



**PIERRE ELLIOTT TRUDEAU  
SCHOOL**

6855 Cartier  
Montreal, QC H2G 2W1

T 514-374-7337  
F 514-374-7667  
Asanalitro@emsb.qc.ca

March 18, 2019

Pierre Elliott Trudeau teachers and administration would like to remind parents the importance of frequently reviewing online behaviour and safety rules related to the use of online games, apps, social media platforms, and websites with their children.

Basic guidelines to share with your kids for safe online use:

- Never post personal pictures.
- Never reveal personal information, such as address, phone number, or school name or location.
- Use only a screen name and don't share passwords (other than with parents).
- Avoid interacting with strangers online without parent approval and/or supervision.
- Never respond to a threatening email, message, post, or text.
- Always tell a parent or other trusted adult about any communication or conversation that was scary or hurtful.

Basic guidelines for parental supervision:

- Spend time online together to teach your kids appropriate online behavior.
- Keep the computer in a common area where you can watch and monitor its use, not in individual bedrooms. Monitor any time spent on smartphones or tablets.
- Bookmark kids' favorite sites for easy access.
- Check your credit card and phone bills for unfamiliar account charges.
- Take your child seriously if he or she reports an uncomfortable online exchange.
- Pay attention to signs of concern in young people such as risky behaviour, physical injury, unusual fatigue, changes in internet use patterns, anxiety, et.. (kid-shealth.org)

P.E.T Staff and Administration