



YOUR SOURCE Balancing Work, Family & Life

Your Cyber-Safe Family

Facebook, Twitter, IMing, Blogging—do you feel like your tech-savvy teens are talking a different language? The Internet has opened up a whole new world for people of all ages and it is rapidly growing. While the Internet is a valuable resource for families, it does come with its own set of risks.

Keeping your family cyber-safe is a matter of understanding the social networking sites, knowing where your kids are going on the Net, what they do there and how you can encourage them to practice safe and responsible behavior. Go online to access *Your Cyber-Safe Family* in the *Spotlight* section so you can get up to speed on what's out there:

- **Social networking sites**—Learn about the types of sites, the terms of use, safety tips and ways to make sure your family—and your family's personal information—is kept safe and secure.
- **Resources**—Get information on safety topics such as how to avoid Internet scams, how to cope with cyber-bullying, safe chatting and Internet messaging.
- **Internet addictions**—How can you identify if someone in your family has an Internet addiction? Learn ways to help yourself and your family.

Live Webinar: Protecting Your "Techy" Teenagers on the Internet and Beyond!

Wednesday, December 16, 1:00 – 2:00 CST

Keep up with your computer-savvy teens! Join this Webinar to learn about the technology that's available to teens, the risks associated with the Web and how you can help your teens make positive online choices. This live Webinar is offered through your program at no cost to you.

Simply Click it! and register directly on the Web site under *Tools, On Demand Learning*. You will receive a reminder so that you don't miss this opportunity.

Click it! to check it out online

Log on to www.MagellanHealth.com/member and register with your program's toll-free number to access *Your Cyber-Safe Family*, and other helpful resources in the *Spotlight* section.

1-800-937-2112



Answer: All of the above. To keep it easy to remember, consider using initials of a phrase you will remember such as "IhloBS:2004" which stands for "I have lived on Brown Street since 2004".

Which of the following are ways to create a strong, secure password?

- Make the password at least eight characters long.
- Include numbers, capital letters and symbols.
- Make it easy to remember but hard for others to guess.
- Don't just use one password.

Check your answer on the bottom.

Now That's An Idea!

Is there life beyond the keyboard? Your tweens and teens may not think so, but you can help them keep things in perspective. Let them have computer time, just not all the time.

- Have an 'electronic-free' night once a week where all electronics are turned off and have a family fun night.
- Start a family exercise competition where everyone takes a turn on picking the exercise activity.
- Limit time spent on the computer. How? Put a password on the computer so they have to ask when they can get on.