

QWEST TAPS PSYCHOLOGIST TO BRIDGE THE DIGITAL DIVIDE

Psychologist Linda Young Helps Adults Understand Kids and Technology

DENVER, Nov. 8, 2007 – As a public service through its Incredible Internet online safety education program, Qwest Communications International Inc. (NYSE: Q) has partnered with psychologist Linda Young, Ph.D., to help families understand how communications technology affects daily life and relationships. She joins Qwest's growing team of online safety experts at www.IncredibleInternet.com.

In addition to offering advice about online activities, Dr. Young is also a Seattle University staff psychologist with more than 15 years of counseling experience. In 2007, Qwest commissioned Dr. Young to write the guide "Understanding a Child's Virtual World," which is available at no charge at www.IncredibleInternet.com. Qwest also sponsors her appearances at community events throughout the country to help parents and guardians better understand children's use of communications technologies.

"The accelerating popularity of social networking sites has created an online environment for interaction among users that mirrors much of what happens in real life," said Dr. Young. "Online culture is starting to reproduce exactly the same kinds of interactions that we've always seen in person."

Qwest's Online Safety Coalition—a group of leaders in law enforcement, education and government in Colorado, Minnesota and Washington—identified a need for more educational outreach, spurring the search for an expert advisor.

"In partnership with our Online Safety Coalition members, we've established a deeper understanding of how children and teens see technology differently than adults," said Paula Kruger, executive vice president of mass markets for Qwest and leader of the Qwest online safety education program. "Dr. Young's unique perspective helps Qwest and the coalitions bridge the digital fluency gap between children and parents to promote a safer online experience for broadband customers."

The handbook developed by Young provides a professional perspective to help families stay safer. The guide is divided into the following five chapters:

- How Technology is Changing Relationships
- Seven Reasons Good Kids Do Bad Things on the Internet
- Communicating With Teens in Ways That Change Behavior, Part One
- Communicating With Teens in Ways That Change Behavior, Part Two
- Always-On Technology: Do You Have Tethered Kids?

Qwest has also produced three videos – each less than three minutes long – featuring Dr. Young and Qwest Online Safety Coalition members.

The videos correspond to three of the five guide chapters, including:
Seven Reasons Good Kids Do Bad Things on the Internet
Communicating With Teens in Ways That Change Behavior
Always-On Technology: Do You Have Tethered Kids?

Since joining the Qwest program, Dr. Young has spoken with hundreds of parents and guardians at community events about how they can stay informed about online safety issues and trends in technology. She also provides parents and guardians with insight and advice on how they can open new and varied lines of communication with children.

About the Program

Qwest and the Qwest Foundation are committed to helping families learn to protect their children from online threats. Since 2003, Qwest has partnered with NCMEC to raise families' awareness about online safety issues and to help combat online exploitation of youth proactively by encouraging increased parental and guardian understanding and education. Qwest currently is expanding its Online Safety Program nationally and throughout its Western 14-state region. For more information visit www.incredibleinternet.com/onlinesafety. In addition, the Qwest Foundation sponsors NCMEC resource www.NetSmartz411.org, a free, first-of-its-kind resource that gives families direct access to experts at NCMEC who can respond to their specific questions and concerns about online safety.

About Qwest

Qwest offers a unique and powerful combination of managed voice and data solutions for businesses, government agencies and consumers – locally and throughout the country. Customers coast to coast are turning to Qwest's industry-leading national fiber optic network and its Spirit of Service for quality products and superior customer experience. Qwest is a participant in Networx, the largest communications services contract in the world, to provide leading-edge voice, data and video services. For more information on Qwest, and its various operating subsidiaries, please go to www.qwest.com. For information about the products and services Qwest is offering in the Networx contract, visit www.gsannetworx.com.

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