

# Register Report

10/15/2007 Through 12/3/2007

12/3/2007

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Date	Num	Description	Memo	Category	Cl	Amount
<b>INCOME</b>						
10/29...	DEP ...	Albertson's Deposit TOTAL Albertson's	september	Albertson's		10.21 <hr/> 10.21
11/9/...	DEP	Cookie Dough Fundraiser Deposit		Cookie Dough Fundraiser		12,534.00
11/28...	DEP	Deposit TOTAL Cookie Dough Fundraiser		Cookie Dough Fundraiser		168.00 <hr/> 12,702.00
<b>Donations</b>						
10/29...	DEP ...	Deposit		Donations		10.00
11/9/...	DEP	Deposit TOTAL Donations		Donations		27.00 <hr/> 37.00
<b>Electronic SCRIP - Rebate</b>						
10/23...	DEP	Deposit	Safeway	Electronic SCRIP - Reb...		292.70
11/16...	DEP	Deposit TOTAL Electronic SCRIP - Rebate	SCRIP	Electronic SCRIP - Reb...		295.34 <hr/> 588.04
<b>Food 4 Less</b>						
10/29...	DEP ...	Deposit TOTAL Food 4 Less	october	Food 4 Less		26.59 <hr/> 26.59
<b>Ralph's</b>						
10/29...	DEP ...	Deposit TOTAL Ralph's	september	Ralph's		1.98 <hr/> 1.98
<b>TOTAL INCOME</b>						<hr/> 13,365.82
<b>EXPENSES</b>						
11/2/...	624	Filing Fee Secretary Of State TOTAL Filing Fee	Annual filing fee	Filing Fee		-20.00 <hr/> -20.00
<b>Gift To School</b>						
10/15...	620	Positive Promotions	Red Ribbon Week s...	Gift To School		-500.00
10/22...	621	Woodcraft TOTAL Gift To School	Shop equipment	Gift To School		-1,016.60 <hr/> -1,516.60
<b>Gifts Given</b>						
11/2/...	623	Trisha Sanchez	dvd/vcr	Gifts Given		-74.94
11/4/...	625	Bel Air	Watson-Science	Gifts Given		-100.00
11/6/...	627	Amanda Templeton TOTAL Gifts Given	Reimburse for Gift C...	Gifts Given		-100.00 <hr/> -274.94
<b>Postage</b>						
10/22...	622	US Postmaster TOTAL Postage	postage	Postage		-158.08 <hr/> -158.08
<b>TOTAL EXPENSES</b>						<hr/> -1,969.62
<b>OVERALL TOTAL</b>						<hr/> 11,396.20

## Gifts to School

Teacher/Class	Item	Requested Amount	Actual Spent
Watson	Grocery Gift Cards for supplies	200.00	200.00
Language Arts	Hardback <u>Outsiders</u> Books	1800.00	
Physical/Life Science	New Safety Goggles	1158.11	
Woodshop	Bandsaw, Finish Sander	1012.35	1016.60
Flowers	Updated Map	475.00+shipping	
Mellor	On Campus Field Trip	820.00	
Wright	Paper Cutter	249.99+tax, ship	
Sanchez	DVD/VCR	88.97	74.94
Total		5,804.42	1291.54
	Outstanding Obligation		(4512.88)

Account Balance as of 12/03/2007: 24,911.31

**Pending Approximate Expenses:**

Gifts to School: 4512.88  
 Cookie Dough: 7621.20  
 Postage: 963.87  
 Staff Apprec: 750.00  
 Total 13,847.95

Approximate Available Assets: \$11,063.36

July	August	September	October	November	December	January	February	March	April	May	June	YTD	Budget	Balance
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INCOME:

Albertson's		19.03	10.21									29.24	100.00	-70.76
Bank Fees												0.00	0.00	0.00
Cookie Dough					12,702.00							12,702.00	15,000.00	-2,298.00
Donations			1,385.00	30	27							1,442.00	2,000.00	-558.00
Food 4 Less		14.58	37.48	26.59								78.63	250.00	-171.37
Box Tops												0.00	400.00	-400.00
Raley's Donation	435.48											435.48	2,000.00	-1,564.52
Ralph's Donation			1.98									1.98	10.00	-8.02
Rebate E-scrip	633.42	313.79	317.04	598.56*	295.34							1,559.59	1,500.00	59.59
Open House		105										105.00	200.00	-95.00

\* 2 deposits

EXPENSES:

Bank/check printing												0.00	15.00	-15.00
Cookie Dough Fund.												0.00	11,000.00	-11,000.00
Filing Fees					20							20.00	75.00	-55.00
Insurance			310									310.00	400.00	-90.00
National PTO												0.00	179.00	-179.00
NSF Charges												0.00	10.00	-10.00
Office Supplies			81.1									81.10	400.00	-318.90
School Donations				5929.85	274.94							6,204.79	20,000.00	-13,795.21
Open House												0.00	100.00	-100.00
Staff Appreciation												0.00	750.00	-750.00
Tax Prep												0.00	450.00	-450.00
US Postmaster			318.05	158.08								476.13	1,440.00	-963.87
Other												0.00		0.00
Carryover Balance												0.00	5,000.00	-5,000.00

2007-2008 Budget

# Keeping Kids Safer on the Internet: Tips for Parents and Guardians

Allowing kids to go online without supervision or ground rules is like allowing them to explore a major metropolitan area by themselves. The Internet, like a city, offers an enormous array of entertainment and educational resources but also presents some risks. Kids need help navigating this world.

## Where Do Kids Connect?

- Kids go online almost anywhere. They surf the Internet and send messages from a home computer or one at a friend's home, library, or school.
- Kids connect at coffee shops and other "hotspots" using laptops and wireless connections.
- Internet-enabled, video-game systems allow them to compete against and chat with players around the world.
- Cell phones enable kids to surf the web and exchange messages, photos, and short videos from just about anywhere.

You can't watch your kids every minute, but you do need to use strategies to help them benefit from the Internet and avoid its risks.

By exploring the Internet with your kids, you greatly expand its capacity as an educational tool. By providing guidance and discussion along the way, you increase kids' online skills and confidence along with their ability to avoid risks. And you might be surprised by what kids teach you at the same time.

*You can't take it back...think before you type.*

We at the National Center for Missing & Exploited Children® (NCMEC) urge you to do one of the single most important things to promote safety — begin a dialogue with your kids about the rewards and risks of Internet use. We also encourage you to visit the NetSmartz® Workshop at [www.NetSmartz.org](http://www.NetSmartz.org) and CyberTipline® at [www.cybertipline.com](http://www.cybertipline.com) to learn more about online safety.

It's up to parents and guardians to assess the risks and benefits of permitting their kids to use the wide range of Internet sites and services available. This brochure provides a list of the most popular online activities for kids along with the strategies for and benefits of reducing the risks associated with those activities.

*According to the U.S. Department of Education, 23 percent of nursery school children in the United States use the Internet, 32 percent of kindergartners go online, and by high school 80 percent of children use the Internet.*

## **Browsing the Internet**

### **Benefits**

Browsing the Internet is like having the world's largest library and entertainment system at your fingertips. Kids can read stories, tour museums, visit other countries, play games, look at photographs, shop, and do research to help with homework.

### **Risks**

- Kids may come across sites containing adult images or demeaning, racist, sexist, violent, or false information.
- It is hard for kids to distinguish reliable sources of information from less reliable ones. Some believe because information is posted online it must be true.

### **Tips to Minimize Risks**

- Choose search engines carefully. Some are specifically designed for kids, and others offer kid-safe options.
- Tell kids when they come across any material making them feel scared, uncomfortable, or confused to immediately tell you or another trusted adult.
- Help kids find information online. By searching the Internet together you help them find reliable sources of information and distinguish fact from fiction.

*Many Internet service providers (ISPs) offer filters to prevent kids from accessing inappropriate sites. Talk to your ISP about what safe-search options they offer. Remember, as a consumer you have a right to choose an ISP with the services meeting your family's needs.*

## **Using E-mail**

### **Benefits**

Adults and kids use E-mail to communicate rapidly and cost-effectively with people all over the world. E-mail transmits messages, documents, and photos to others in a matter of seconds or minutes.

## **Risks**

- Kids can set up private accounts through free web-based, E-mail services without asking permission from parents or guardians.
- Anyone using E-mail is vulnerable to receiving “spam,” messages from people or companies encouraging recipients to buy something, do something, or visit a particular web site. Spam may be sexually suggestive or offensive in other ways.
- Senders sometimes disguise themselves, pretending to be someone else — a friend or acquaintance, a well-known bank, a government agency — for illicit purposes. This is known as phishing.

## **Tips to Minimize Risks**

- Talk with your kids about their E-mail accounts, and discuss the potential risks involved.
- Before you sign up with an ISP research the effectiveness of its spam filters. You may also purchase spam-filter software separately.
- Teach kids not to open spam or E-mails from people they don't know in person. Remind them not to respond to any online communication in a sexually provocative way. Ask them to show you suspicious communications.
- If your kids receive E-mail containing threats or material making them feel scared, uncomfortable, or confused, report it to your ISP. Your ISP's address is usually found on the service's homepage.
- Report E-mails with evidence of online sexual exploitation, such as child pornography, to the CyberTipline at [www.cybertipline.com](http://www.cybertipline.com) or 1-800-843-5678. NCMEC will refer your report to the appropriate law-enforcement agency.

## **Social Networking**

### **Benefits**

Social networking sites allow kids to express themselves and keep in touch with friends by exchanging messages or comments and posting personal profiles describing who they are and their interests, blogs or online diaries, photos, creative writing, artwork, videos, and music. Instant Messaging (IM) and sharing online profiles are popular forms of social networking.

*A survey of 10 to 17 year olds revealed 34% had posted their real names, telephone numbers, home addresses, or the names of their schools online where anyone could see; 45% had posted their dates of birth or ages; and 18% had posted pictures of themselves.<sup>2</sup>*

## **Risks**

- Some sites and services ask users to post a “profile” with their age, sex, hobbies, and interests. While these profiles help kids “connect” and share common interests, potential exploiters can and do use these profiles to search for victims.
- Kids sometimes compete to see who has the greatest number of contacts and will add new members to their lists even if they don’t know them in person.
- Users may pose as someone else — a different person or person of a different age — without others knowing. Such users have taken advantage of this and social-networking profiles to entice or sexually exploit kids.
- Kids can’t “take back” the online text and images they’ve entered. Once online, “chat” as well as other web postings become public information. Many web sites are “cached” by search engines, and photos and text can be retrieved long after the site has been deleted.
- Kids have been punished by their families; denied entry into schools; and even not hired because of dangerous, demeaning, or harmful information found on their personal sites or blogs.

*Kids don’t need to enter a chatroom to “chat” via the Internet. They also communicate with others on gaming sites; on IM sites; and via Internet Relay Chat (IRC) networks, which enable computer-to-computer access.*

## **Tips to Minimize Risks**

- Urge kids to restrict access to their profiles so only those on their contact lists are able to view them. Explain to them unrestricted posting of profiles places their personal information in a public forum and could put them at risk from those who wish to take advantage of such information.
- Encourage them to choose gender-neutral screennames or nicknames — such as their initials or a word. Make sure the name doesn’t include information revealing their identity or location.
- Remind kids to use the privacy settings on social-networking sites to restrict access to their “spaces” or blogs to only people they know in person.
- Visit social networking sites with your kids, and exchange ideas about what you think is safe and unsafe.
- Ask your kids about the people they are communicating with online.

- Insist your kids never give out personal information or arrange to meet in person with someone they've met online without first checking with you.
- If your kids receive an IM from someone they don't know, tell them to block the sender. Remind kids to IM only people they know in person and who have been approved by you.
- Encourage your kids to think before typing, "Is this message hurtful or rude?" Also urge your kids not to respond to any rude or annoying messages or ones making them feel scared, uncomfortable, or confused. Have them show you such messages.

*What's a P911? It's shorthand for "parent alert" — a code some kids use to let others know a parent or guardian is watching. If you have trouble translating your kids online "lingo," visit [www.NetSmartz.org](http://www.NetSmartz.org). There you'll find a list of popular terms and abbreviations used in IM and chatrooms.*

## **Posting Video and Photos Online**

### **Benefits**

Webcams, microphones, and digital cameras allow kids to post videos, photos, and audio files online and engage in video conversations. Kids often use this equipment to see each other as they IM and chat.

Webcams are often used by extended families to help kids stay in touch with distant relatives, traveling parents and guardians, and other family members and friends.

### **Risks**

- Webcam sessions and photos can be easily captured, and users can continue to circulate those images online. In some cases people believed they were interacting with trusted friends but later found their images were distributed to others or posted on web sites.
- Kids may come across offensive or inappropriate images and videos while surfing the web.

### **Tips to Minimize Risks**

- Kids should use webcams or post photos online only with your knowledge and supervision.
- Remind your kids to ask themselves if they would be embarrassed if their friends or family saw the pictures or video they post online. If the answer is yes, then they need to stop.

- Remind kids to be aware of what is in the camera's field of vision and remember to turn the camera off when it is not in use.
- Caution kids about posting identity-revealing or sexually provocative photos. Don't allow them to post photos of others — even their friends — without permission from their friends' parents or guardians. Remind them once such images are posted they relinquish control of them and can never get them back.
- Remind kids to immediately tell you or another trusted adult if they come across inappropriate material. If it is lewd, obscene, or contains illegal material, report it to NCMEC's CyberTipline at [www.cybertipline.com](http://www.cybertipline.com) or 1-800-843-5678. If not report it to your service provider and ask what they will need for review and investigative purposes.

## **Using Peer-to-Peer Systems**

### **Benefits**

Also known as P2P these systems make it possible for people to exchange files without having to go through a web site or other centralized system. P2P systems allow kids to exchange music, videos, movies, photographs, documents, and software.

### **Risks**

- It is illegal to share copyrighted materials without permission. Just because something is available online doesn't mean it is legal to copy, download, or use.
- Users may not know what they have downloaded until it's on their computers. By sharing files kids could unknowingly end up downloading and distributing harmful viruses and even illegal material such as child pornography.

### **Tips to Minimize Risks**

- Carefully check out the file-sharing services your kids want to use. Make sure the services are not offering copyrighted material without the permission of the author or artist. Also check to make sure the sites do not offer material inappropriate for your kids.

## **Other Ways to Enhance Kids' Online Safety Skills**

### **Begin a Dialogue With Your Kids About Internet Use**

Because we use the Internet in different ways, kids and adults can learn from each other. By talking about Internet use with your kids, you are opening the door to discussing the important issues of personal safety and helping them engage in responsible behavior. Use

this brochure as a starting point, or visit [www.NetSmartz.org](http://www.NetSmartz.org) to find safety resources for both kids and adults.

### **Consider Rating, Blocking, Monitoring, and Filtering Applications for Your Computer**

Software and services are available to help parents and guardians set limits on kids' Internet use. Most computer operating systems have optional filters allowing parents and guardians to block sites they consider inappropriate. Some services rate web sites for content. Some programs prevent users from entering information such as names and addresses, and others keep kids away from chatrooms or restrict their ability to send or read E-mail. Monitoring programs allow you to see where your kids go online. But remember these programs and services don't develop kids' own sense of safety, and they are not substitutes for parental/ guardian communication, supervision, and involvement.

### **Make Internet Use a Family Activity While Encouraging Critical Thinking**

By setting aside time to go online with your kids you not only become more aware of what they do online, you reinforce positive Internet skills. Helping your kids with a research project is a great opportunity for them to learn about and distinguish which sites provide reliable information, are simply someone's opinion, and are to be avoided entirely. And when looking at E-mails together ask, "Are these people who they seem to be?" These are prime opportunities to help kids develop their critical-thinking skills.

### **Set Reasonable Rules**

Work with your kids to develop reasonable rules. Consider setting rules about the time of day, length of time, people they may communicate with, and appropriate areas for them to visit while online.

### **Encourage Your Kids to Go to You When They Encounter Problems Online**

It's important to reassure kids if they encounter problems online or view something disturbing, it's not their fault. Discussing these issues openly may reduce their fear of going to you if they encounter something online making them feel scared, uncomfortable, or confused. Be a resource. Let them know if they share the experience with you, you will try to help, not punish, them. At the same time help them understand what happened and avoid similar situations in the future.

### **Online Resources for Families**

#### **NetSmartz Workshop**

The NetSmartz Workshop is an online educational resource to help teach kids how to be safer both on- and offline.

The NetSmartz Workshop is designed to be used at home, at school, and in the community. It provides parents, guardians, educators, community leaders, and law-enforcement officials with a wide variety of resources including activities, games, Internet safety pledges, and real-life stories. These resources help adults build kids' safety awareness, prevent their victimization, and increase their self-confidence on- and offline.

The NetSmartz Workshop was developed by the National Center for Missing & Exploited Children and Boys & Girls Clubs of America. NetSmartz content is developed in consultation with educators, administrators, and kids to help ensure its appeal to all age groups. Access the NetSmartz Workshop resources at [www.NetSmartz.org](http://www.NetSmartz.org).

### **CyberTipline**

Visit [www.cybertipline.com](http://www.cybertipline.com) or call 1-800-843-5678 to report the sexual exploitation of children on- and offline. The CyberTipline accepts information about the possession, manufacture, and distribution of child pornography; online enticement of children for sexual acts; child victims of prostitution; child sex-tourism; child sexual molestation not in the family; unsolicited obscene material sent to a child; and misleading domain names. Your information will be forwarded to law enforcement for investigation and review, and, when appropriate, to Internet service provider(s).

### **Don't Believe the Type**

Created by the Ad Council and NCMEC, "Don't Believe the Type," is part of a public-service campaign specifically designed to help teens recognize the dangers of the Internet, situations to avoid, and how to "surf safer." Visit [www.cybertipline.com](http://www.cybertipline.com), and click on "[Don't Believe the Type](#)" to view the web site.

### **HDOP: Help Delete Online Predators**

A part of NCMEC's Ad Council public-service campaign, "Help Delete Online Predators" provides information to parents and guardians about online sexual exploitation. It includes real-life stories about online exploitation, tips for talking with kids, and a list of commonly used chat abbreviations. Visit [www.cybertipline.com](http://www.cybertipline.com), and then click on "[HDOP](#)" to view the web site.

### **Tips for Parents and Guardians**

- Begin a dialogue with your kids about Internet use and supervise their online activities
- Consider rating, blocking, monitoring, and filtering applications for your computer
- Make Internet use a family activity

- Encourage your kids' critical-thinking skills
- Set reasonable rules
- Encourage your kids to go to you when they encounter problems online

## Find More Help Online

Visit [www.NetSmartz.org](http://www.NetSmartz.org) for a wealth of additional safety resources including

- Suggestions for discussing online and real-world safety with kids
- Videos about teens' real-life experiences on the Internet
- Informative statistics about kids' Internet use
- Suggestions for what to do if a kid encounters a dangerous situation online or in the real world
- A list of terms kids commonly use in IM and chatrooms
- Tips for avoiding cyberbullying
- Articles about current and developing Internet and real-world safety issues

## Help Us Promote a Safer Internet

If you have information to help NCMEC in the fight against child sexual exploitation, please report it to the CyberTipline at [www.cybertipline.com](http://www.cybertipline.com) or 1-800-843-5678.

<sup>1</sup> U.S. Department of Education, "Rates of Computer and Internet Use by Children in Nursery School and Students in Kindergarten through Twelfth Grade: 2003," in Issue Brief, October 2005, page 1, NCES 2005111rev, accessed June 15, 2006, at <http://nces.ed.gov/pubs2005//2005111rev.pdf>.

<sup>2</sup> Janis Wolak, Kimberly Mitchell, and David Finkelhor. *Online Victimization of Youth: Five Years Later*. Alexandria, Virginia: National Center for Missing & Exploited Children, 2006, page 50.

*Keeping Kids Safer on the Internet* was made possible through the joint efforts and expertise of the National Center for Missing & Exploited Children® programs noted below.

CyberTipline® is the Congressionally mandated, online-reporting tool for child sexual exploitation. For more information visit [www.cybertipline.com](http://www.cybertipline.com).

The NetSmartz® Workshop is an online, educational resource to help teach kids how to be safer both on- and offline. For more information visit NetSmartz online at [www.NetSmartz.org](http://www.NetSmartz.org).

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*Keeping Kids Safer on the Internet: Tips for Parents and Guardians* is the National Center for Missing & Exploited Children's newest publication addressing Internet safety. This brochure replaces four earlier NCMEC titles — *Child Safety on the Information Highway*, *The CyberTipline®: Your Resource for Reporting the Sexual Exploitation of Children*, *NetSmartz® Workshop: Keeping Kids and Teens Safer on the Internet*, and *Teen Safety on the Information Highway*.

# Wireless Security Tips

- Change the default SSID (network name) on your router/AP. The default SSIDs of commonly available hardware are well known to hackers. Your SSID should not contain information that would give away your company name or location.
- If your router/AP supports it, disable the SSID broadcast. This will prevent the casual war driver from detecting your network.
- Change all passwords, especially the administrator's password on your router/AP on a regular basis. Hackers know the default passwords for all of the major brands of hardware and with your password could reconfigure your router/AP.
- Turn on the highest level of security your hardware supports. Even if you have older equipment that supports only WEP, be sure to enable it. Despite its bad rap as an ineffective solution, simply having it running will turn most hackers away.
- Check your hardware manufacturer's Web site for firmware upgrades. Most are providing updates that include WPA support.
- Consider implementing media-access control (MAC). This lets you specify which wireless PC cards can access the network; all others are excluded.
- If your router/AP supports SNMP, change the community names to nonobvious choices. This will prevent hackers from managing your device using standard community names and SNMP management software.
- Carefully consider the placement of each router/AP. If you don't need wireless access outside your building, place your APs toward the center of your home or office to minimize how much signal radiates outside.
- If you have a limited number of wireless clients, consider providing them with static IP addresses, and then disable DHCP on your router. This will make it more difficult for a hacker to learn about your network.
- When using public hot spots, be aware that they are insecure. All of the network traffic between your notebook or PDA and a hot spot's AP will be unencrypted, as virtually no hot spot provider enables security.
- If you have VPN software, consider using it. That way, all of your network traffic at the hot spot will be encrypted from your notebook to your VPN endpoint.
- Turn off file and print sharing on your computer. Most hot-spot access points do not prevent client-to-client traffic, so the person sitting across from you in the coffeehouse could be looking at your shared directories on his notebook.
- Connect Access Points to the Internet via switches instead of using a hub. This will minimize network traffic sniffing.

# Know These Websites

## Helpful Websites:

- Childquest.org
- Cybertipline.com
- Netsmartz.org
- Missingkids.com
- Safekids.com
- Safetyed.org
- Wiredwithwisdom.org
- iKeepsafe.org
- TRANSL8IT.COM

## Online Sites to be Familiar With:

- Myspace.com
- Xanga.com
- Friendster.com
- LiveJournal.com
- Blogger.com
- 

There's a  
lot 2 learn!



Child Quest International • 1060 N. 4<sup>th</sup> Street • San Jose, CA 95112  
Phone (408) 287-HOPE • FAX (408) 287-4676 • www.childquest.org

## CHAT ABBREVIATIONS

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121	one to one
AFAIK	as far as I know
AFK	away from keyboard
AKA	also known as
ARE	acronym-rich environment
ASAP	as soon as possible
A/S/L?	age, sex, location
B4	before
B4N	bye for now
BAK	back at the keyboard
BBIAB	be back in a bit
BBL	be back later
BBML	be back much later
BBN	bye bye now
BBS	be back soon
BEG	big evil grin
BF	boyfriend
BFN	bye for now
BG	big grin
BL	belly laughing
BRB	be right back
BTA	but then again
BTW	by the way
BWL	bursting with laughter
BWTHDIK	but what the heck do I know
C&G	chuckle & grin
CID	crying in disgrace
CNP	continued (in my) next post
CP	chat post
CRBT	crying real big tears
CSG	chuckle, snicker, grin
CU	see you
CUL or CUL8ER	see you later
CUZ	because
CYO	see you online
DIKU	do I know you?

DL	dead link
DLTBBB	don't let the bed bugs bite
DQMOT	don't quote me on this
EG	evil grin
EMFBI	excuse me for butting in
EOM	end of message
EOT	end of thread
F2F	face to face
FAQ	frequently asked question(s)
FC	fingers crossed
FISH	first in, still here
FMTYEWTK	far more than you ever wanted to know
FOMCL	falling off my chair laughing
FTBOMH	from the bottom of my heart
FUD	fear, uncertainty, and doubt
FWIW	for what it's worth
FYI	for your information
GA	go ahead
GAL	get a life
GD&R	grinning, ducking, & running
GF	girlfriend
GFN	gone for now
GIWIST	gee, I wish I'd said that
GMBO	giggling my butt off
GMTA	great minds think alike
GOL	giggling out loud
GTRM	going to read mail
GTSY	glad to see you
H&K	hug and kiss
HAGN	have a good night
HHIS	hanging head in shame
HTH	hope this helps
IAC	in any case
IAE	in any event
IANAL	I am not a lawyer (but)
IC	I see
IDK	I don't know
IHA	I hate acronyms

IIRC	if I remember correctly
ILU	I love you
IM	instant message
IMHO	in my humble opinion
IMing	chatting with someone online
IMNSHO	in my not so humble opinion
IMO	in my opinion
<hr/>	
IOW	in other words
IPN	I'm posting naked
IRL	in real life
IWALU	I will always love you
IYSWIM	if you see what I mean
JBOD	just a bunch of disks
JIC	just in case
JK	just kidding
JMO	just my opinion
JTLYK	just to let you know
JW	just wondering
K	okay
KIT	keep in touch
KOC	kiss on cheek
KOL	kiss on lips
KWIM	know what I mean?
L2M	listening to music
L8R	later
LD	later, dude
LDR	long distance relationship
LHM	lord help me
LHU	lord help us
<hr/>	
LLTA	lots and lots of thunderous applause
LMIRL	let's meet in real life
LMSO	laughing my socks off
LOL	laughing out loud
LRF	little rubber feet
LSHMBB	laughing so hard my belly is bouncing
LSHMBH	laughing so hard my belly hurts
LSHTTARDML	laughing so hard the tears are running down my leg
LTM	laugh to myself

LTNS	long time, no see
LTR	long term relationship
LTS	laughing to self
LULAB	love you like a brother
LULAS	love you like a sister
LUWAMH	love you with all my heart
<hr/>	
LY	love you
M/F	male or female
MOSS	member of same sex
MOTOS	member of the opposite sex
MSG	message
MTF	more to follow
MUSM	miss you so much
NADT	not a darn thing
NIFOC	naked in front of computer
NP	nosy parents
N/P	no problem
NRN	no reply necessary
OIC	oh I see
OL	old lady
OLL	online love
OM	old man
OMG	oh my god
OTF	off the floor
OTOH	on the other hand
OTTOMH	off the top of my head
P2P	peer to peer
P911	my parents are coming!
<hr/>	
PA	parent alert
PAL	parents are listening
PANB	parents are nearby
PANS	pretty awesome new stuff
PDA	public display of affection
PDS	please don't shoot
PLZ	please
PM	private message
PMFJIB	pardon me for jumping in but....

PMP	peed my pants
POAHF	put on a happy face
POS	parent over shoulder
POTS	plain old telephone service
PU	that stinks
QSL	reply
QSO	conversation
QT	cutie
RL	real life
ROL	raffing out loud
ROTFL	rolling on the floor laughing
RPG	role playing games
RSN	real soon now
RYO	roll your own
S4L	spam for life
SETE	smiling ear to ear
SF	surfer friendly
SHCOON	shoot hot coffee out of nose
SHID	slaps head in disgust
SNERT	snot nosed egotistical rude teenager
SO	significant other
SOMY	sick of me yet?
SOT	short of time
SOTMG	short of time, must go
STW	search the web
SUP or WU	what's up
SWAK	sealed with a kiss
SWL	screaming with laughter
SYS	see you soon
TA	thanks again
TAFN	that's all for now
TAW	teachers are watching
TCOB	taking care of business
TCOY	take care of yourself
TFH	thread from hell
TGIF	thank God it's Friday
THX	thanks
TIA	thanks in advance

TILII	tell it like it is
TLK2UL8R	talk to you later
TMI	too much information
TNT	'till next time
TOPCA	'til our paths cross again
TOY	thinking of you
TPTB	the powers that be
<hr/>	
TTFN	ta ta for now
TTT	thought that too
TTYL	talk to you later
TU	thank you
UW	you're welcome
VBG	very big grin
WB	welcome back
WDALYIC	who died and left you in charge?
W/E	whatever
WFM	works for me
WIBNI	wouldn't it be nice if
WTG	way to go
WTGP	want to go private?
WTH	what/who the heck
WUF	where are you from?
WYSIWYG	what you see is what you get
YBS	you'll be sorry
YG	young gentleman
YL	young lady
YM	young man

---

# ToadPad.com

## Secure Social Networking for Teens

**What is ToadPad.com?** ToadPad.com is the first website to offer teens with a secure place to socialize with just their peers. ToadPad has two teen sections for teens ages 12-18. The first section is for all teens in middle or junior high school in grades 6-8 ranging from ages 12-14. The second section is for high school teens in grades 9-12 ranging from ages 14-18. All teens will graduate from ToadPad one week prior to their 18<sup>th</sup> birthday.

**How is ToadPad different from other social networking websites?** ToadPad is the only social networking site for teens that verifies each member's date of birth. ToadPad has a developed two teen sections that will not be accessible to adults, so teens can communicate with their peers without the fear of being solicited by adults. ToadPad developers are parents of teens, whose primary focus is the security of the website. ToadPad has a sensor word list that includes over 450 inappropriate words, chat, and text type. There is also a firewall on the website and a SSL Certificate that encrypts all information transferred within the website. Other security elements include password protection, monitoring of pages, timed sessions, and security staff.

**What does ToadPad have to offer me as a parent?** ToadPad has designed a parent's page that offers tips on managing their children's Internet use along with resources specific to the needs of parents. Parent's can also view the FAQ's, the site DEMO, Privacy Policy and Rules. There is a contact ToadPad link on the home page, so concerned parents may send inquiries to ToadPad staff.

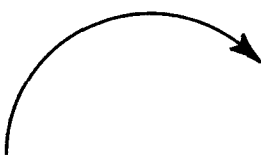
**What do teens need to join ToadPad.com?** Since the website is for teens only, verification of all members date of birth is vital. ToadPad staff will accept Birth Certificates, driver's license (for high school teens), Passport, or a State ID Card at the time of enrollment.

**Where is ToadPad located?** The site is located at [www.toadpad.com](http://www.toadpad.com).

# cyber bullying

High Tech Harassment

by Carol René Guild



Kids are bullying each other through email, text messaging or by posting remarks on personal Web sites.

It's one of the hardest things about growing up – the dreaded, omnipresent school bully. It can be such anguish for a child. What is a parent to do? You can call the school and the parents of the other child. You can contact law enforcement. You can take extra steps to empower your child with ways to “turn the other cheek” or, if need be, to stand up to the bully.

Then again, many kids are adamant that their parents do not get involved at all, and just want to handle the problem on their own. In some situations, maybe that's O.K., too. But as a parent, being aware of what's going on with your children is incredibly important. That being said, knowing what's going on with them online may be more imperative than many parents realize, because these days, there is a new kind of bully – the Cyber Bully.

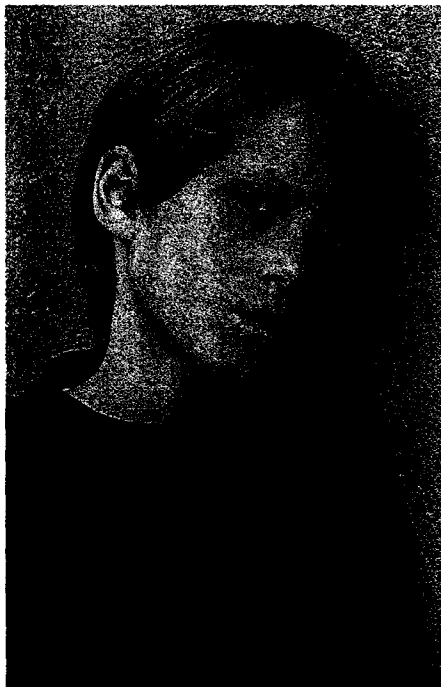
The modern convenience of the Internet – of staying connected through email, chat rooms and

instant messaging – has led to a new way for bullies to push others around without raising a hand or resorting to personal assaults. What's worse is that catching these bullies isn't easy.

For one thing, many kids use the Internet without parental supervision. And access is constant – any day, any time. Also, the bullies are sending text messages via cell phones, which most kids carry at all times. So theoretically, the bullies can follow their victims anywhere, even into their own home, “where the taunting continues,” says Deputy Dan Blair of the Placer County Sheriff's Department.

Kids are bullying each other through email, text messaging or by posting remarks on personal Web sites. “Also,” Deputy Blair adds, “these Cyber Bullies can create an online profile of the child they are bullying and then ‘twist it’ to include defamatory remarks about that child.”

Web sites such as MySpace.com or YouTube.com



Name: Tyler Age 7  
 Occupation: Future BP Co-Owner  
 Home: El Dorado Hills  
 Favorite thing about BP: "I like riding all the cool bikes. Plus it's fun to hang out with all the guys."

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person attempting to instill fear, or is it bantering back and forth provoking each other? The links between the two can be difficult to unravel in a virtual environment."

Educating your children on proper online etiquette and acceptable language and behavior will teach them to act responsibly while on the Web. Some parents find it helpful to draw up an online agreement with their kids. You might include the amount of time your children are allowed online, which sites are safe to visit, and a guarantee that they will not give out personal information. Have them promise that if they break the rules, they will be restricted from the computer for a certain length of time.

Lieutenant Lozito encourages parents to be aware and involved. "It is important not to minimize the seriousness of this matter. You could go to jail for this," he says. However, it is unrealistic to think that parents can constantly supervise their children. Making sure that your kids know that they can come to you with any problem is your first line of defense. •

For more information on Cyber Bullying, visit the following Web sites:  
[www.Cyberbullying.ca](http://www.Cyberbullying.ca)  
[www.Bullybeware.com](http://www.Bullybeware.com)  
[www.Bullying.org](http://www.Bullying.org)

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 Monday through Friday

# BLOG BEWARE

**NetSmartz Workshop**  
Keeping Kids and Teens Safer on the Internet

NATIONAL  
CENTER FOR  
**MISSING &  
EXPLOITED  
CHILDREN**

**1-800-4-A-CHILD**  
**1-800-842-5878**

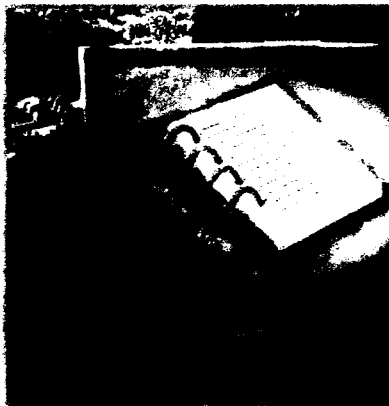
## The Problem

Recent incidents involving Internet crimes against children have been prominent in the media. In some incidents, the crimes have involved suspects and victims who met each other on social networking or blogging sites such as MySpace, Friendster, Xanga, and Facebook.

Blogs and social networking sites where people can meet, communicate, and interact have recently exploded in popularity. The number of visitors to MySpace went from 4.9 million in 2005<sup>1</sup> to currently over 67 million.<sup>2</sup> Like most new technological developments, this brings both positive and negative implications, especially for parents and their children.

The majority of the activity on these sites is legal and can be positive. Young people can connect with friends and seek like-minded individuals. However, many children and teens are not aware they are putting themselves in danger by giving out too much personal information and communicating with people they've only met online.

The unprecedented amount of personal information available on blogs and social networking sites makes them a perfect place for people who would harm children to identify their victims and gain their trust. This trust can be used to lure children and teens into a false sense of security, making them vulnerable to "grooming" and enticement to meet in person, both of which could have very serious consequences. Other dangers to children include exposure to inappropriate content, cyberbullying, or identity theft.



Children and teens are often not aware that their words — which may have been intended for a small audience — sometimes find their way to a larger one, especially if they are controversial. Some students who have posted threatening words against their school or classmates have attracted the attention of law enforcement, while those who have posted inappropriate comments about school personnel have also been disciplined. Some universities and employers have even used online postings when considering potential candidates.

Even before the rise of blogs and social networking sites, children faced many dangers while online. Our 2000 study reported that 1 in 5 children had received a sexual solicitation online and 1 in 33 received an aggressive solicitation. This problem is compounded because most children did not inform their parents of the incidents. Less than 1 in 4 told a parent about the sexual solicitation they received.

To help stop this dangerous trend, NetSmartz is releasing "Blog Beware" to raise the awareness about the risks associated with these sites and give parents, children, and teachers the tools they need to keep children and teens safer online. This resource contains safety tips for parents and children and includes a quiz that they can take together. It is also supported by the extensive material available on NetSmartz.org for kids, teens, parents, educators, and law enforcement.

<sup>1</sup>Janet Kornblum. "Teens hang out at MySpace." *USA Today*. January 8, 2006, [http://www.usatoday.com/tech/news/2006-01-08-myspace-teens\\_x.htm?csp=34](http://www.usatoday.com/tech/news/2006-01-08-myspace-teens_x.htm?csp=34).

<sup>2</sup>April 3, 2006, <http://www.myspace.com>.

## BLOG BEWARE



The NetSmartz® Workshop is an interactive, educational safety resource from the National Center for Missing & Exploited Children® (NCMEC) and Boys & Girls Clubs of America (BGCA) for children aged 5 to 17, parents, guardians, educators, and law enforcement that uses age-appropriate, 3-D activities to teach children how to stay safer on the Internet.

NetSmartz has developed a comprehensive educational Internet safety program that has been proven successful in more than 3,000 Boys & Girls Clubs across the country reaching over 3.3 million young people. NetSmartz officially partners with 15 states to implement its important Internet safety message in the community and help prevent the online victimization of children.

### ■ Data ■

#### ***Online Victimization: A Report on the Nation's Youth***

You can access the entire report at [www.NetSmartz.org](http://www.NetSmartz.org) under "Statistics."

This report is based on interviews with a nationally representative sample of 1,501 youth ages 10 to 17 who use the Internet regularly<sup>3</sup> and found that

- Approximately one in five received a sexual solicitation or approach over the Internet in the last year.
- One in thirty-three received an aggressive sexual solicitation — a solicitor who asked to meet them somewhere; called them on the telephone; sent them regular mail, money, or gifts.
- One in four had an unwanted exposure to pictures of naked people or people having sex in the last year.
- One in seventeen was threatened or harassed.
- Approximately one quarter of young people who reported these incidents were distressed by them.
- Less than 10 percent of sexual solicitations and only 3 percent of unwanted exposures were reported to authorities such as a law-enforcement agency, an Internet Service Provider, or a hotline.
- About one quarter of the youth who encountered a sexual solicitation or approach told a parent. Almost 40 percent of those reporting an unwanted exposure to sexual material told a parent.
- Only 17 percent of youth and approximately 10 percent of parents could name a specific authority, such as the Federal Bureau of Investigation, CyberTipline®, or an Internet Service Provider, to which they could make a report, although more said they had "heard of" such places.
- In households with home Internet access, one third of parents said they had filtering or blocking software on their computer at the time they were interviewed.<sup>4</sup>

<sup>3</sup>David Finkelhor, Kimberly J. Mitchell, and Janis Wolak. *Online Victimization: A Report on the Nation's Youth*. Alexandria, Virginia: National Center for Missing & Exploited Children, 2000, page ix.

<sup>4</sup>Ibid.

## BLOG BEWARE TIPS



### The Solution

#### Tips to Keep Your Children and Teens Safer When Using Social Networking Sites

1. Discuss the dangers and future repercussions with your child.
2. Enter into a safe-computing contract with your child about his or her use of these sites and computer use in general.
3. Enable Internet filtering features if they are available from your Internet Service Provider.
4. Install monitoring software or keystroke capture devices on your family computer that will help monitor your child's Internet activity.\*
5. Know each of your child's passwords, screennames, and all account information.
6. Place the computer in a family area of the household and do not permit private usage.
7. Monitor what your child's friends are posting regarding your child's identity. Often children and their friends have accounts linked to one another, so it's not just your child's profile and information you need to worry about.
8. Know what other access your child has to computers and devices like cell phones and PDAs.
9. Report all inappropriate non-criminal behavior to the site through their reporting procedures.
10. Report criminal behavior to the appropriate law-enforcement agency including the NCMC CyberTipline at [www.cybertipline.com](http://www.cybertipline.com) or the Internet Fraud Complaint Center at <http://www.ic3.gov>.
11. Contact your legislators and request stronger laws against Internet crime.
12. Visit the NetSmartz Workshop at [www.NetSmartz.org](http://www.NetSmartz.org) for more information.
13. Remember that every day is Halloween on the Internet. People on the Internet are not always who they appear to be.

\*For information about monitoring software, visit [www.getnetwise.org](http://www.getnetwise.org).

#### Tips for Kids and Teens to Stay Safer When Using Blogs and Social Networking Sites

1. Never post your personal information, such as cell phone number, address, or the name of your school.
2. Be aware that information you give out in blogs could also put you at risk of victimization. People looking to harm you could use the information you post to gain your trust. They can also deceive you by pretending they know you.
3. Never give out your password to anyone other than your parent or guardian.
4. Only add people as friends to your site if you know them in real life.
5. Never meet in person with anyone you first "met" on a social networking site. Some people may not be who they say they are.
6. Think before posting your photos. Personal photos should not have revealing information, such as school names or locations. Look at the backgrounds of the pictures to make sure you are not giving out any identifying information without realizing it. The name of a mall, the license plate of your car, signs, or the name of your sports team on your jersey or clothing all contain information that can be used to determine your location.
7. Never respond to harassing or rude comments posted on your profile. Delete any unwanted messages or friends who continuously leave inappropriate comments. Report these comments to the networking site if they violate that site's terms of service.
8. Check the privacy settings of the social networking sites that you use.
  - a. Set it so that people can only be added as your friend if you approve it.
  - b. Set it so that people can only view your profile if you have approved them as a friend.
9. Remember that posting information about your friends could put them at risk. Protect your friends by not posting any names, ages, phone numbers, school names, or locations. Refrain from making or posting plans and activities on your site.
10. Consider going through your blog and profile and removing information that could put you at risk. Remember, anyone has access to your blog and profile, not just people you know.

## BLOG BEWARE QUIZ



### Activities: Blog Beware Quiz

Here are a few of the questions from the NetSmartz "Blog Beware" quiz. See if you know the answers or sit down with your child or teen to test each other.

For answers and additional activities and Internet safety material, please visit [www.NetSmartz.org](http://www.NetSmartz.org).

#### Which is the safer screenname to have for your social networking site?

- a. Katie\_ny13
- b. cute14girl
- c. YankEEfan7444
- d. Grade10hottie

#### Which item is more risky to post on your profile or blog?

- a. Your religious affiliation
- b. Your favorite food
- c. Your ethnic background
- d. Favorite movie
- e. Your hometown

#### Do you know the impact that your social networking site can have on your future?

- a. Yes, I know that college recruiters and future employers can search out my social networking site to get information about me.
- b. Yes, I know that once I submit something online it can never be taken back, because people can download my information onto their computers.
- c. No, I didn't know that college recruiters and future employers can search out my blogs or profiles and use them.
- d. No, I didn't know that once I submit something online it can never be taken back because people can download my information onto their own computers.

#### Which is the safer entry for your blog or personal profile?

- a. Full name, name of school, hobbies
- b. Nickname and state
- c. First name only, school mascot, photo of yourself

#### If you were to post a picture on your social networking site, which is the better choice?

- a. A picture of just yourself
- b. A picture of yourself with friends or family
- c. A picture of your sports team
- d. A picture of your car
- e. A picture of your local hang out
- f. A picture of your favorite celebrity, sports team, artist, singer, or author

#### Of the choices below, what would be an appropriate entry for a blog?

- a. "I am feeling depressed and sad; no one likes me."
- b. "I scored 16 points at my basketball game last night! GO TIGERS! ON TO STATE!"
- c. "I had a great weekend filled with fun, I went to the movies with my best friend and then we went for ice cream."
- d. "Today at school Connor Bodally made fun of me. Just because his dad owns the Drive-Ins in Beach Town, he thinks he is the coolest kid around. I hate him."
- e. "I walked to work after school like usual. I really hate that we have to wear these stupid purple uniforms (see pic)...I mean we're just serving hamburgers right?"

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# Internet Safety Tips

Here are some very good steps you as a parent can take to protect your kids.

- Become more computer literate and Internet savvy.
- Keep the computer in a "public" area in your house. Monitor your child's computer use. Talk with your children about their online activities and their online friends.
- Check out parental controls available on your online service. Block adult chat rooms. Block Instant/Personal Messages from people you don't know. Install filtering/blocking software, or use a clean Internet Service Provider that filters at the server level.
- Do not let your children have online profiles, so they will not be listed in directories and are less likely to be approached in children's chat rooms, where pedophiles often search for prey.
- Tell your children to never "go private" into a private chat room.
- Tell your children to **never** give out personal information, including name, address, school they attend or teachers names, parents names, etc.
- Tell your children to **never, never, never** tell anyone where they will be or what they will be doing, and they may **never** meet someone from online without you.
- Tell your children to never respond to rude or offensive e-mail, messages, or postings.
- Do not allow your children to post, send or receive pictures online. Picture files end with GIF, JPG, or JPEG.
- Monitor the amount of time your child spends on the Internet, and at what times of day. Excessive time online, especially at night, may indicate a problem. Time on the Internet is time taken from other healthy activities.
- Tell your children to let you know if anything seems strange to them, if they are asked personal ("what are you wearing" type) questions, or if their online friend invites them someplace.
- Changes in your child's behavior (mention of adults you don't know, secretiveness, inappropriate sexual knowledge, sleeping problems, etc.) may indicate a problem.

Letting children use the Internet unattended, particularly talking in chat rooms, is the equivalent of dropping them off in Central Park and saying, "Go make some new friends."

# Internet Safety Presentation

## People searches

1. [www.people-data.com](http://www.people-data.com)  
information available (\$10.00);  
address; birth date; satellite photo; background check
2. [www.searchsystems.net](http://www.searchsystems.net)  
information available (\$9.95);  
age; address; phone number
3. [www.zipinfo.com](http://www.zipinfo.com)  
information available (free)  
area code, time zone from ZIP code.
4. [www.google.com](http://www.google.com)  
enter phone number into search box

## Spyware (freeware);

Freeware downloadable spyware programs;

Spyhunter

<http://www.enigmasoftwaregroup.com/jump10.shtml>

Spyware Blaster

<http://www.webattack.com/get/spywareblaster.html>

Spybot Search and Destroy

<http://www.safer-networking.org/>

Ad-Aware

<http://www.lavasoft.de/support/download/>

Free on-line spyware scanner (scans computer online without installing software);

[www.spywareguide.com/txt\\_onlinescan.html](http://www.spywareguide.com/txt_onlinescan.html)

## **Virus scanner (freeware);**

Freeware virus protection software

AVG Anti-Virus

[http://www.grisoft.com/us/us\\_dwnl\\_free.php](http://www.grisoft.com/us/us_dwnl_free.php)

AntiVir-PE

<http://www.spychecker.com/program/antivir.html>

Avast Home Virus Scanner

<http://www.spvchecker.com/program/avast.html>

On line free virus scan (scans computer online without installing software);

Macafee

<http://us.mcafee.com/root/mfs/default.asp>

BitDefender

<http://www.bitdefender.com/scan/licence.php>

## **Firewalls (freeware);**

Zone Alarm Personal Firewall

<http://www.zonelabs.com/store/content/companv/products/zna/m/freeDownload.jsp>

Sygate Personal Firewall

<http://www.spvchecker.com/program/sygatefw.html>

Kerio Personal Firewall

<http://www.spvchecker.com/program/keriofirewall.html>

Outpost Personal Firewall

<http://www.agnitum.com/download/outpostfree.html>

(Firewall is built into Windows XP for incoming network traffic only)

# Resources

## Websites

- ✧ Don't Believe the Type - [http://tcs.cybertipline.com/](http://tcs.cyberline.com/) (For Kids)
- ✧ NetSmartz - <http://www.netsmartz.org>
  1. <http://www.netsmartzkids.org/indexfl.htm> (Young Children)
  2. <http://www.netsmartz.org/netteens.htm> (For Teens)
  3. <http://www.netsmartz.org/netparents.htm> (For Parents)
  4. <http://www.netsmartz.org/educators.htm> (For Teachers)
- ✧ Missing and Exploited Children - <http://www.missingkids.com>
- ✧ HDOP (Help Delete Online Predators)- <http://tcs.cybertipline.com/> (For Parents)
- ✧ El Dorado County Sheriff Page (Parents can sign-up for Crime Awareness Bulletins) [www.edso.org](http://www.edso.org)
- ✧ SafeKids - [www.safekids.com](http://www.safekids.com)

## Parental Control Software

### If you have a SBC Yahoo DSL Account

- ✧ SBC Yahoo – Go to [http://promo.yahoo.com/sbc/yop\\_learnmore.html](http://promo.yahoo.com/sbc/yop_learnmore.html) to get the Security Suite.
- ✧ Visit <http://help.yahoo.com/help/us/sbc/ypc/v3/> for Tutorials on how to set it up once you have downloaded it.

### If you have an AOL Account

- ✧ Go to [www.aol.com](http://www.aol.com) and visit Parental controls in the “Software Downloads & Services section”.