



# INTERNET SAFETY

Parents • Guardians • Communities



**NetSmartz® Workshop**

A program of the

NATIONAL  
CENTER FOR  
**MISSING & EXPLOITED**  
CHILDREN®



# NetSmartz® Workshop



NETSMARTZ.ORG

# ONLINE

Computers • Laptops • Cell phones • MP3 players  
Gaming devices • E-readers • Tablets

# WHAT DO YOUR CHILDREN DO ONLINE?

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# SAFETY & SECURITY ISSUES

- Inappropriate content
- Online privacy
- Sexting
- Online sexual solicitation
- Cyberbullying

# 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

# INAPPROPRIATE CONTENT

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



# HOW TO RESPOND

- Don't frighten them
- Listen attentively
- Tell them it's not their fault
- Answer questions
- Help them report it



## WHAT THEY SHOULD DO

- Turn off the screen
- Use the back button
- Tell a trusted adult
- Report it to the website or app

# DON'T POST



- Inappropriate or illegal behavior
- Offensive language
- Threats of violence
- Underage drinking or drug use
- Hate speech

{ Two Kinds of  
🍷 Stupid 🖱️📌 }

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A program of the



## WHAT YOU CAN DO

- Establish expectations for online behavior
- Set consequences for inappropriate posts
- Talk about appropriate usernames
- Review comments and pictures
- Talk about what their friends are posting



# ONLINE PRIVACY

## WHAT'S OK?

Pictures of family & friends (with permission)

Casual conversation in a game

## WHAT'S NOT OK?

Certain kinds of personal information



## PERSONAL INFORMATION

- Passwords
- Home address
- Location
- Home/Cell phone number
- Email address

# RISKS OF SHARING PERSONAL INFORMATION

- Identity theft
- Online scams
- Hacking



## 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



# SEXTING

- Sending or posting nude or partially nude images
- 2.5% of teens have sexted
- 7% say they have received a sext



What do  
U want  
me 2  
do??



## WHY ARE THEY SEXTING?

- To be funny
- To impress a crush
- To share with a boyfriend or girlfriend

Send me  
a pic  
of yrself...;)



# YOUR PHOTO **FATE**



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# CONSEQUENCES OF **SEXTING**

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



# ADDRESSING SEXTING

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

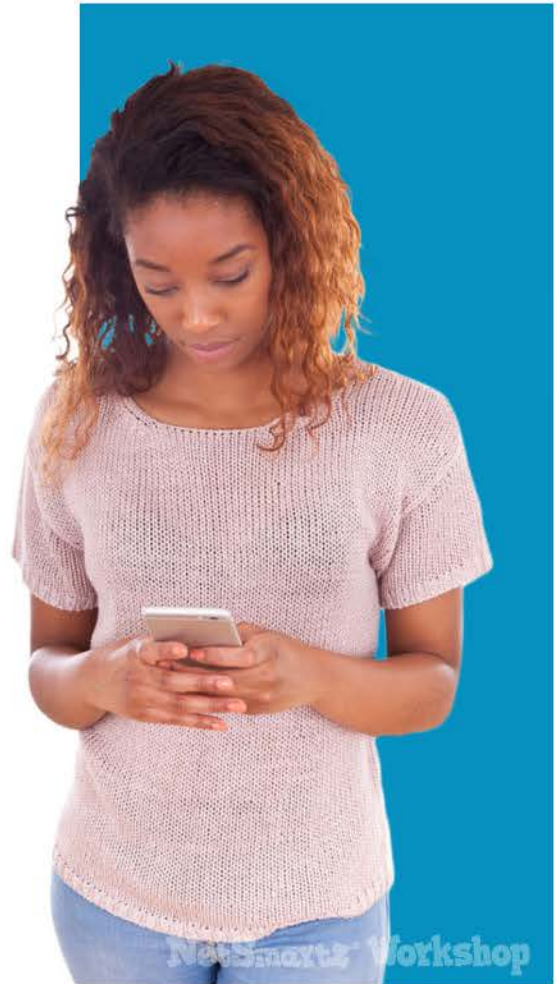


# SEXUAL SOLICITATION

*Any unwanted sexual request  
or any sexual request by an adult.*

# HOW DOES **SOLICITATION** OCCUR?

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



# 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





# 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

A black and white photograph of a man in profile, wearing a dark baseball cap and glasses, looking out of a large, curved window. The scene is dimly lit, with the light coming from the window, creating a silhouette effect on the man's face and clothing. The window frame is visible on the right side of the image.

# **SURVIVOR** DIARIES



# Survivor Diaries

NetSmartz.org

## WHAT YOU CAN DO

- Talk to your child about relationships
- Set a policy about meeting offline for older teens
- Know your child's online friends
- Teach your child the warning signs
- Call the police

# REPORT TO CYBERTIPLINE

- Anyone who sends your child photos or videos containing obscene content
- Anyone who asks your child to send sexual images
- Anyone speaking to your child in a sexual manner
- Anyone who asks your child to meet in person

**CyberTipline.org**

**1-800-THE-LOST<sup>®</sup>**  
(1-800-843-5678)

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**BULLYING + TECHNOLOGY =  
CYBERBULLYING**

# 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

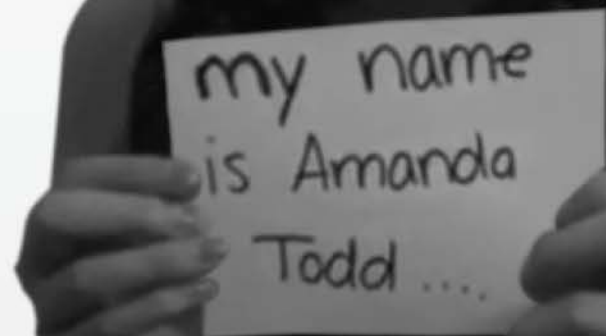


# DIFFERENCES BETWEEN **CYBERBULLYING** & BULLYING


- Spreads faster
- Wider audience
- Follows children home



# SUICIDE AMONG CYBERBULLYING VICTIMS IS RARE

A young woman with long, dark, wavy hair is holding a white rectangular sign in front of her chest. She is wearing a dark, sleeveless top. The sign has handwritten text in black ink. The background is a light blue gradient with a large white triangle on the left side.

my name  
is Amanda  
Todd ....



Hello!♥

# Cyberbully



# Victim



# Bystander





# A CYBERBULLYING VICTIM MIGHT

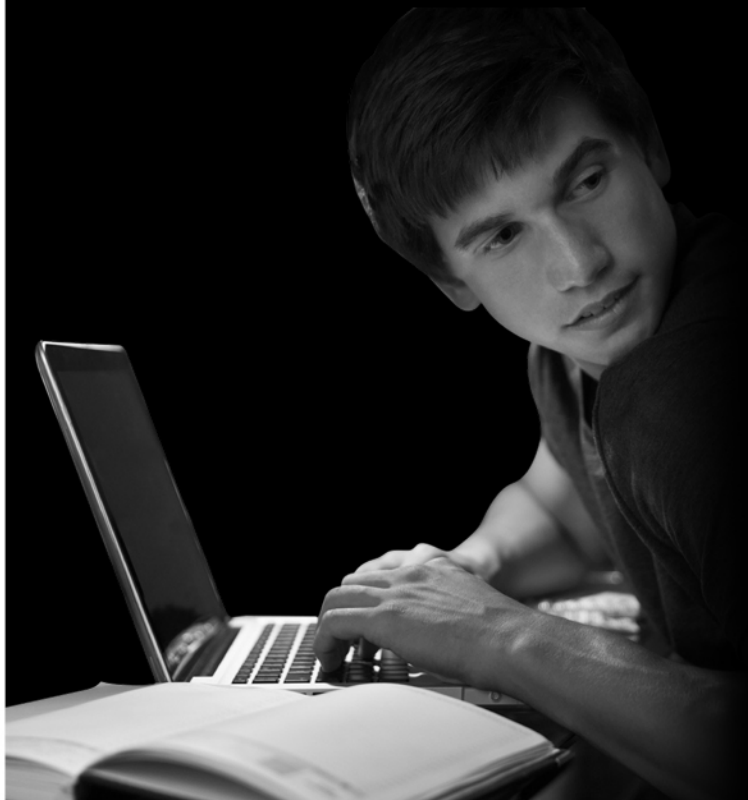


- Stop using the computer or cell phone
- Act nervous when receiving an email, IM or text
- Seem uneasy about going to school
- Withdraw from friends and family

# How To HELP

- Consider saving the evidence
- Block cyberbullies
- Set up new accounts
- Talk to the school
- Report it

# CYBERBULLYING BEHAVIORS



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

# HOW TO PREVENT IT

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

# 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



# 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



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



## Parents & Guardians

### Teaching Digital Citizenship

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Check out our new online educator training program.



Parenting wired kids can be difficult, especially if you didn't grow up with the same technologies. These resources can help.

Tell us how  
you're using  
NetSmartz!

Read the  
NetSmartz Blog!

CHOOSE an ISSUE

# NetSmartz.org

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





## NetSmartzKids.org

- Activities
- E-books
- Games
- Monthly updates
- Videos

# NSTeens CHALLENGE



Are you smart and safe online? Take the NSTeens Challenge to find out!

Helping you make safer choices online

Educators



## Videos

Cyberbullying, gaming, meeting offline... these videos explain it all!



## Games

Cyberbully zombies and evil cheeseburgers? These are not your average Internet safety games.



## Comics

Are you going to become a cyberbully or stand up to them? In these comics, YOU control the story!



## Quizzes

Are you smart and safe online? Take the challenge to find out!

# NSTeens.org

- Games
- Quizzes
- Safety tips
- Videos
- Webcomics



THANK YOU!

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## Endnotes

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<sup>2</sup>Helsel, Phil. NBC News, "Student Suspended Over 'Sarcastic' Tweet Sues School." Last modified June 17, 2014. Accessed January 5, 2015. <http://www.nbcnews.com/news/us-news/student-suspended-over-sarcastic-tweet-sues-school-n133941>.

<sup>3</sup>Martin, Brooke. WANE-TV, "Cyber crime snapped teen's photo while online." Last modified December 12, 2012. Accessed December 14, 2012. <http://www.wane.com/dpp/news/indiana/cyber-crime-snapped-teens-photo-while-online1355326051426>.

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<sup>6</sup>Elam, Stephanie, and Julie Brayton. NBC 4 KNBC, "Study: Sexting Teens More Likely to Engage in Risky Sex." Last modified September 18, 2012. Accessed December 14, 2012. <http://www.nbclosangeles.com/news/local/Sexting-Study-170117576.html>.

<sup>7</sup>Mitchell, Kimberly, Lisa Jones, David Finkelhor, and Janis Wolak. "Trends in Unwanted Sexual Solicitations: Findings from the Youth Internet Safety Studies." Crimes Against Children Research Center, 2014.

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<sup>11</sup>Wood, Janice. PsychCentral, "Cyberbullying rarely sole factor in teen suicides." Last modified October 29, 2012. Accessed December 17, 2012. <http://psychcentral.com/news/2012/10/20/cyberbullying-rarely-sole-factor-in-teen-suicides/46407.html>.

<sup>12</sup>Ryan's Story Presentation LTD., "Ryan's story." Last modified 2010. Accessed December 17, 2012. <http://www.ryanpatrickhalligan.org>.

<sup>13</sup>Murray, 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>.

<sup>14</sup>Celizic, Mike. TODAY, "Her teen committed suicide over 'sexting'." Last modified March 6, 2009. Accessed December 17, 2012. [http://today.msnbc.msn.com/id/29546030/ns/today-parenting\\_and\\_family/t/her-teen-committed-suicide-over-sexting/](http://today.msnbc.msn.com/id/29546030/ns/today-parenting_and_family/t/her-teen-committed-suicide-over-sexting/)

<sup>15</sup>Ng, Christina. ABC News, "Bullied teen leaves behind chilling YouTube video." Last modified October 12, 2012. Accessed December 17, 2012. <http://abcnews.go.com/International/bullied-teen-amanda-todd-leaves-chilling-youtube-video/story?id=17463266>.

<sup>16</sup>Hinduja, Sameer, and Justin Patchin. Cyberbullying Research Center, "Cyberbullying warning signs: Red flags that your child is involved in cyberbullying." Last modified 2009. Accessed December 17, 2012. [http://www.cyberbullying.us/cyberbullying\\_warning\\_signs.pdf](http://www.cyberbullying.us/cyberbullying_warning_signs.pdf).

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