ONLINE RESOURCES FOR YOU

Be Internet Awesome

Be Internet Awesome is an amazing resource created by Google. They provide insightful information and its own "INTERLAND" which is a safe place for children to explore digital safety with an "online adventure". As Be Internet Awesome is not a www website, you must search for it in your browser or click the link below.

Be Internet Awesome Link

Family Online Safety Institute

The Family Online Safety Institute(FOSI) is a great way to find many online parenting resources to introduce the topic of online safety to your children.

www.fosi.org

Stay Safe Online

Stay Safe Online has a vast amount of "digital resources" and has their own guides and tips to better cyber security and cyber safety. Check out their website for more information.

www.staysafeonline.org

Connect Safely

ConnectSafely is a great place to learn about child internet safety and to keep up-to-date on important internet safety problems. One such problem is Virtual Kidnapping Scams which involve a fake caller inferring that a friend or family member has been kidnapped and held for ransom. Scammer can be acting as a fake officer or the kidnapper. Be sure to check out their website for more information.

www.connectsafely.org

Other Resources

There are plenty of other resources on the internet that can provide reliable and insightful information regarding child safety. For more information on these, consider checking out the PC4U website.

Project CARES for you

support@projectcares4u.com

www.projectcares4u.com

Facebook Page: Project CARES for You

VIRGINIA BEACH CARES

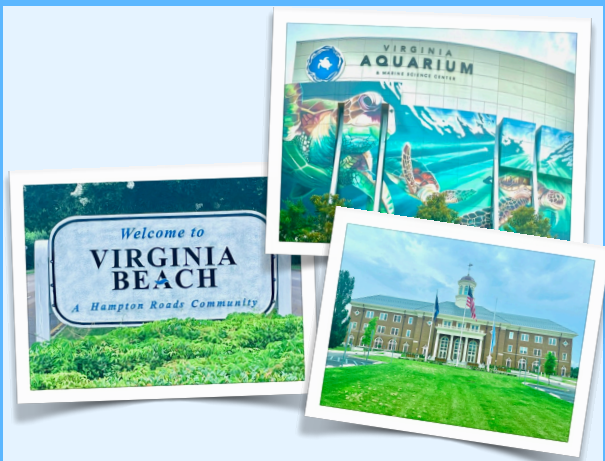Connecting you to helpful resources on technology and child safety

A pamphlet created by Project CARES for You (PC4U)

VIRGINIA BEACH UNDERSTANDS

Virginia Beach is home to approximately 450,000 individuals as of the 2022 census. About 22.2% of that population are individuals under 18 years of age. That means there are approximately 99,900 children in Virginia Beach. These children need to understand internet safety and Virginia Beach has many programs to help.

The City of Virginia Beach offers many resources when it comes to cyber security. On the Virginia Beach official website you can find information regarding safety when on the internet and how to protect yourself and others from harm such as "identity theft" and "managing your online reputation". Virginia Beach has a web page dedicated to practicing safe technology use and you can find it by going to the "Public Safety" tab on their website under "Practice Safe Cyber". Their page states that "personal accountability is key and it's essential to take proactive measures to enhance cybersecurity at home, at work and when you're out and about…"(vbgov). This along with many other information are available to you and Project CARES for You highly recommends you conduct your own research and find what proactive measure suit you and your children. Ideas such as monitoring applications for phones and devices, and scheduled device usage are a great start.

VB

www.vbgov.com

Virginia Beach Programs

Virginia Beach offers many different programs dedicated to children ranging from toddler to teen. These programs can all be found on their website under "Live Programs". See link for more information.

Live Programs Link

Managing online reputation

Virginia Beach offers many PDFs regarding the internet and one that is important is one's online reputation. PC4U highly suggests checking them out and getting your children informed of their online reputation.

Online Reputation PDF

Managing the time children are on the internet is an essential part in reducing the risks of cyber harm and preventing negative impacts. By joining a program or simply introducing time limits on devices you can help to prevent your children or grandchildren from being affected by uncontrolled and unsupervised use of the internet.

Guarding against online predators

Like the one above, Virginia Beach also offers a PDF about protecting your children against online predation. This is a wonderful source and is highly recommended for you to checkout as it talks about mobile devices, gaming systems, and social media all in one document.

Guarding Against Online Predators PDF

These programs and PDFs, on the Virginia Beach website, are great resources to include and utilize if you live within the city of Virginia Beach. There are also other resources that are online and can be accessed by anyone, anywhere, at any time. Those sites are listed on the next page of this pamphlet titled "Online Resources For You".