[be NetWise]

NetWise

Parents' Handbook

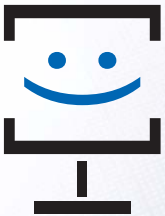http://www.be-netwise.hk

Be NetWise - A message

The Internet provides a platform for communication, exchange of information, and other interactive and creative activities. It is also an unlimited source of knowledge. Everything is just a click away. No doubt, the Internet is a great tool for learning, but if misused, it can lead youngsters to unwholesome information, introduce them to people who are a bad influence, and even tempt them into legal traps. Parents should pay attention to children's Internet habits, and provide them with guidelines on Internet safety.

This handbook aims to provide parents with basic concepts of Internet safety to help protect and educate their children. Both parents and children should "Be NetWise" to enjoy the benefits on the Internet.

Tips for Parents

1. **As soon as I come near, my son changes pages. How can I know what he has been doing online?**

   Normally a computer records browsing history and it is easy to check. But remember, children will feel uncomfortable about it, just like adults. Teach your children about the Internet and keep channels of communication open with them. The best way to protect your children from potential hazards is by understanding their needs and thoughts.

   If you are worried about what they do online you could:

   a. Discuss the issue in a frank and calm manner. Try to find out what kind of websites your children visit.

   b. Explain that you are trying to protect them and tell them what kinds of information you want them to keep away from.

   c. Keep an eye on your children's Internet behavior.

   d. Check the browsing history only if problems persist and become worrying. It would be best if you could explain what worries you.

   e. Try to ask your children why they delete browsing history if they do.

2. **My daughter is in Form 1 and she often talks to people on forums and MSN. Some of them are probably strangers. How can I stop her?**

The Internet removes geographic boundaries and greatly enhances communication between people all over the world. Parents could restrict young children's use of the Internet but the social needs and demands of teenagers for independence are strong. Restricting them may be impractical and inappropriate in many circumstances.

When making net friends is concerned, parents should:

a. Be calm and understand that making new friends is normal for teenagers.

b. Communicate with children and let them know your worries and concerns. Try to understand why they make new friends on the Internet and how they protect themselves.

c. Raise the issue by discussing a piece of news. Alert them to the potential risks of meeting new friends online.

d. Set rules for making friends online, e.g.:

   👥 Avoid visiting unfamiliar forums and having contact with strangers online.

   👥 Do not disclose personal information online, including address, phone no., ID card no., photos, etc.

   👥 Bear in mind that information from net friends may not be reliable.

   👥 Do not meet net friends in person too soon.

   👥 Do not meet new net friends alone. Stay alert and consider personal safety at all times.

   👥 If they have encountered anything suspicious or uncomfortable online, tell them to talk to you immediately. Assure them that you will offer unconditional support.

Tips for Parents

3. My child is addicted to the Internet and stays online until after midnight. What can I do to get him / her out of this habit?

'Internet addiction' means loss of self-control when using the Internet. Individuals may develop an abnormal craving for, or dependence on the Internet, so that it interferes with study and social life. If parents notice such behaviour in their children they should take action immediately.

If you observe 5 or more of the symptoms below, your children may be developing a tendency to Internet addiction:

a. Preoccupation with the Internet

b. Needing to use the Internet with increasing amounts of time in order to achieve satisfaction

c. Repeatedly making unsuccessful efforts to control, cut back, or stop Internet use

d. Feeling restless, moody, depressed, or irritable when attempting to cut down or stop Internet use

e. Staying online longer than originally intended

f. Jeopardizing or risking the loss of significant relationship, job, educational or career opportunity because of the Internet

g. Lying to family members, therapist, or others to conceal the extent of involvement with the Internet

h. Using Internet as a way of escaping from problems or of relieving a dysphoric mood

Source: Dr Kimberly Young

If your children are addicted to the Internet, you should:

a. Stay calm and talk to them. Do not punish them or stop them from going online. This could harm your relationship.

b. Express your concerns and worries. Let them know you care about them.

c. Be patient. Find out the reasons for this behaviour and look for appropriate solutions.

d. Work out with your children a reasonable timetable for online activities.

e. Divert their attention from the Internet with other interesting activities, such as going out to a movie, lunch, or a family picnic.

f . Encourage them to develop other interests in order to reduce their dependence on the Internet.

g. Try to stay in touch with Internet trends so that you can communicate better with your children.

h. Seek professional help (e.g. from social workers) if your children are seriously addicted to the Internet.

4. **My son told me that his classmates have maliciously published his photos and personal information on forums and it has triggered bullying and abuse. What should I do?**

   This is an example of cyberbullying which means using the Internet as a medium to publish hostile information and opinions, attempting to threaten, humiliate, tease and cause embarrassment to others. The common means includes:
   - publishing the victim's personal information or photos
   - editing the photos and adding defamatory descriptions
   - publishing repeatedly insulting messages directed at the victim in forums
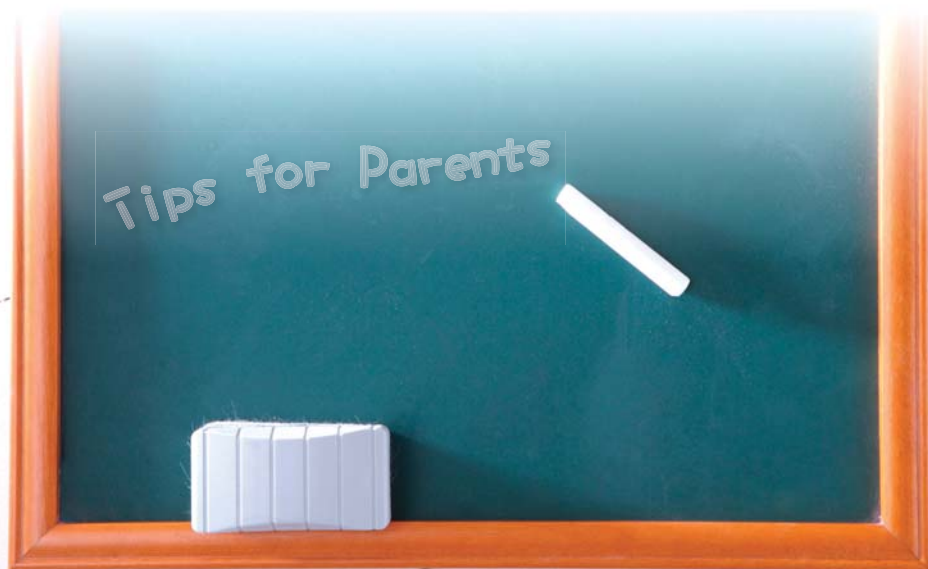
Do not blame your children. They are the victims and you should try your best to protect them. Instead, be sensitive to your children's feelings, give them support and suggest ways of self-protection, e.g.:

a. Do not respond.

b. Block the bullies and reject all their messages.

c. If it happens at school, contact the school and discuss how to handle it.

d. Consider reporting the matter to the police.

e. Encourage your children to seek help from you, their teachers or any person they trust.

Alert your children to online safety, be Net-Wise

★ The Internet is a public domain and publishing any information bears the risk of exposing it to third parties. Once uploaded it is almost impossible to delete the information completely. It is very important to protect your privacy and think twice before publishing any information.

★ It is impossible to disguise your identity on the Internet. The service providers are able to trace sources of information.

★ Watch your manners, respect others. Do not engage in activities that compromise any individual.

★ Stay vigilant and do not trust strangers on the Internet.

5. How do I know if my children are watching any movies or programmes, or downloading music on the Internet that are in fringe of copyrights?

Literature, art, music, audio clips, broadcasts and videos are all protected by copyright. Unauthorised copying, downloading, publishing, etc., is illegal.

In addition to the legal perspective, it is selfish and unethical to disregard the rights of intellectual property owners.

If you discover your children violating copyright, you should:

1. Tell them about copyright and respect for copyright owners.

2. Check whether any items or file sharing software that violate copyright are stored on the computer.

3. Encourage your children to download or purchase wanted items/files through proper means, including websites of copyright companies or authorized dealers.

Source: http://www.ipd.gov.hk/

6. I found that my son browses pornographic websites very often. What can I do?

It is normal for teenagers to become curious about sex. Parents should know about sex education and help them acquire the right values.

To prevent your children from visiting pornographic websites, you could:

1. Set guidelines for the use of the Internet and unhealthy websites.

2. Put the computer in a common area so that you can observe their Internet habits.

3. Install filtering software to block or filter unhealthy websites.

4. Stay calm and do not blame your children for browsing pornographic websites. Listen and talk to them.

5. Enhance your children's analytical ability and critical thinking so that they are not influenced by pornographic or other unhealthy information.

Internet fraud, phishing and spam are common traps. It's good to have guidelines for yourself and your children.

TIPS:

1. Install anti-virus software on your computers.

2. Update your system and download security patches regularly.

3. Activate a firewall to block attacks.

4. Always set a password for wireless Internet to prevent unauthorised use.

5. Change your password every 30-60 days.

6. Keep your account information and password safe. Do not keep this information with your computer, mobile phone or PDA.

7. Avoid logging on at public computers unless necessary. Log out as soon as you have finished.

8. Choose online shops with good reputation. Read the information carefully before buying.

9. Check the lock icon at the bottom right corner of your browser before you key in personal and credit card information.

10. Never trust, receive, or open any emails or attachments from unknown sources.

11. Never reply to emails from unknown sources. It may generate spam.

12. Do not click any links in emails from unknown sources, or disclose any of your personal information such as your passwords, birthday, address, etc. on the Internet.

13. Check the website address shown in your browser regularly to ensure you are visiting the correct websites.

The Internet is developing rapidly and it is also an ideal medium for criminal activity. A careless slip could make you into a victim. Some Internet users think that cyberspace is not governed by laws but it is. Be a civil netizen. Observe the law, and respect others.

Here are some examples of Internet traps :

Scenario 1

In 2006, a 17-year old boy uploaded a large amount of copyright local pop songs and movies onto his personal website for free download. Although they were not for commercial use he was found guilty of pirate distribution of copyright material and was put on a 1-year probation order.

Reminder

Copying, uploading or downloading, posting or quoting copyright-protected content or information without authorisation all copyright infringement.

Ordinance:

Chapter 528   Copyright Ordinance

Common Internet Legal Traps

In 2004, a 16-year old and a 17-year old boy logged onto another player's online gaming account without his consent and stole the 'weapons'. They were found guilty of 'access to a computer with criminal intent'. The Magistrate considered it a serious crime which was of the same nature as burglary.

Reminder

Any person who, without authorisation, obtains access to a computer with intent to commit an offence, accesses to another's information, misuses a computer system, launches an attack or spreads a virus, or disturbs or destroys any document or computer file may be convicted of an offence.

Ordinance:

Chapter 106, Section 27A Unauthorized access to computer by telecommunications

Chapter 200, Section 161 Access to computer with criminal or dishonest intent

Chapter 200, Section 60 Destroying and damaging property

Scenario 3

In 2008, a man uploaded four obscene videos for sharing and was found guilty of publishing obscene articles. He was sentenced to 150 hours of community service and had to pay $1000 legal costs.

Reminder

Cyberspace is governed by the same laws that apply in the real world and any individual publishing obscene or indecent articles on the Internet may be convicted of an offence.

Ordinance:

Chapter 579 Prevention of Child Pornography Ordinance

Chapter 390 Control of Obscene and Indecent Articles Ordinance

Common Internet Legal Traps

Scenario 4

A 23-year old girl listed her height and measurements, and offered her services in an advertisement on the Internet. She was found guilty of soliciting for an immoral purpose and was sentenced to 100 hours of community service. She was also given a criminal record.

Reminder

The use of the Internet is governed by law. Any person who, through the Internet, publishes messages which advertise prostitution, solicits for an immoral purpose, recruits customers on social networking websites, or makes appointments for prostitution may be prosecuted.

Ordinance:

Chapter 200 Section 147 Soliciting for an immoral purpose

Scenario 5

A computer technician obtained information from a client's computer and sent it to others. He was found guilty of access to a computer with dishonest intent and sentenced to 8 months and 15 days in prison.

Reminder

Unauthorised access to information or photos in others' computers endangers the owners' privacy and it may violate the law.

Ordinance:

Chapter 200, Section 161 Access to computer with criminal or dishonest intent

Source：http://www.police.gov.hk/hkp-home/chinese/tcd/intro.htm

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"NetWise" Pledge

The Internet is an abundant source of information and an important channel for communication. A "NetWise" user should follow these guidelines to enjoy its benefits and avoid Internet traps:

Maintain freedom of speech: Respect freedom of speech on the Internet. Be responsible and respectful of other people's opinions and do not publish any malign or insulting information.

Protect copyright: Observe copyright and do not upload, download, transfer, purchase, or use any copyright materials illegally.

Protect personal privacy: Protect your personal data and do not access, use, or transfer other people's personal data without authorisation.

Protect your computer: Observe the law and be a civil netizen. Protect your computer by installing a firewall and updating your anti-virus software to prevent hackers' attacks.

Be honest: Be honest and considerate at all times. Do not get involved in fraud such as distributing false information, etc.

Delete bad information: The Internet has both good and bad information and requires critical thinking and careful selection.

Be smart when making net friends: Stay alert when you make friends online. Do not talk to them alone online or meet them alone in person.

Maintain self-control: Have self-discipline and set a daily time-limit on using the Internet. Maintain a balanced and healthy life style.

Parent's signature   **Children's signature**

_____   _____

(/   /   )   (/   /   )

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Risk Analysis: Self-Test for Parents

Have you done enough to ensure your children's Internet safety?

1. I know which websites my children usually visit.   Y N

   (i) _____

   (ii) _____

   (iii) _____

2. I know who my children usually talk to online.   Y N

   (i) _____

   (ii) _____

   (iii) _____

3. I know how many email and MSN accounts my children have and the passwords.   Y N

   (i) Account 1: _____
       Password: _____

   (ii) Account 2: _____
        Password: _____

   (iii) Account 3: _____
         Password: _____

Risk Analysis: Self – Test for Parents

4. I put the computer in a common area at home. **Y** **N**

5. My children and I have agreed on the daily time limit for using the Internet. **Y** **N**

6. My children and I have agreed on guidelines for making net friends. **Y** **N**

7. I have installed an anti-virus software and a firewall on our computer. **Y** **N**

8. I have installed a filtering software on our computer. **Y** **N**

9. I check my children's temporary Internet file record regularly. **Y** **N**

10. I advise my children not to disclose their personal information in order to prevent from 'online predators' attack'. **Y** **N**

11. I update the security system, virus definition and scan for virus regularly.	Y N

12. I surf the Internet with my children regularly to share the pleasure and to discuss their Internet safety.	Y N

13. I ensure that my children obtain my consent before downloading or uploading information.	Y N

14. I have set appropriate Internet user guidelines and safety guidelines with my children according to their age.	Y N

15. My children are willing to tell me when they encounter unhealthy information on the Internet. I appreciate their honesty and discuss how to tell good information from bad.	Y N

If you answered 'yes' to most questions, your children should be fairly safe. If not, you should do more to help them.

Resources on Internet Safety

Internet behaviour resource website:

cybersafety.u21.hk

InfoSec Website:

www.infosec.gov.hk

Office of the Government Chief Information Officer:

www.ogcio.gov.hk

Intellectual Property Department:

www.ipd.gov.hk

Education Bureau:

http://www.edb.gov.hk/

Moral and Civic Education:

www.edb.gov.hk/index.aspx?langno=2&nodeID=2397

Cyber Ethics for students and Youth – Parental guidelines:

cesy.qed.hkedcity.net/chit/intro_parents.php

The Office of the Privacy Commissioner for Personal Data - Privacy Zone for Youngsters:

www.pcpd.org.hk/chinese/privacy_zone/privacyzone.html

Television and Entertainment Licensing Authority Publicity and Public Education Activities on the Control of Obscene and Indecent Articles Ordinance (COIAO)

www.tela.gov.hk/chinese/education.htm

Point@Media:

mediaed.etvonline.tv/

Office of the Telecommunications Authority: Blue Tone's Tips for Broadband Service Users

www.broadbandtips.gov.hk/cht/page_07.html

Hong Kong Police Force: Introduction to Technology Crime and Prevention Tips
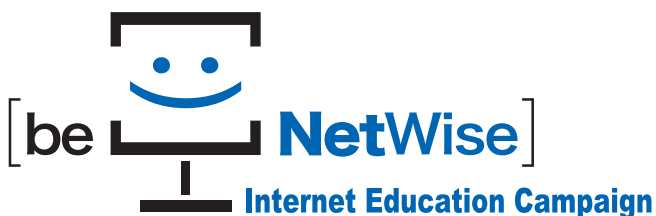
http://www.police.gov.hk/hkp-home/chinese/tcd/intro.htm

Customs and Excise Department - Intellectual Property Rights Protection

http://www.customs.gov.hk/chi/major_IPR_protection_c.html

Hotline: 3971 1000

Introduction

The "Be NetWise" Internet Education Campaign is a one-year education programme aiming to convey the message of proper and safe use of the Internet to youngsters, parents and teachers. Messages such as respect for personal data privacy and intellectual property rights, avoidance of Internet addiction, and protection against computer virus attacks will be featured. The Campaign is funded by the Office of the Government Chief Information Officer (OGCIO).

The Campaign is carried out in all 18-district of Hong Kong through The Hong Kong Federation of Youth Groups, as Central Coordinator and 14 other youth-related non-government organisations. The Campaign comprises a series of activities, including large-scale promotional events, roving exhibitions, training courses, school talks, workshops and inter-school contest and home visits in the coming year. Technical support and enquiry hotline services will also be provided.
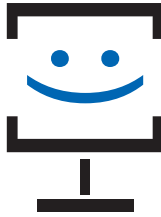
www.be-netwise.hk
Hotline：3971 1000

Central coordinator:

Support:

香 港 青 年 協 會
the hongkong federation of youth groups

政府資訊科技總監辦公室
Office of the Government Chief information officer

District coordinators:

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