



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?





INTERNET SAFETY RISKS

- Cyberbullying
- Exposure to inappropriate content
- Online predators
- Posting personal or inappropriate information
- Sexting

TALK ABOUT THE **RISKS** AT EVERY AGE

YOUNGER CHILDREN

Netiquette

Looking at inappropriate content

Pop-ups/passwords

Not trusting people you meet online

TWEENS & TEENS

Cyberbullying

Sexting

Posting personal/inappropriate information

Online predators

MYTHS ABOUT PREDATORS

Old men • Pedophiles • Pretend to be younger
Abduct kids from their homes

THE TRUTH ABOUT **PREDATORS**

- Mostly men, age 26 or older
- Generally not pedophiles
- Rarely lie about being an adult
- Usually don't abduct

WHO ARE THE VICTIMS?

- Ages 13-15
- Mostly girls, but 25% are boys
- History of sexual or physical abuse
- Engage in patterns of risky behavior



A dimly lit computer workstation with a person's hands typing on a keyboard. The scene is illuminated by a blue and green glow, likely from the monitor and keyboard lights. The text "JULIE'S JOURNEY" is overlaid in the center.

JULIE'S JOURNEY

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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

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 speaking to your child in a sexual manner
- Anyone who asks your child to meet in person



CyberTipline.com
1-800-THE-LOST

REVEALING TOO MUCH

- What's okay?
- Pictures of family & friends (with permission)
 - Casual conversation in a game

- What's not okay?
- Certain kinds of personal information
 - Inappropriate information

A close-up, over-the-shoulder view of a person with long, light brown hair, resting their head on their hand while looking at a laptop screen. The screen displays the text 'PERSONAL INFORMATION' in large, bold letters, with 'PERSONAL' in black and 'INFORMATION' in orange. Below this title is a bulleted list of personal data types. The person's hand is resting on their neck, and their ear is visible. The laptop keyboard is partially visible at the bottom of the frame.

PERSONAL INFORMATION

- Passwords
- Location
- School
- Address
- Phone number

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

INAPPROPRIATE INFORMATION



- Pranks
- Offensive language
- Threats of violence
- Underage drinking or drug use
- Hate speech

Two Kinds of
Stupid

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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



SEXTING

- Sending or posting nude or partially nude images
- 4% of teens have sexted
- 15% 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



WHAT YOU CAN DO

- 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!

**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



CYBERBULLYING IN THE NEWS



Ryan
Halligan



Megan
Meier




Jessica
Logan



Jamey
Rodemeyer



Amanda
Todd



my name
is Amanda
Todd ...

A black and white photograph of a woman with long, dark, wavy hair. She is wearing a dark, possibly black, top. She is holding a stack of white papers in front of her chest with her left hand. The top paper of the stack has the word "Hello!" written on it in a simple, handwritten-style font. A small heart symbol is visible at the end of the word. Her right hand is partially visible on the left side of the frame, appearing to be in motion. The background is a plain, light-colored wall. The overall mood is casual and friendly.

Hello!

Cyberbully



Victim



Bystander



A CYBERBULLYING VICTIM MIGHT

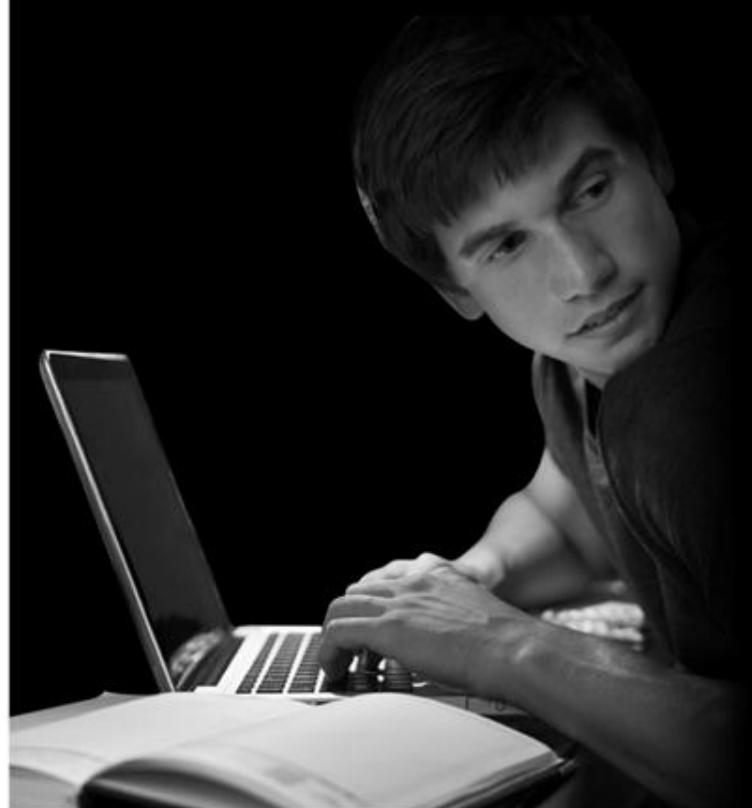


- Stop using the computer or cell phone
- Act nervous when receiving an email, IM or text
- Seem uneasy about going to school
- Withdraw from friends and family

WHAT YOU CAN DO

- Save 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

WHAT YOU CAN DO

- 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



Educators



Law Enforcement



Teens



Tweens



Kids

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Quick tips to help you stay safer online

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

Waiting for your Kit?

Check out our full resource catalog at the **NETSMARTZ LESSON BUILDER!**



Real Stories. Real Impact.

> CHOOSE an ISSUE

NetSmartz.org

- Activities
- Discussion Starters
- Games
- Information about the issues
- Safety Pledges
- Tip Sheets
- Videos

THANK YOU!

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Endnotes

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