

# Being Good Digital Citizens with Today's Technologies



**Parent Presentation**

# Today's Presentation:

- Utah Statistics
- Benefits & Dangers
- Profile of a Teenager
- Potential Risks
- Cell Phones & Photos
- Posting a Picture
- Cyber-bullying
- Personal Information
- Online Friends
- Talking to an Adult you Trust
- Five Ways to Stay Safer Online







# Utah Statistics

- Utah ranks #1 in the nation for home computer use.
  - 1.8 million or 74% of Utahns have computers in their homes.
- Utah ranks #5 in the nation for home Internet use.

(Huntsman, 2005)

# NetSafe Utah Introduction





# What do we learn from this video?

- Teens get on the Internet to connect to others through...
  - Social networks, instant/text messaging, games.
- The Internet is like the pizza parlors and malls of the past.
- Have conversations regularly and openly.
- Know what your kids are doing online like you do offline.
- What else can you do?
  - Have time limits.
  - Install filtering and monitoring software.

# What is the best Internet filter in the world?

- It is free.
- It is simple to use.
- You take it with you wherever you go.

**The best Internet filter is...**

**You**





# Benefits of the Internet

- Accessible from...
  - Home, school, public libraries...
- Communicate with...
  - Family, friends, & other students.
- Information for...
  - Homework, news, entertainment...



# Dangers of the Internet

- Accessible from...
  - Virtually everywhere.
- Communicate with...
  - Family, friends, predators...
- Information including...
  - Pornography, violence, drugs...



# Why teenagers can be vulnerable?

## Profile of a teenager

- Be own person
- Make own decisions
- Be independent from parents
- Be understood
- Wants attention
- Wants love





# Video Example #1

- Chat Room Exchange





# Video Example #2

- Julie's Journey





# Potential Risks

Porn-ography	Computer Virus	Copyright Infringement	Cyber-Bullying
Online Predator	Hate Crimes	Instant Messaging	Chat Rooms
Online Gaming	Media Violence	P2P File Sharing	Popup Ads
Internet Fraud	Sexual Exploitation	Social Net-working sites	Spam
Spyware	Video Sharing	Web Blogs	Web Cam



# How to Reduce Your Risk on the Internet

- Have Anti-Virus / Anti-Spyware Software
- Keep Software Updated:
  - Anti-Virus / Anti-Spyware software
  - Operating System - PC and Mac
  - Browsers - Firefox, Internet Explorer, Safari, & others
- Safe Behaviors, like avoiding:
  - “Free” offers
  - Suspicious e-mails
  - Inappropriate or illegal web sites

# Cell Phones





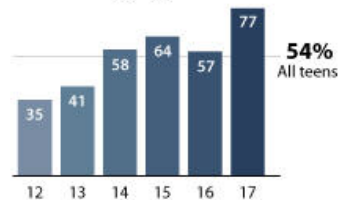


# Teens and Mobile Phones

- How many teens have a cell phone (12-17 yrs old)?
  - 75%
- What are they doing with it?
  - Most texting friends daily
  - One in three teens sends more than 100 texts messages a day, or 3000 texts a month.
- What else?
  - Take and share pictures
  - Play music and games
  - Access social network sites and e-mail

# The % of teens who contact their friends daily by different methods, by age

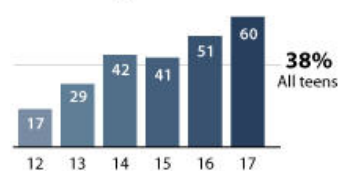
Text messaging



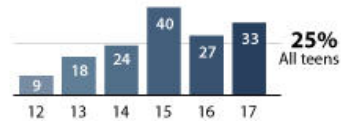
Talk on a landline phone



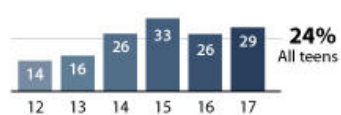
Call on cell phone



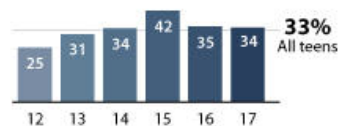
Social network site



Instant messaging



Talk face-to-face



Email



Source: Pew Research Center's Internet & American Life Project surveys. "All teens" refers to all teens ages 12-17.





**Having a cell phone is a privilege,  
not a right.**

# Cell Phones and Photos



# Cell Phones and Photos

- Victim and perpetrator
  - Often the same person
- Can lead to cyber-bullying
- Think before you post





# Posting a Picture

---

**What types of pictures should we post online?**



# What do we learn from Maggie's posting of pictures?

- Online pictures can be forwarded and posted elsewhere.
- Once a picture is posted, you can't get it back.
- Nude pictures are illegal (< 18 = child pornography).
- Only post "G-rated" pictures.
- Use privacy settings.
- Don't reveal personal information in pictures.
- A picture you post online can effect your future.



# What is Cyber-bullying?

- Use of technology to harass, threaten, or embarrass someone.



Courtesy of wentongg's photostream



# Cyber-bullying vs Bullying

- It can happen 24/7.
- It can be done from a physically distant location – easier to say hurtful things in a text message rather than face-to-face
- Victims often do not know who the bully is, or why they are being targeted.
- It can become viral - a large number of people can become involved.
- Loss of non-verbal cues (face) and voice inflexion (joking).
- Victim may become bully.



# How can we stop cyber-bullying?

1. Do not respond to the bully.
2. Save the evidence.
3. Report it.



# What about Personal Information?

- What can happen if...
  - Someone gets your name and social security number?
  - You post your e-mail address on facebook?
  - You give your best friend your Facebook or email password?





# What can we learn about keeping our personal information safe?

- Logging into a personal info web site – look for a lock icon.
- Don't use obvious words for passwords.
- Never give out passwords even to a best friend.
- Change passwords often.
- Keep security software updated.
- Be sure to log out after using a public computer.
- Don't post pictures that show personal information.



# Online Friends

**Who should you have as your  
online friends?**



# What did Maggie learn about being safe online?

- Don't accept "friends" that you don't know in real life.
- Use privacy settings.



# Talking to an Adult You Trust

---

So, who is an adult you know that  
you trust?





# What did Maggie (and her Dad) do to be safer on the Internet?

- Use of the Google filter.
- Installed a software filtering system to block unwanted content.
- Agreed on G and PG content.
- Told a person she trusted when something made her feel uncomfortable.



# Five Ways to Stay Safe Online

- 1) Talk about it.
- 2) Implement Safety Tools.
- 3) Avoid Isolation.
- 4) Guard Personal Information.
- 5) Don't respond, save the evidence, and report it.



# What have we learned about today?

- Utah Statistics
- Benefits & Dangers
- Profile of a Teenager
- Potential Risks
- Cell Phones & Photos
- Posting a Picture
- Cyber-bullying
- Personal Information
- Online Friends
- Talking to an Adult you Trust
- Five Ways to Stay Safer Online

To learn more, go to:





# Questions?

---