



CYBER LITERACY SUPPORT FOR STUDENTS

STRATEGIES FOR TEACHERS AND PARENTS TO NAVIGATE THE WORLD OF INTERNET SAFETY

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RITENOUR SCHOOL DISTRICT IT

DIGITAL CITIZENSHIP

DIGITAL CITIZENSHIP IS DEFINED AS THE APPROPRIATE AND RESPONSIBLE USE OF TECHNOLOGY AMONG USERS.
(3 PRINCIPLES DEVELOPED BY MARK RIBBLE)

- Respect – Etiquette, Access, and Law
- Educate – Literacy, Communication, and Commerce
- Protect – Rights and Responsibilities (Ethics), Security, and Health

Game for students that helps to teach Digital Citizenship

(There are also parent and teacher resources associated with the game.)

https://beinternetawesome.withgoogle.com/en_us/

3 DIGITAL CITIZENSHIP PRINCIPLES EXPLAINED...

RESPECT

Digital Access: Equal rights and access

Digital Etiquette: Teaching appropriate conduct online

Digital Law: Proper usage and sharing of each other's digital property online.

EDUCATE

Digital Communication: Choosing the right ways to communicate in relation to the receiver and what needs to be said.

Digital Literacy: Being able to find, evaluate, and cite digital materials

Digital Commerce: Understand the importance of the digital economy.

PROTECT

Digital Rights and Responsibilities: Students need to understand their basic digital rights to privacy, and freedom of speech.

Digital Safety and Security: Need to know how to safeguard information by controlling privacy settings.

Digital Health and Wellness: Screentime awareness. Being able to balance their time online and off.

CYBER COMMUNICATION

- Cyber Safety
- Email
- Apps (Facebook, Instagram, Snapchat)
- Chat (Regular, Phone, Video)
- Games (Monitoring Chat)
- Online Challenges

EMAIL (DISTRICT ISSUES)

- SPAM – User-Reported SPAM (Be careful with what you put in SPAM)

A lot of students are putting their teachers or fellow students in SPAM. Putting messages in SPAM that are not necessarily SPAM can cause the students to miss important messages from the senders.

- Phishing – Recently, we have had an uptick in phishing emails. This is just a reminder to make sure you check the sender (email address). Sometimes the name will be the same as someone you know, but the email address will not be.

CYBER SAFETY



5 INTERNET SAFETY TIPS FOR KIDS

5 INTERNET
SAFETY
TIPS FOR 😊 KIDS

INTERNET SAFETY AND PRIVACY (EMAIL AND SOCIAL MEDIA)



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GREAT RESOURCES FOR PARENTS AND EDUCATORS REGARDING SOCIAL MEDIA

[HTTPS://SMARTSOCIAL.COM/#PROGRAMS](https://smartsocial.com/#PROGRAMS)

Social Media Apps & Cell Phone Safety



When should I give my kids a cell phone?

Our suggestions:

- **Ages 0-10** - No phone
- **Ages 10-13** - Flip phone (SMS/text, phone calls)
- **Age 13** - Cell phone safety contract

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Flip Phone – Good Start




Why a flip phone can be a good start for your students to connect and communicate:

- Flip phones offer students the chance to **connect and communicate** (without the down side of social media **consuming** their time and **comparing** them to others)
- Without apps on your child's phone you can monitor their activity, review their phone bill to see who/when they're texting and calling, and prevent them from talking to strangers
- Flip phones encourage real conversations via phone (because texting is a little harder with the keypad limitations)

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APP SAFETY GUIDELINES (FACEBOOK EXAMPLE)

safebook

YOU  **THINK** — Think before you post

FRIENDS — Only connect with friends


KIND — Be kind to others


PASSWORD — Don't share your password

PRIVACY — Keep your settings private

HURT — Don't be hurtful towards others

PARENTS & TEACHERS
Join Facebook
Understand how it works
Teach safety and responsibility
Privacy - check their settings

FRIENDS

DON'T: Stay silent
DO: Help your friend
Report the bully
Tell your parents
Tell your teacher

THE BULLY

DON'T: Respond
DO: Save what they say
Unfriend the person
Block them
Tell a Friend
Tell your Parents
Report the person

TELL • UNFRIEND • BLOCK • REPORT

This is our reaction to cyber-bullying. We must all play our part! Play yours - email design@fuzion.ie for a print ready file

APPS TO WATCH FOR

10 APPS TEENS ARE USING THAT PARENTS NEED TO KNOW



Calculator%
This app looks like a calculator but functions like a secret photo vault.



Omegle
A free online chat website that promotes chatting anonymously to strangers.



Yellow
This app is designed to allow teens to flirt with each other in a Tinder-like atmosphere.



Whisper
An anonymous app where the creators promote sharing secrets and meeting new people.



Ask.fm
Ask an anonymous question and get an answer. This app has been linked to the most severe forms of cyberbullying.



Hot or Not
Strangers rate your profile. Goal is to lead to a hook up.



Burn Book
Post anonymous rumors about people through audio messages, texts, and photos.



Wishbone
An app that allows users to compare kids against each other and rate them on a scale.



Kik
Messaging app. Kik has built in apps and web content that would be filtered on home computer.



Instagram
Many kids are now creating fake accounts to hide content from parents. Kids also like to text using Instagram because messages are deleted once a user leaves conversation.

FOR MORE INFO: APPSOLUTELYAPRIL.COM

21 APPS

PARENTS SHOULD KNOW ABOUT

Courtesy of the Sarasota County Sheriff's Office
SEPTEMBER 2019



PLENTY OF FISH

PLENTY OF FISH is a popular free dating app and website that encourages chatting with strangers. It allows users to browse profiles based on location.

HILY

HILY is a dating app where users can browse photos, engage in chats, and private videos and more. Based on the GPS location of a mobile device, strangers can arrange to meet up locally.

ZOOK

ZOOK is a location-based dating app and website similar to many others. The app is available in 80 countries and utilizes a "carousel" feature which matches users with random strangers.

MOCOSPACE

MOCOSPACE is a free social networking and dating app geared towards African American and Latino communities. Users can connect with strangers worldwide via text messages or voice calls.

BEST SECRET FOLDER

BEST SECRET FOLDER is specifically meant to "hide" photos and videos, according to app store descriptions. It features password protection, decay videos and alarm settings.

MONKEY

MONKEY is a live video chat app that connects users to random strangers worldwide, offering group chat and private message options. It claims to be rated for ages 17 and up but has "mild sexual content and nudity."

MEETME

MEETME is a dating social media app that allows users to connect with people based on geographic proximity. As the app's name suggests, users are encouraged to meet each other in person.

GRINDR

GRINDR is a dating app geared towards gay, bi and transgender people. The app gives users options to chat, share photos and meet up based on a smart phone's GPS location.

SKOUT

SKOUT is a location-based dating app and website. While users under 17 years old are unable to share private photos, kids can easily create an account using a different age.

WHATSAPP

WHATSAPP is a popular messaging app that allows users to send texts, photos, voice-mails, make calls and video chats worldwide. WHATSAPP uses an internet connection on smart phones and computers.

TIKTOK

TIKTOK is a new mobile device app popular with kids used for creating and sharing short videos. With very limited privacy controls, users are vulnerable to cyber-bullying and explicit content.

BADDOO

BADDOO is a dating and social networking app where users can chat, share photos and videos and connect based on location. While the app is intended for adults only, teens are known to create profiles.

BUMBLE

BUMBLE is similar to the popular dating app "Tinder" however, it requires women to make the first contact. Kids have been known to use BUMBLE to create fake accounts and falsify their age.

SNAPCHAT

SNAPCHAT is one of the most popular apps in recent years. While the app promises users can take a photo/video and it will disappear, new features including "stories" allows users to view content for up to 24 hours. Snapchat also allows users to see your location.

KIK

KIK allows anyone to contact and direct message your child. Kids can bypass traditional text messaging features. Kik gives users unlimited access to anyone, anywhere, anytime.

LIVEME

LIVEME is a live-streaming video app soliciting video chat app that share videos so users can find out a broadcaster's exact location. Users can earn "coins" as a way to "pay" minors for photos.

HOLLA

HOLLA is a self-proclaimed "soliciting" video chat app that allows users to meet people all over the world in just seconds. Reviewers say they have been confronted with racial slurs, explicit content, and more.

WHISPER

WHISPER is an anonymous social network that promotes sharing secrets with strangers. It also reveals a user's location so people can meet up.

ASK.FM

ASK.FM is known for cyber-bullying. The app encourages users to allow anonymous people to ask them questions.

CALCULATOR%

CALCULATOR% is only one of SEVERAL secret apps used to hide photos, videos, files, and browser history.

HOT OR NOT

HOT OR NOT encourages users to rate your profile, check out people in their area, and chat with strangers. The goal of this app is to hook up.

For more information, contact Sarasota County Sheriff's Office Community Affairs at 941.861.4005



CHAT ROOMS/GAMES TO WATCH FOR

- Tellonym –messenger app
- Bigo Live – live streaming app
- Imvu –virtual world game (chat now)
- Houseparty – video chatting app
- Tinder – Dating app – 13+can register
- Kik – text (for 17+ no age verification)
- Voxel – walkie-talkie app
- Whisper –anonymous message app
- Tumblr – photo, video sharing and chat
- Instagram/Snapchat/Facebook – sharing photos/videos and messaging
- Discord - free voice, video, and text app
- Look – free video messaging app

DANGEROUS CHALLENGES

- Momo Challenge: encourages kids to hurt themselves. Also used in hacking.
- Choking/Fainting/Pass-Out Challenge: Very risky and has resulted in death.
- Tide Pod Challenge: Biting into a pod of laundry detergent. Can cause chemical burns and kidney and lung problems.
- Blue Whale Challenge: 50 day challenge full of harming tasks. On 50th day, the kids commit suicide. This challenge has resulted in death.

CHALLENGES

FUNNY

- **Try Not to Laugh Challenge:** involves short, funny videos and trying not to laugh. Harmless, although sometimes laughing at other's expense.
- **Whisper Challenge:** Person wears headphones with loud music laying. Other person would try to read lips.
- **Mannequin Challenge:** A group of people gets together, poses, and freezes while camera rolls and music plays.

FOOD

- **Eat It or Wear It Challenge:** This one takes prep. Player chooses a number, checks out the food, and decides to eat or wear it. Very messy, but low-risk.
- **Hot-Pepper Challenge:** Eat a hot pepper (habanero/ghost pepper) while filming and chugging milk to try to stop burning. Can be dangerous.
- **Cinnamon Challenger:** Eat a spoonful of cinnamon, sputter and choke, and record the whole thing. Can be dangerous.

PHYSICAL

- **Bottle-Flipping Challenge:** Partly fill a plastic water bottle and toss it in such a way that it lands right-side up.
- **Backpack Challenge:** One person runs between two rows of people who try to hit you with heavy backpacks. The goal is to make it to the end without falling down. Can be dangerous.
- **Kylie Lip Challenge:** Kids would put a shot glass over their mouths, suck in, and make their lips swell artificially. Can cause damage, also has to do with impossible beauty standards.

PARENTAL CONTROL APPS ALL PLATFORMS

- Net Nanny Parental Control – excellent web-filtering technology and a modern, intuitive design. Supports Android and iOS.
- iKeyMonitor Parental Control – monitor text messages, calls, websites, social media apps. Supports Android and iOS.

BEST PARENTAL CONTROL APPS

Best apps for Android



Enable Parental Controls on YouTube



Best apps for iOS



EXTRA CONTENT

- Jailbreaking (Rooting) apps

Cydia is a gateway app that allows tech savvy teens to download apps from a 3rd party without going through Apple or Google Store.

RESOURCE WEBSITES USED

- <https://www.aeseducation.com/career-readiness/what-is-digital-citizenship>
- <https://www.fosi.org/good-digital-parenting/introduce-kids-email-safety/>
- <https://smartsocial.com/faqs/#safety>
- <https://smartsocial.com/faqs/#monitor>
- <https://www.familyeducation.com/mobile-apps/a-complete-guide-to-potentially-dangerous-apps-all-parents-should-be-aware-of>
- <https://www.common sense media.org/blog/viral-youtube-challenges-internet-stunts-popular-with-kids>
- <https://www.iste.org/explore/digital-citizenship/essential-elements-digital-citizenship>
- <https://www.tomsguide.com/us/best-parental-control-apps,review-2258.html>