

Cyber Safety A Parent's Guide



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Cyber Safety

promoting the safe usage of the internet, especially in order to protect against viruses, fraud, or other forms of attack.

Oxford Dictionary

- **What: Safety & Security Issues**
 - Inappropriate Content
 - Online Privacy
 - Sexting
 - Online Enticement
 - Cyberbullying
- **Why**
 - Safety
 - Reputation
 - Future Effects
- **How**
 - Resources for Parents
 - Resources for students

INTERNET SAFETY
Parents • Guardians • Communities

NetSmartz
NATIONAL CENTERS FOR
MISSING & EXPLOITED
CHILDREN

CHOICES & CHEATERS

Inappropriate Pictures

OK to TELL

CONNECT

PROTECTING YOUR KIDS ONLINE 2.0

LEARN

RESOLVE RUN

Your Photo Fate

MISSINGKIDS.ORG/NETSMARTZ

ONLINE

Computers • Cell phones
Gaming consoles • E-readers • Tablets

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TECHNOLOGY CAN'T CATCH
EVERYTHING SO, **COMMUNICATE!**

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TALK ABOUT THE RISKS AT EVERY AGE

YOUNGER CHILDREN

Netiquette
Looking at inappropriate
content
Pop-ups/passwords
Not trusting everyone
you meet online

TWEENS & TEENS

Cyberbullying
Sexting
Posting personal/
inappropriate information
Meeting offline

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INAPPROPRIATE CONTENT

- Pornography
- Excessive violence
- Hate speech
- Risky or illegal behaviors



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ONLINE PRIVACY

What's OK? What's Not OK?

- Pictures of family and friends
- Personal information
- Conversations with unknown people in an online game
- Creating videos on streaming services
- 'Checking in' or sharing current location online
- Sending/viewing/sharing explicit or provocative pictures

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RISKS OF SHARING PERSONAL INFORMATION



- Identity theft
- Online scams
- Hacking
- Online enticement
- Sextortion

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WHAT YOU CAN DO

- Establish rules about what they can share
- Learn about reporting options
- Help them set privacy settings
- Help them create strong passwords
- Talk about friends lists

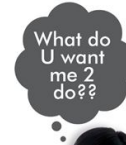
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Research suggests that:

- 15% of teens have sexted
- 27% of say they have recieved a sext

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WHY ARE THEY **SEXTING?**

- To be funny
- To impress a crush
- Peer pressure or threats
- Experimenting with relationships, sexual behavior, and boundaries



CONSEQUENCES OF **SEXTING**

- Humiliation
- Bullying
- Blackmail
- School discipline
- Police involvement



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ADDRESSING SEXTING

- Talk about the consequences
- Tell them never to forward a sexting image
- Discuss healthy relationships
- Talk about ways an image can spread online
- Report it to CyberTipline.org

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HOW DO **SOLICITATIONS** OCCUR?

- Most occur on social networking sites
- Most occur among older teens
- Most teens are solicited by peers
- Most are not bothered by it



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OFFENDERS GROOM CHILDREN BY:

- Exploiting their natural curiosity
- Gradually introducing explicit images
- Using adult status to control a child's behavior
- Offering gifts like cell phones and gift cards



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SIGNS OF GROOMING

Check if your child is:

- Receiving gifts
- Calling unknown numbers
- Rejecting family and friends
- Getting upset when not online
- Minimizing the screen

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BULLYING + TECHNOLOGY =
CYBERBULLYING

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EXAMPLES OF CYBERBULLYING



- Sending mean texts
- Photoshopping pictures
- Creating fake profiles
- Posting fight videos
- Spreading rumors and gossip
- Posting embarrassing pictures
- Sending threatening or harassing comments

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DIFFERENCES BETWEEN CYBERBULLYING & BULLYING

- Spreads faster
- Wider audience
- Follows children home

HATE
YOU

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Cyberbully



Victim



Bystander



A CYBERBULLYING VICTIM MIGHT



- Stop using the computer or cell phone
- Act nervous when receiving an email, IM or text
- Seem uneasy about going to school
- Withdraw from friends and family

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HOW TO HELP

- Support your child and problem solve together
- Consider saving the evidence
- Block cyberbullies
- Set up new accounts
- Talk to the school
- Report it to CyberTipline.org

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CYBERBULLYING BEHAVIORS



- Quickly switches screens or closes programs
- Uses the computer at all hours
- Gets unusually upset if they cannot use the computer
- Avoids discussions about what they are doing
- Uses multiple online accounts

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HOW TO PREVENT IT

Monitor and intervene in your child's online behavior in the same way you would "offline" behavior.

- Establish expectations for online behavior
- Set consequences for cyberbullying
- Model good online behavior

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TALK TO YOUR CHILD ABOUT **NOT BEING A BYSTANDER.**



- Establish expectations for reporting
- Encourage them to stand up for the victim
- Help them report the cyberbullying to an adult or teacher

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TECH OPTIONS

- Install filtering and monitoring software
- Consult your cell phone provider
- Research options for other mobile devices
- Look at individual apps
- Explore built-in security features

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Manage your online reputation



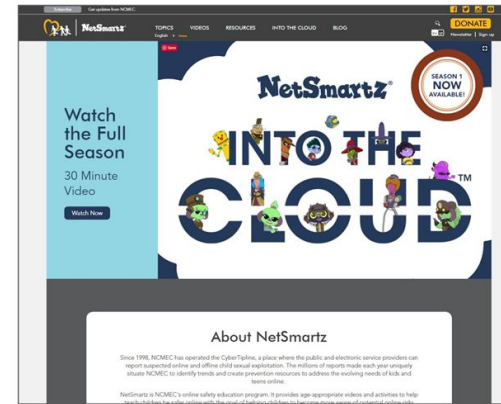


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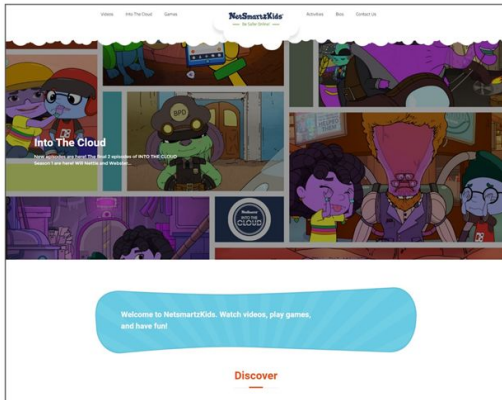
[Resources for Parents](#)

[Parent Sign-In](#)



MissingKids.org/NetSmartz

- Discussion starters
- Information about the issues
- Tip sheets
- Videos



NetSmartzKids.org

- Activities
- E-books
- Games
- Videos

Endnotes

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⁴Blisks, Karen. Examiner. "Online scam targeting kids this holiday." Last modified November 12, 2012. Accessed December 18, 2012. <http://www.examiner.com/article/online-scam-targeting-kids-this-holiday>.

⁵Madigan S, Ly A, Rash CL, Van Ouytsel J, Temple JB. Prevalence of Multiple Forms of Setting Behavior Among Youth: Systematic Review and Meta-analysis. JAMA Pediatr. 2018;172(4):327-335. doi:10.1001/jamapediatrics.2017.5314.

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⁹"Cyberbullying Facts." Cyberbullying Research Center. Accessed January 5, 2015. <http://www.cyberbullying-us/facts>.

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¹²Hinduja, Sameer, and Justin Patchin. Cyberbullying Research Center. "Cyberbullying rarely sole factor in teen suicides." Last modified March 6, 2009. Accessed December 17, 2012. http://today.msibc.msu.com/id/29546030/its/hoday-parenting_and_family/her-teen-committed-suicide-over-sexing/.

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¹⁴Murray, Rheana. Daily News. "Cyber-bullying, social media blamed after Florida teen commits suicide." Last modified December 12, 2012. Accessed January 5, 2015. <http://www.nydailynews.com/news/national/social-media-blamed-teen-suicide-article-1.1218550>.

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