

# Use Common Sense Online



**Y**ou can find information about making healthy lifestyle changes online. Some of it is true and accurate. Some of it is not. You need to be careful about what you believe. You also need to stay safe.

## Getting started

- ▶ Ask your PAL about some good sites to visit, such as the American Diabetes Association or the Center for Disease Control websites.
- ▶ Use the Internet to find restaurant menus, locations, and other nutritional information.
- ▶ Look for sites that provide information or tips for increasing physical activity levels.
- ▶ Use the Internet to find resources in your community.

## Make sure to question what you read

Don't just assume that a website is offering you good advice. Ask yourself:

- ▶ Does it back up what the TODAY program teaches?
- ▶ Does it give evidence for the claims it makes?

## Question the source

- ▶ Who runs the site? Is it an academic or medical center? Is it a government agency? Or, is it a business that might want you to purchase their products?
- ▶ Does the site appear to be up-to-date?
- ▶ Can you contact the people who run the site? A good website gives you a way to contact them in case of questions or comments.

## Guard your privacy when you are online

- ▶ Make sure a website has a privacy policy. Read it.
- ▶ Avoid chat rooms and blogs. Be very careful about giving away any personal information.
- ▶ Avoid websites that exchange or share your personal information with other sites.

### Additional resources

- ▶ Talk to your PAL about websites that promote a healthy lifestyle.

### Suggested activity

Try using the Internet to look up nutritional information for your favorite restaurant. Use the information to plan what you will eat ahead of time. Ask your parents and your PAL for help if you need it.

### My notes

1 Limit RED foods 2 Increase GREEN activity 3 Hold Family Meetings 4 Keep Track of Weight



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*Especially for the Family Support Person*

## What should my role be?

- ▶ Go online and visit some websites yourself.
- ▶ Review the tips for being online safely with her.
- ▶ Go online with her. Talk about what you see. Print out key information. Write down any questions you have for your PAL.

## We don't have Internet access at home. What can we do?

- ▶ Use a computer in the public library to go online. Ask the librarian to help you.
- ▶ Keep in mind that the TODAY program gives you all the information you need. Going online is something extra. You don't have to do it if it doesn't work for you.

## How can I keep her safe from the dangers online?

- ▶ Talk about how people are often misled or victimized online. Explain how easy it is for dangerous people to track her down through the Internet.
- ▶ Keep the computer in a common family room.
- ▶ Make a list of acceptable websites. Ask your PAL for help with this.
- ▶ Set rules. And set consequences for when she breaks a rule.  
For example, she should never:
  - ▶ Go online without your approval.
  - ▶ Give out any personal information, including the name of her school, on a website.
  - ▶ Visit a blog or a chat room—even using a screen name.
  - ▶ Exchange instant messages with people she does not know.
- ▶ Check up on the sites she is visiting from time to time.
  - ▶ Use the history icon on the tool bar at the top of your browser.
  - ▶ Click on the time period that you want to review.
  - ▶ Click on any site you want to review.
  - ▶ Talk to her about what she saw or learned.
- ▶ Ask your PAL for help if you are unsure how to find out what sites she has visited.

### Additional resources

- ▶ Setting Effective Limits: Magnetic Memo 17

### Suggested activity

Set rules about going online. Discuss the rules with her. Visit some websites together and talk about what you learn.

### My notes

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