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**QWEST ONLINE SAFETY PROGRAM**  
*Safety Online, One Family at a Time*

As a leading provider of telecommunications services, Qwest Communications, Inc. is committed to promoting safer and smarter use of the Internet. In collaboration with the National Center for Missing & Exploited Children (NCMEC), Qwest has created an online safety program that parents and guardians can use to help protect their children while they explore the wonders of the Web. By educating parents and guardians to empower themselves and their children with the skills they need to be safer on the Internet, Qwest and the National Center for Missing and Exploited Children are committed to making the Internet a safer environment for our families. Examples of Qwest's outreach include:

**Qwest Connected Family Online Classroom**

The Qwest Connected Family Online Classroom is a safety resource dedicated to informing parents and guardians about the risks children may face while surfing the Net, and arming parents with the tools and tips they need to promote safer, positive experiences online. Located at [www.incredibleinternet.com/onlinesafety](http://www.incredibleinternet.com/onlinesafety), the Qwest Connected Family Online Classroom was co-created with NCMEC and includes expert tips, articles, activities, tests; videos and downloadable safety kits to help parents and guardians understand the Internet. Highlights include:

- **Online Safety Certification.** The Online Safety Certification activity gives parents and guardians a straightforward introduction to Internet safety. Families can complete short online activities to familiarize themselves with the first steps in online safety education. The activity is available in English and Spanish.
- **Parents Safety-Net Test.** The Parents Safety-Net Test provides families with an instant reality check about their knowledge of issues such as the potential dangers of chat rooms and instant messaging, cyber bullying, and online sexual exploitation. The answers to the online quiz describe tangible steps that can be taken to better inform and protect children. The activities are available in English and Spanish.

**Online Safety Outreach**

Qwest's online safety program also includes outreach at the federal and local levels designed to educate families about Internet safety. Components of this program include:

- **Awareness through Congressional Support.** In 2005, Qwest and the NCMEC joined with influential leaders from Congress, business, community organizations and national advocacy groups to educate families about the risks children encounter while using the Internet. Together with Qwest, these leaders reached more than 126 million consumers with key information highlighting available programs and tools aimed at making children safer while online.
- **Online Safety Coalitions through Community and Government Partnerships.** Qwest has partnered with key government and community leaders in Arizona, Colorado, Minnesota and Washington to form Online Safety Coalitions in each state to raise online safety awareness on a grassroots level. The coalitions are challenging 10,000 families in each state to become Online Safety Certified through the Incredible Internet web site. To date, Qwest has presented online safety information to millions families. Qwest currently is expanding the reach its online safety campaign and working to establish relationships and garner support throughout its Western 14-state region and nationwide with additional education and outreach efforts.
- **In-Store Commercial Spots and Computer Kiosks.** In early 2006, Qwest aired a 60-second informational video spot, featuring U.S. Olympic Speed Skater Bonnie Blair, about the Qwest online safety program in 711 CompUSA and Best Buy stores across the nation. The video has been watched by more than 45 million people. Qwest also has links on computer self-help terminals within its 100 retail stores for customers to learn about online safety while testing Qwest High Speed Internet service.