**DIGITAL MONITORING RESOURCES FOR PARENTS**

> **More than one in five (22%) 13-17 year olds said their parents or guardians have never discussed Internet safety with them. [1]**

Many Web sites offer guidance and advice on how to monitor your teen in the Digital Age. While *TheAntiDrug.com* provides basic steps on how to monitor certain technologies, other sites offer more specific details. Below is a list of credible, user-friendly sites that can provide you with more information.

## Sites for Parents

American Academy of Pediatrics
The AAP Web site contains comprehensive media information for parents including entertainment rating systems, media guidelines for parents, and advice on setting rules for Internet usage.

Cable in the Classroom
Cable in the Classroom (CIC) fosters the use of cable content and technology to expand and enhance learning for children and youth nationwide. Working in partnership with and on behalf of the cable industry, CIC advocates for the visionary, sensible and effective use of media in homes, schools, and communities.

**i-SAFE, Inc.**
i-SAFE, Inc. is a worldwide leader in Internet safety education. Endorsed by Congress, i-SAFE is a non-profit foundation dedicated to protecting the online experiences of youth everywhere. i-SAFE incorporates classroom curriculum with dynamic community outreach to empower students, teachers, parents, law enforcement, and concerned adults to make the Internet a safer place.

National Institute on Media and the Family
The National Institute on Media and the Family is a non-profit, national resource center for research, information and education about the impact of the media on children, and families.

PTA
The PTA offers tips for parents on how to monitor teen Web use and advice for dealing with potential dangers on the Internet.

National Center for Missing and Exploited Children The National Center for Missing & Exploited Children's® (NCMEC) mission is to help prevent child abduction and sexual exploitation; help find missing children; and assist victims of child abduction and sexual exploitation, their families, and the professionals who serve them. Among their many activities, NCMEC also operates a CyberTipline that the public may use to report Internet-related child sexual exploitation.

NetFamilyNews
NetFamily News is based on the premise that informed, engaged parenting is essential to kids' constructive use of technology and the Net. This non-profit public service provides a forum and "kid-tech news" to help parents and educators stay current on popular technologies among teens.

NetSmartz & NetSmartz Teens
NetSmartz Teens uses interactive tools to teach teens how to be safer on the Internet. The site includes real-life stories, activities, and online games.

PC-Turnoff
This group of concerned parents established PC-Turnoff Week to encourage other parents to turn off their children's computer for one whole week during the summer. The organization also provides materials and a newsletter.

ProtectKids.com
Enough Is Enough, the parent organization of ProtectKids.com, is a national non-profit whose mission is to make the Internet safer for children and families. ProtectKids.com is the sister site to the official EIE site, and offers tools to help parents protect their teens, with special emphasis on teen girls, from Internet dangers.

StaySafe.org
This non-profit organization provides information for parents, caregivers and teens on Internet safety. It also has an interactive tutorial, a virtual community, and educational games.

Wired Safety
WiredSafety is the largest online safety, education, and help group in the world. It is a cyber-neighborhood watch that operates worldwide in cyberspace through more than 9,000 volunteers.

## Sites for Teens
Web Wise Kids
Since 2002, Web Wise Kids, a non-profit organization, has been committed to teaching children and their caregivers strategies for safe Internet use, including methods of detecting and deterring online predators.

Kids Health
KidsHealth.org is targeted at kids and discusses a variety of health issues, from how to deal with feelings to how to safely surf the Net.

Net Smartz Kids
Net Smartz Kids uses interactive tools to teach young people how to recognize dangers and increase self-confidence whenever they go online. The site includes games, puzzles, quizzes, and free downloads.

Wired Teens
This online community for 13- to 18-year-olds offers online safety classes, forums, and a weekly column designed to promote a safe online experience.

Visit "Monitoring Tools" for information on software and other technologies that can help you monitor your teen's online activities when you are not around.

Cox Communications press release, "New Study Reveals 14% of Teens Have Had Face-to-Face meetings with People They've Met on the Internet," May 11, 2006.