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# ONLINE RESOURCES FOR YOU

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## Be Internet Awesome

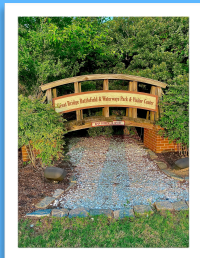
Be Internet Awesome is an amazing resource created by Google. They provide insightful information and its own "INTERLAND" which is a safe place for children to explore digital safety with an "online adventure". As Be Internet Awesome is not a www website, you must search for it in your browser or click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



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## ConnectSafely

ConnectSafely is a great place to learn about child internet safety and to keep upto-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](http://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](mailto:support@projectcares4u.com)

[www.projectcares4u.com](http://www.projectcares4u.com)

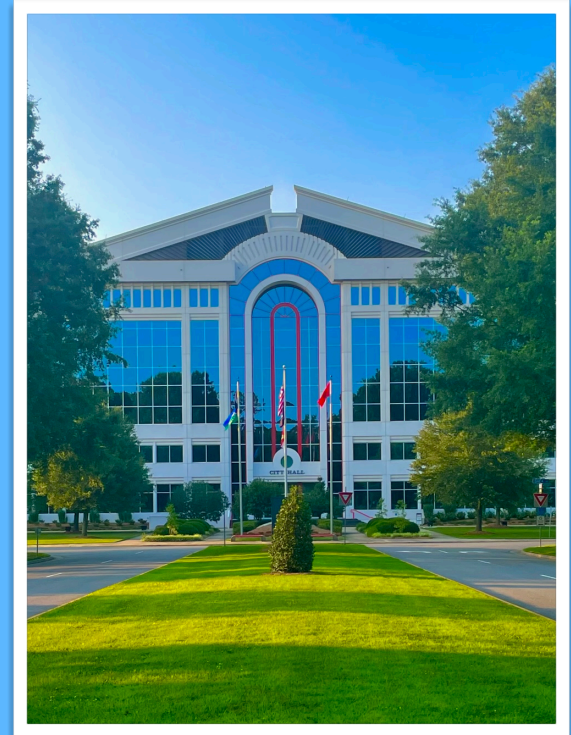
Facebook Page: Project CARES for You

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# CHESAPEAKE CARES

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Connecting you to helpful resources  
on technology and safety



A pamphlet created by  
Project CARES for You (PC4U).





# CHESAPEAKE UNDERSTANDS

As technology changes, society is also changing and that includes the younger generation. With this change, so has our resources and knowledge of the internet and how it is being used. Chesapeake has programs that understand this technological evolution and it provides resources to families across the city.



The City of Chesapeake has many publicly funded programs as well as private organizations that address child safety. A great resource for information is the Chesapeake Public Schools website. They have an area dedicated to the Division of Teaching & Learning that provides “Instructional Resources & Technology”. It contains information about online bullying, surfing the web safely, and website links to other programs such as the Family Online Safety Institute (FOSI). Child internet safety has become a widely-discussed topic with the evolution of technology and PC4U’s initiative is to provide resources to create awareness about how you can further protect your child while on the internet. In this pamphlet, PC4U has provided you with resources on this topic within the City of Chesapeake and beyond.



[www.insideoutlearners.com](http://www.insideoutlearners.com)

[www.cityofchesapeake.net](http://www.cityofchesapeake.net)

## **Inside Out Learners**

Inside Out Learners has a well-structured list of programs that help children with “social-emotional learning and academic tutoring”. They are based in the Chesapeake area and are a great place to look for more information on social development of children. Make sure to check out their website for more information.

## **Social Netiquette Program**

Inside Out Learners also provides a Social Netiquette Program. This program is great for children who use social media and play video games. It helps children understand their technological footprint and many other aspects of what the internet use can include.

## **Youth Programs**

One way to reduce the potential for harm through technology is by reducing the use of it all together. Joining an athletic program can be a great way for children to get off of their devices and create positive relationships with others.

## **Youth Sports**

The City of Chesapeake offers a youth sports program that is for both boys and girls. Getting a child active and moving can help reduce natural stress levels and help to promote positive emotional growth within themselves