

Internet safety

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Portsmouth police Capt. Janet Champlin conducts Internet safety classes and her discussion includes the following:

- Of youths who participate in Internet chat rooms, 37 percent reported sexual solicitation.
- The Internet Explorer browser has built-in parental controls called "content advisor," allowing parents to limit exposure to sexual content and depictions of violence, drugs, alcohol and tobacco use.
- Parents can monitor their children's Internet use by clicking on the 'history' icon on the Explorer toolbar, allowing a view of the most recently visited sites.
- Parents should install family computers in common areas, not bedrooms, and ensure their children do not post their photographs online.
- The following Web sites offer additional information for parents about Internet safety: netsmartz.org, netlingo.com, teenangels.org, getnetwise.org and connectwithyourkids.org.

"We equate the computer with a car. You wouldn't hand your kids the keys to your car and send them off," Champlin said. "And nothing beats parental supervision."