

Spotlight on Health & Safety



Internet Safety

The internet has become an integral part of our lives. It provides us with information, entertainment, and various ways to communicate and socialize. While this creates great opportunities for society, it can also expose us to risks.

We cannot always protect our children from the dangers associated with the internet so it is important that we are aware of what they view and share about themselves online. In schools and at home, it is essential that we educate ourselves and our children about internet safety. The internet is here to stay and it will likely be used more and more in our everyday lives. We must become comfortable with this technology while modeling and encouraging safe online practices.

For more information regarding safe practices online, check out the following links:

<http://www.rcmp-grc.gc.ca/is-si/index-eng.htm>

<http://www.getcybersafe.gc.ca/index-eng.aspx>

https://www.cybertip.ca/app/en/internet_safety

<https://canadasafetycouncil.org/child-safety/online-safety-rules-kids>

David Smith, PRSD Safety & Wellness Coordinator