.org/resources/files/pdf/internet-safety/NCPC-FactSheet2.pdf>] (National Crime Prevention Council) - PDF
- Talking to Kids and Teens About Social Media and Sexting [<http://www.aap.org/en-us/about-the-aap/aap-press-room/news-features-and-safety-tips/Pages/Talking-to-Kids-and-Teens-About-Social-Media-and-Sexting.aspx>] (American Academy of Pediatrics)
- Tips for Using Public Wi-Fi Networks [<http://onguardonline.gov/articles/0014-tips-using-public-wi-fi-networks>] (Federal Trade Commission)  
Also available in Spanish [<http://alertaenlinea.gov/articulos/s0014-redes-wifi-p%C3%BAblicas>]

### Related Issues

- BeSafeRx: Know Your Online Pharmacy

[<http://www.fda.gov/Drugs/ResourcesForYou/Consumers/BuyingUsingMedicineSafely/BuyingMedicinesOvertheInternet/BeSafeRxKnowYourOnlinePharmacy/default.htm>] (Food and Drug Administration)

Also available in Spanish [<http://www.fda.gov/Drugs/ResourcesForYou/ucm080604.htm>]

- Chat, E-Mail, Web, and Chat Room Slang and Acronyms [<http://www.healthychildren.org/English/family-life/Media/Pages/Chat-E-Mail-Web-and-Chat-Room-Slang-and-Acronyms.aspx>] (American Academy of Pediatrics)
  - Innocent Images National Initiative [<http://www.fbi.gov/innocent.htm>] (Federal Bureau of Investigation)
  - Media Time Family Pledge [<http://www.healthychildren.org/English/family-life/Media/Pages/Media-Time-Family-Pledge.aspx>] (American Academy of Pediatrics)
  - Understanding Mobile Apps [<http://onguardonline.gov/articles/0018-understanding-mobile-apps>] (Federal Trade Commission)
- Also available in Spanish [<http://alertaenlinea.gov/articulos/s0018-aplicaciones-m%C3%B3viles-qu%C3%A9-son-y-c%C3%B3mo-funcionan>]

## Games

- Friend Finder [<http://onguardonline.gov/media/game-0003-friend-finder>] (Federal Trade Commission)

## Journal Articles

### References and abstracts from MEDLINE/PubMed (National Library of Medicine)

- Article: Morality, values, traditional bullying, and cyberbullying in adolescence. [<http://www.ncbi.nlm.nih.gov/pubmed/23331102?tool=MedlinePlus>]
- Article: Association of maltreatment with high-risk internet behaviors and offline encounters. [<http://www.ncbi.nlm.nih.gov/pubmed/23319522?tool=MedlinePlus>]
- Article: Feasibility of web-based self-triage by parents of children with influenza-like... [<http://www.ncbi.nlm.nih.gov/pubmed/23254373?tool=MedlinePlus>]
- Internet Safety -- see more articles [[http://www.ncbi.nlm.nih.gov/pubmed?term=\(\(internet\[majr\]+AND+safety\[mh\]\)+OR+cyberbullying\[ti\]\)+AND+english\[la\]+AND+humans\[mh\]+NOT+\(letter\[pt\]+OR+editorial\[pt\]+OR+case+reports\[pt\]\)+AND+%22last+3+Years%22\[edat\]&tool=MedlinePlus](http://www.ncbi.nlm.nih.gov/pubmed?term=((internet[majr]+AND+safety[mh])+OR+cyberbullying[ti])+AND+english[la]+AND+humans[mh]+NOT+(letter[pt]+OR+editorial[pt]+OR+case+reports[pt])+AND+%22last+3+Years%22[edat]&tool=MedlinePlus)]

## Dictionaries/Glossaries

- CyberSafe Glossary [<http://www.healthychildren.org/English/family-life/Media/Pages/CyberSafe-Glossary.aspx>] (American Academy of Pediatrics)


## Organizations

- Federal Trade Commission [<http://www.ftc.gov/>]  
Also available in Spanish [[http://www.ftc.gov/index\\_es.shtml](http://www.ftc.gov/index_es.shtml)]
- KidsHealth [<http://kidshealth.org/>] (Nemours Foundation)
- National Center for Missing and Exploited Children [<http://www.missingkids.com/>]  
Also available in Spanish [[http://www.missingkids.com/missingkids/serMet/PublicHomeSerMet?LanguageCountry=es\\_US&](http://www.missingkids.com/missingkids/serMet/PublicHomeSerMet?LanguageCountry=es_US&)]

## Children

- Kids and Socializing Online [<http://www.onguardonline.gov/articles/0012-kids-and-socializing-online>] (Federal Trade Commission)
- NetSmartz Kids [<http://www.netsmartzkids.org/>] (Boys & Girls Clubs of America, National Center for Missing and Exploited Children)
- Safe Cyberspace Surfing [[http://kidshealth.org/kid/watch/house/internet\\_safety.html](http://kidshealth.org/kid/watch/house/internet_safety.html)] (Nemours Foundation)  
Also available in Spanish [[http://kidshealth.org/kid/en\\_espanol/seguridad/internet\\_safety\\_esp.html](http://kidshealth.org/kid/en_espanol/seguridad/internet_safety_esp.html)]

## Teenagers

- Chatting with Kids About Being Online [<http://onguardonline.gov/media/video-0001-net-cetera-chatting-kids-about-being-online>]  (Federal Trade Commission)
- Internet Safety: Safe Surfing Tips for Teens [[http://kidshealth.org/teen/safety/safebasics/internet\\_safety.html](http://kidshealth.org/teen/safety/safebasics/internet_safety.html)] (Nemours Foundation)

Also available in Spanish [[http://kidshealth.org/teen/en\\_espanol/seguridad/internet\\_safety\\_esp.html](http://kidshealth.org/teen/en_espanol/seguridad/internet_safety_esp.html)]

- NSTeens [<http://www.nsteens.org/>] (Boys & Girls Clubs of America, National Center for Missing and Exploited Children)
- Sexting: How Teens Can Stay Safe [<http://www.ncpc.org/resources/files/pdf/internet-safety/NCPC-FactSheet1.pdf>] (National Crime Prevention Council) - PDF

**You may also be interested in these related MedlinePlus topics:**

- Child Safety [<http://www.nlm.nih.gov/medlineplus/childsafety.html>]
- Children and Teenagers [<http://www.nlm.nih.gov/medlineplus/childrenandteenagers.html>]
- Safety Issues [<http://www.nlm.nih.gov/medlineplus/safetyissues.html>]

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