

THE DARK SIDE OF THE WEB



15 Ways to Protect You and Your Family

By: Kevin E. Outland

- Keep your computer in a high traffic area of your home
- Get Internet filtering and monitoring software. ContentProtect is a great choice for the PC. You can get it at www.contentwatch.com. Content Barrier is a great choice for the Mac. You can get it at www.intego.com/contentbarrier.
- Remove any Peer-to-Peer file sharing software from your computer (i.e. [KaZaA](#), [Morpheus](#), [LimeWire](#), [Gnutella](#))
- Get rid of free email accounts from Yahoo and Hotmail (They receive large amounts of Porn spam)
- Get an accountability partner and go to www.x3watch.com
- Become more Internet and computer savvy (Read up on it)
- Only allow your children to surf the web and chat under adult supervision and get chat-monitoring software so you can keep tabs on your child's on-line interactions (ContentProtect & Content Barrier have this feature built into their software)
- Ask your child if they have a [myspace.com](#), [xanga.com](#) or [facebook.com](#) account. If they do ask them to show you their page right now (so they can't change it before you see it) and then have them delete their account
- Use the parental and/or content controls that may be included in your Internet browser and that may be offered by your Internet provider (i.e. AOL has good Parental Controls)
- Put some positive, encouraging and/or instructional words in, on and around your computer
- Tell your children never meet anyone off-line that they've met on-line
- Tell your children to never give out or post any personal information (where they live, where they will be or what they look like) in a chat room or on the web (most children post this information on MySpace)
- Randomly check sent and received emails for all accounts
- Randomly check your computer for inappropriate files and usage by using a tool like [Content Audit](#), which is free, and can be found at www.contentwatch.com/audit
- If all else fails get rid of your child's Internet connection

To find out how to bring "The Dark Side of the Web" seminar to your school, church or other organization contact Kevin E. Outland by phone at 248-835-9992 or via email at keo@getpureenergy.com.

**"The Dark Side of
the Web" Seminar**

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