



**What are your
children doing online???**



What can you do?



- There are several different ways you can keep track of what your kids are doing with their time online.
- With some of the methods listed in this document, the child will have full knowledge that he/she is being watched and others work completely in the background.

Method One: Use a VCR



Many new computers are already equipped with some type of video connection that can be connected to a VCR.

Have a look at the back of your computer for a port that looks like this:



If you do have this port, make a quick trip to Radio Shack and ask them for a cable that will allow you to connect your S-Video Port from the back of your computer to your Composite (RCA) connection on the back of your VCR.

After connecting the cable, you can simply hit the “input” button on the VCR remote and you should see exactly what is on the computer screen. Make it a policy at home that the VCR is recording while they are online.

Method One: Use a VCR

If you don't have a connection on the back of your computer and you are still interested in this method, you can have a graphics card equipped with a "video-out" port installed for a minimal expense. These cards (as pictured below) range in price starting at \$30 + any installation cost.



Method Two: Use “Safety” Software.



<http://www.cyberpatrol.com>



<http://www.cybersitter.com/>



<http://www.netnanny.com>

Internet safety software is designed to block children from inappropriate web sites and some can even block access to Instant Messenger programs or put a time limit on the use of such programs.

These software applications, in my opinion, are good for kids that genuinely innocent online and you want to keep them safe. Most of this software runs out in the open and the user knows it's there and knows what it's doing .

This may not be the best option for kids that are very computer savvy. Kids who don't want to be restricted by software will always find ways around it.

Method Three: Use “SPY” Software



Spy software can range in power and sophistication from a simple key logging software that records EVERY keystroke made on the computer to remote monitoring software.

You can use remote monitoring software at home if you have multiple computers. Using this software, you can remotely watch what your children are doing on their computer as if you were standing right behind them looking over their shoulder.

This software is pretty complex but seems pretty easy to use. If you are interested in this method, there is a link below that reviews different software applications.

<http://www.spy-tools-directory.com/spy-software/key-logging-software.html>