

Note: This guide is for use with systems operating on Microsoft Windows.

In today's information-based society, it is important for parents to know the content to which their children are being exposed through personal computers.

While much worthwhile material, products, and people are readily accessible via the Internet, this exposure can also be potentially threatening to a child's health and well-being.

WHAT CAN YOU DO AS A PARENT?

- Exercise your parental authority
- Monitor your child's computer access
- Talk with your child about his/her online activity and the inherent dangers of the web

HOW TO MONITOR YOUR COMPUTER AND YOUR CHILD'S ACTIVITIES

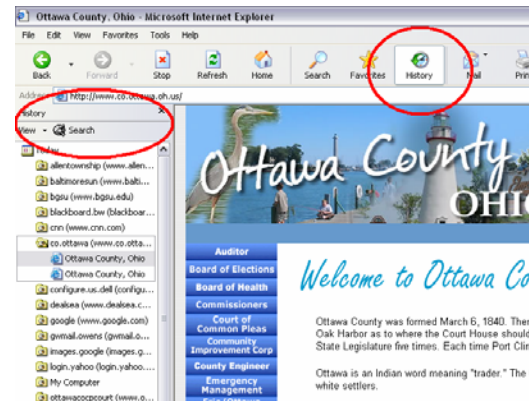
- Monitor the Internet:
Continuously browse history and cookies
- Hard Drive:
Search for temporary Internet files and other potentially harmful materials saved onto the hard drive
- Monitor E-mail:
Check messages and attachments in all folders including the Inbox and Outbox

Below is a step-by-step guide that displays how you can continuously monitor your computer system.

History Any user can view the most recent websites visited on the computer. In order to do this:

Step 1: Open any Internet page and select the History button at the top of the page

Step 2: This button will bring up a history menu on the left window panel where recently visited websites can be viewed.

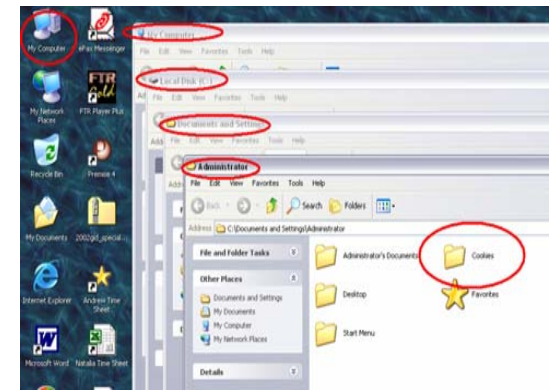


Cookies These are documents received from websites in order to gain information about the users visiting the particular webpage. In order to view the cookies on your computer:

Step 1: Double click the *My Computer* icon located on the *Desktop*, and then enter into the *Local Disk (C: Drive)*.

Step 2: Once into the *C: Drive*, go to the *Documents and Settings* folder to view folders for all computer users. Inside these

folders there are subfolders labeled *Cookies*, which contain cookies from each website visited by the particular user.



Hard Drive Search for temporary Internet files and any explicit content.

Step 1: Go to the *Start Menu* and select the *Search Menu*.

Step 2: Click *For Files and Folders*.

Step 3: Based upon key words, you can select specific search queries. For best results we recommend searching all files and folders. *See notes for searching files.

