



AN INTERNET SAFETY WORKSHOP FOR Teens

BE SAFE ONLINE



You & Your Parents...

You're not as different as you may think!



Passing Notes = Texting/Messaging



Buying CDs = Downloading Music



Playing Board Games = Online Gaming



Writing in a Journal = Blogging



THE SOCIAL WEB



Instagram



YOUR LIFE ONLINE

For many teens, technology is a really important part of life!

- **Socializing with Friends**
- **Research for School**
- **Playing Games**
- **Buying Music**
- **Blogging & Vlogging**



ONLINE DECISIONS

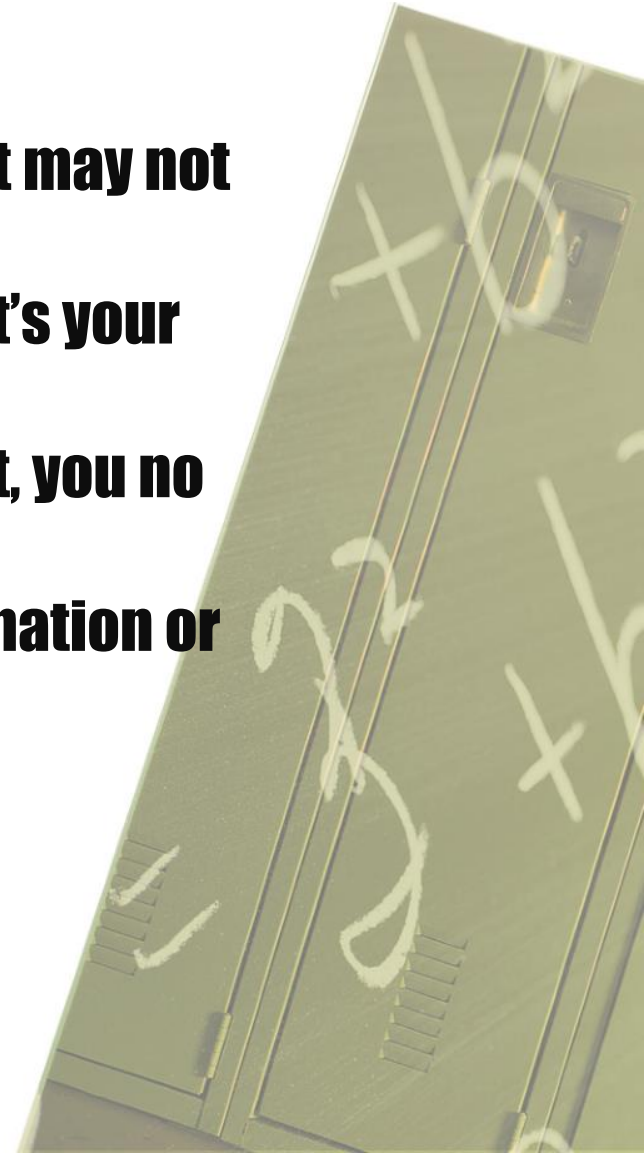
What would you do if you...

- **Got a friend request from someone you didn't know?**
- **Were asked for personal information from someone you met online?**
- **Were asked for your account passwords?**
- **Saw a friend being embarrassed or harassed on social media?**
- **Were asked to send a nude picture of yourself?**
- **Were sent an unsolicited nude picture?**



PRIVACY ONLINE

The information that you send and post may not always remain private, even if that's your intention. Once you hit send or post, you no longer have control over that information or those images.

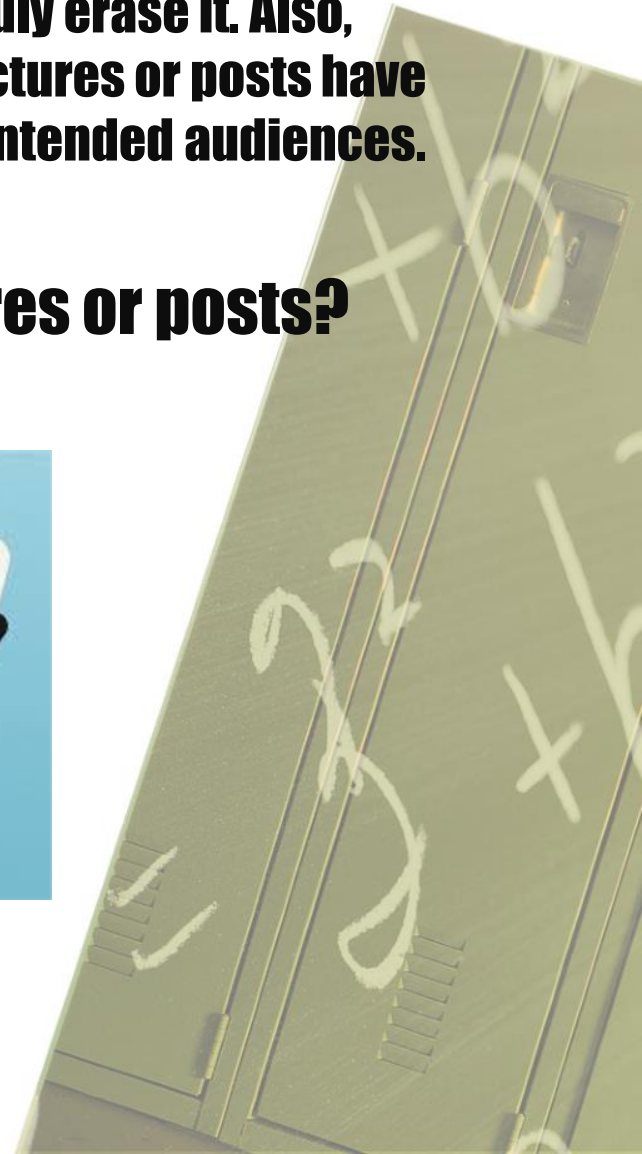


Consider the Possibility...

Once something is in cyberspace, there is no way to truly erase it. Also, remember that you have no guarantee that your pictures or posts have not been copied or saved to be forwarded on to unintended audiences.

Who may have access to those pictures or posts?

- **Teachers**
- **Coaches**
- **School Administrators**
- **Family**
- **Peers**
- **Employers**
- **Coworkers**
- **Recruiters**
- **College Admissions Officers**

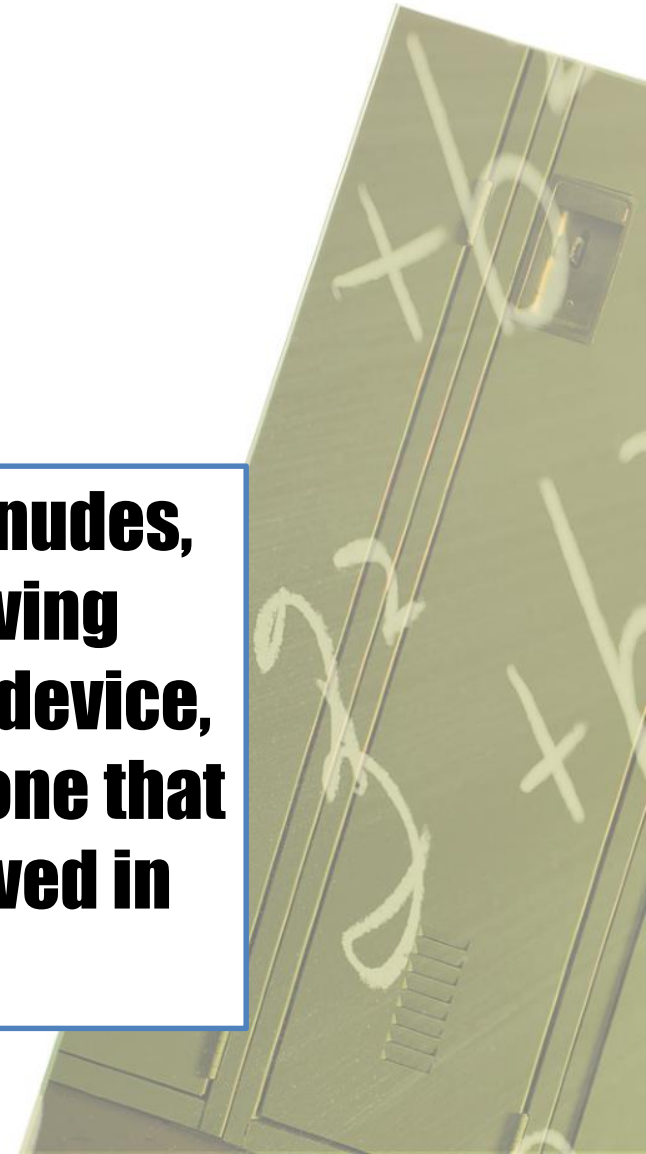


SEXTING & NUDES

SEX + TEXTING = SEXTING



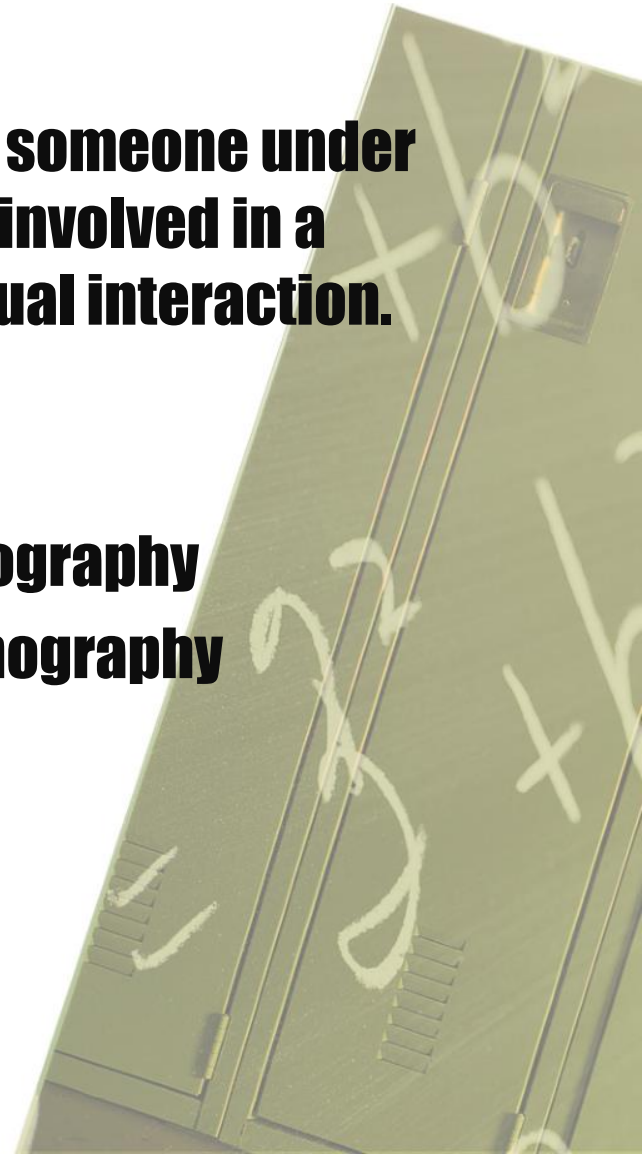
Also known as sending & receiving nudes, sexting refers to sending & receiving pictures or videos via an electronic device, often a cell phone, that depict someone that is naked, semi-naked, and/or involved in sexual acts.



KNOW THE LAW!

It is illegal for you to have or send pictures of someone under the age of 18 who is naked, semi-naked, or involved in a sexual act, even if this is part of a consensual interaction. This is federal law.

Having = Possession of Child Pornography
Sending = Distribution of Child Pornography



BEFORE YOU HIT SEND, ASK YOURSELF...

- **Am I choosing to do this because I want to?**
- **What are my reasons for wanting to do this?**
- **Do I feel pressured to do this?**
- **Would I feel comfortable saying no?**
- **Am I afraid of what will happen if I say no?**
- **Do I know and trust this person?**
- **Have we had a conversation about this before?**
- **Do I know all the potential consequences?**
- **Do I feel like I understand all of the potential consequences?**



PEER PRESSURE

Peer pressure happens!

If someone is pressuring you to do something that you don't want to do or are uncomfortable with, please get support!

Peer pressure can look like...

- **Someone asking you repeatedly when you've already said no**
- **Threatening or blackmailing you**
- **Trying to bargain with you**
- **Telling you that you will be more accepted or popular**
- **Normalizing something by saying everyone is doing it**



IT'S NOT YOUR FAULT!

**If someone is using a picture of you to try and hurt you,
it is not your fault!**

You may be feeling afraid, ashamed, or alone, but there are people that can help and support you.

**Who are people you may be safe for you?
Who do you feel like you can trust?**

- **Parents?**
- **Teachers?**
- **School Counselors?**
- **Coaches?**
- **Friends?**
- **SROs?**
- **Therapists or Advocates from Local Support Agencies?**



MANDATING REPORTING

What is mandating reporting?

People who are mandated reporters must make a report to CPS anytime there is a reason to suspect that someone under the age of 18 is being abused, neglected, or hurt in any way.

Who are mandated reporters?

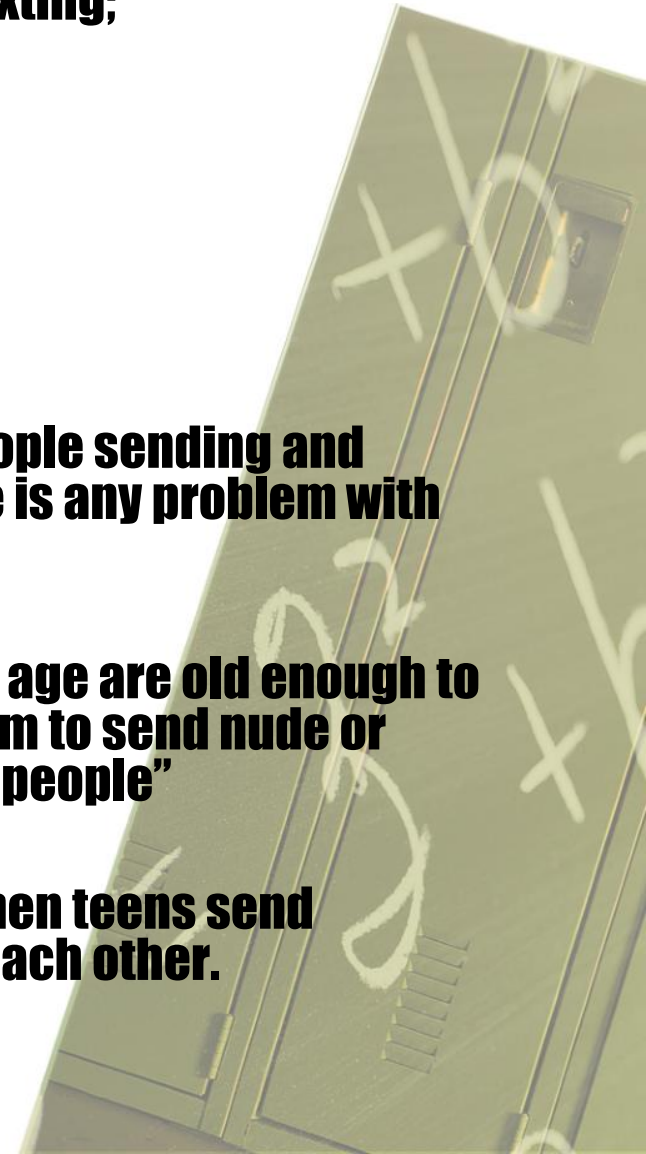
- **Teachers**
- **Counselors, Therapists, & Advocates**
- **Coaches**
- **School Administrators**
- **SROs & Law Enforcement Officers****

****It is important to know that, if you disclose illegal activity to an SRO, as is the case with sexting, they are required by law to open an investigation.**



STATISTICS

- **About 1 in 5 teens have engaged in some kind of sexting;
9% sent a sext
17% received a sext
3% forwarded a sext.**
- **53% of teens who sext are girls and 47% are boys.**
- **23% of teens think sexting is fine as long as the people sending and receiving the sext think it's ok (3% don't think there is any problem with sexting.)**
- **52% of teens agree with the statement: "people my age are old enough to decide for themselves whether it is all right for them to send nude or sexually suggestive photos of themselves to other people"**
- **48% of teens agree that adults are overreacting when teens send sexually suggestive text messages and emails to each other.**



Don't assume anything you send or post is going to remain private

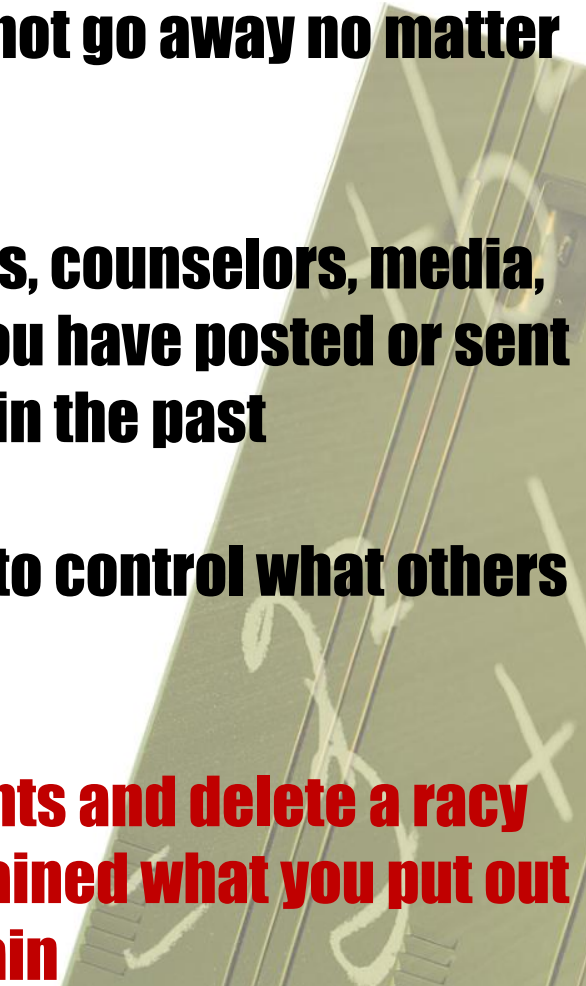
Assume that everything you post or send is going to be seen by everyone you know and beyond that. Just because you think it will be kept private, doesn't mean it will.

***4 out of 10 of teens have reported being shown images that were meant to be kept private**

***20% of teenagers reported showing others images that were meant to be kept private**



There is no changing your mind in cyberspace - anything you send or post never truly goes away

- *Something that seems fun and flirty now, may not go away no matter how much you want it to.**
 - *Potential employers, family members, coaches, counselors, media, college recruiters will all be able to see what you have posted or sent and access things you have posted in the past**
 - *Even after you delete it, it is nearly impossible to control what others are posting about you**
 - *Think About It: Even if you have second thoughts and delete a racy post, there is no telling who has copied and retained what you put out there so they can post it again**
- 

**Don't give in to the pressure to
do something that makes you
uncomfortable, even in
cyberspace**



IF You.....

Maliciously forward a sexually explicit picture of someone underage (under 18) you are as responsible for this image as the sender. You can face...

- **Child pornography charges**
 - **Lose your phone**
 - **Go to jail**



What are the staggering statistics

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WHAT ARE THE CONSEQUENCES?

❖ **Suspension/Expulsion**

❖ **Lose Your Phone**

❖ **Criminal Charges**

❖ **Family Issues**

❖ **Relationship Issues**

❖ **Loss of Friendships**

❖ **Loss of Scholarship/s**

❖ **Removal from Sport Team/Club/Activity**

❖ **Losing a Job**

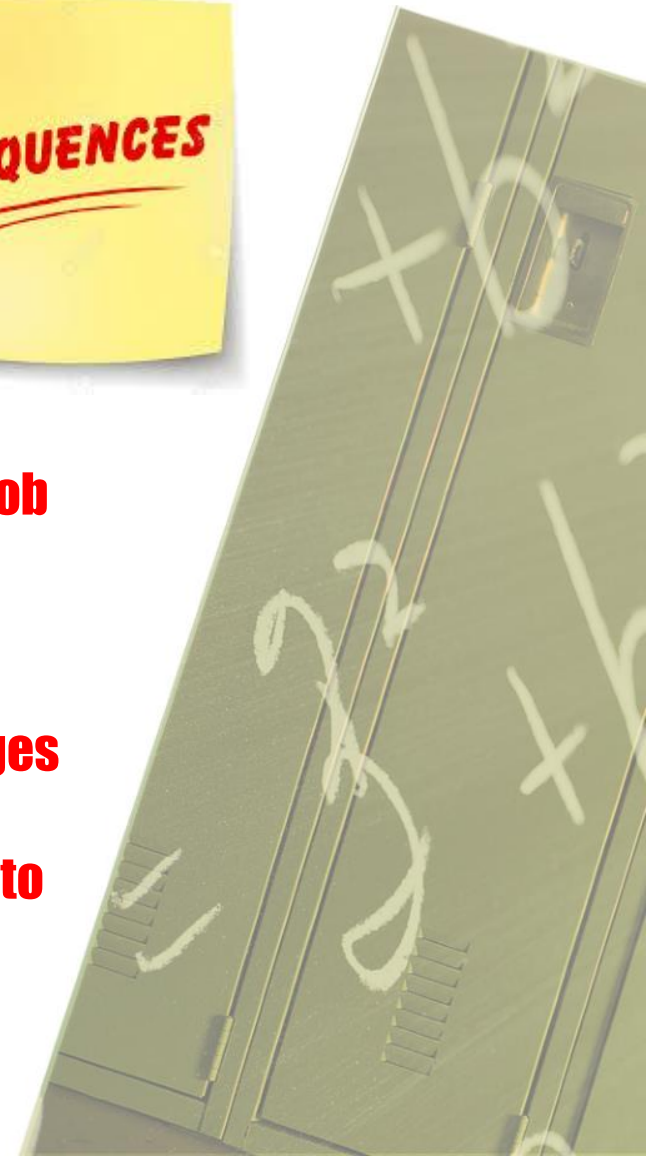
❖ **Not getting hired for a Job**


❖ **Being Labeled**

❖ **Loss of Internet Privileges**

❖ **Not getting accepted into a University**

❖ **Many More.....**



A 3D rendered orange figure, resembling a stylized person, is holding a large, rectangular, light-colored sign with a thin orange border. The figure is positioned behind the sign, with its hands visible at the top and bottom edges. The figure has a large, rounded head and a simple, rounded body. The background is a plain, light yellow gradient.

Cyberbullying

**Take a Stand
and
Lend a Hand**

What's Our Goal

- ❖ **To Identify what Cyberbullying is**
- ❖ **To Identify how it happens**
- ❖ **To Know how to stop it from happening**
- ❖ **To Know what to do if it's happening to you**

All done through.....

Education

Prevention

Consequences

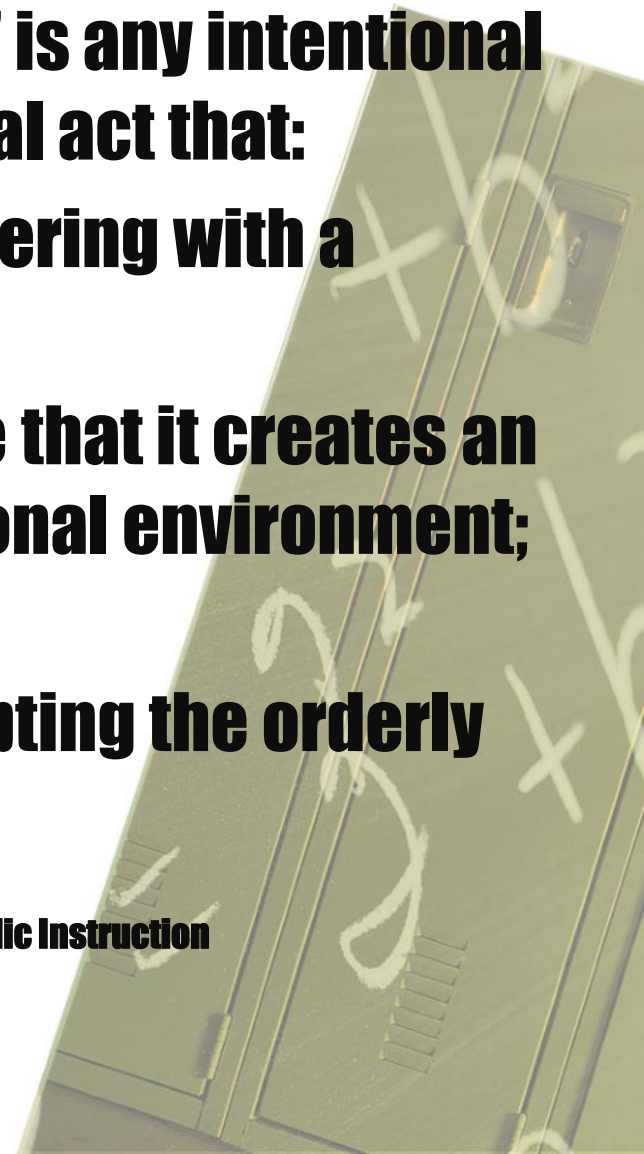


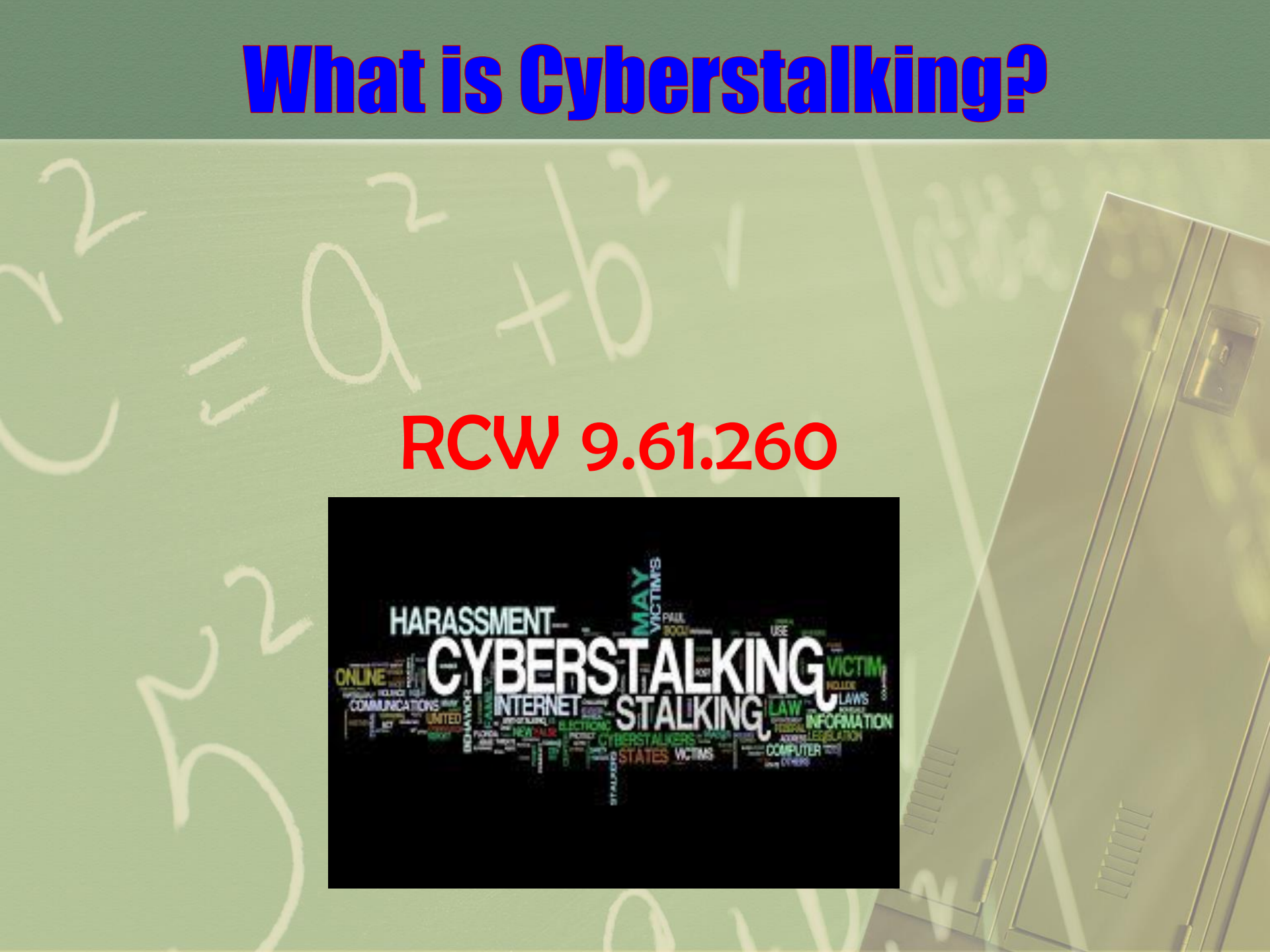
What is Cyber Bullying?

“Harassment, intimidation, or bullying” is any intentional electronic, written, verbal, or physical act that:

- **Has the effect of substantially interfering with a student’s education; or**
- **Is so severe, persistent, or pervasive that it creates an intimidating or threatening educational environment; or**
- **Has the effect of substantially disrupting the orderly operation of the school.**

WA Superintendant of Public Instruction



[illegible][illegible]

1) A person is guilty of cyberstalking if he or she, makes an electronic communication to such other person or a third party, with intent to harass, intimidate, torment, or embarrass any other person, and under circumstances not constituting telephone harassment:



**CYBER
STALKING**

(a) Using any lewd, lascivious, indecent, or obscene words, images, or language, or suggesting the commission of any lewd or lascivious act;

(b) Anonymously or repeatedly whether or not conversation occurs; or

(c) Threatening to inflict injury on the person or property of the person called or any member of his or her family or household.

**CYBER
STALKING**

(2) Cyberstalking is a gross misdemeanor, except as provided in subsection (3) of this section.

(3) Cyberstalking is a class C felony if either of the following applies:

(a) The perpetrator has previously been convicted of the crime of harassment, as defined in RCW [9A.46.060](#), with the same victim or a member of the victim's family or household or any person specifically named in a no-contact order or no-harassment order in this or any other state; or

(b) The perpetrator engages in the behavior prohibited under subsection (1)(c) of this section by threatening to kill the person threatened or any other person.

What's All the Hype About?

In 2011, 15.8% of high school students that were surveyed, admitted to having considered suicide in the previous 12 mos.

Suicide is the third leading cause of death among young people

160,000 Students skip school every day to avoid being bullied.

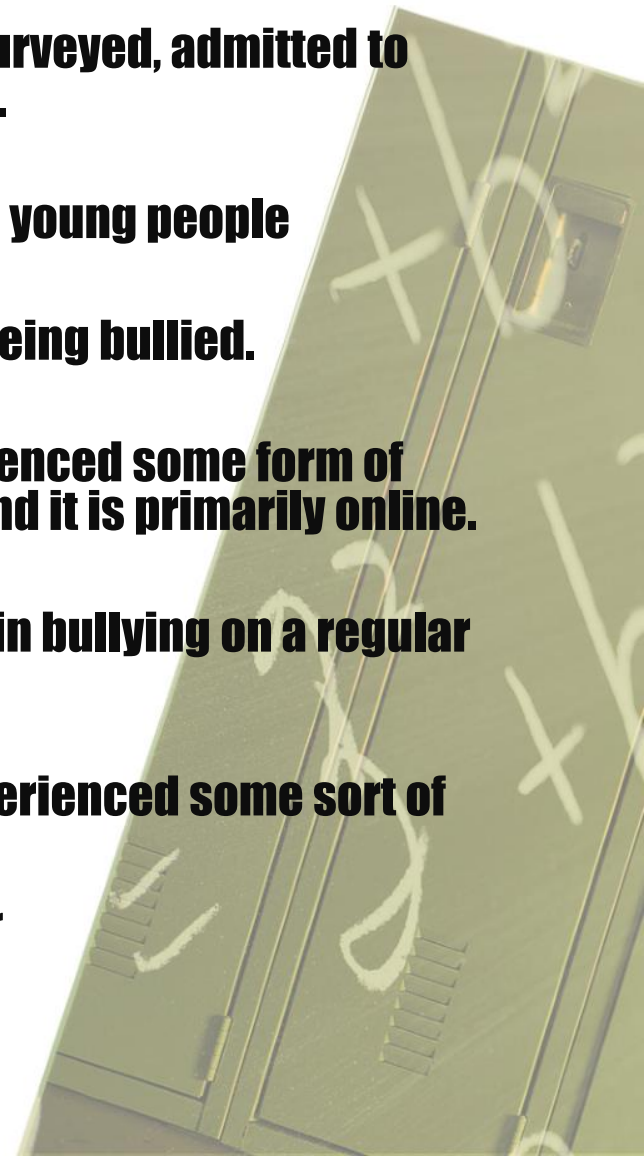
Over 80% of youth under the age of 18 have experienced some form of cyber bullying at one or more times in their life, and it is primarily online.

30% of students in the United States are involved in bullying on a regular basis either as a victim, bully or both

43% of Teens aged 13-17 report that they have experienced some sort of Cyber Bullying in the past year.

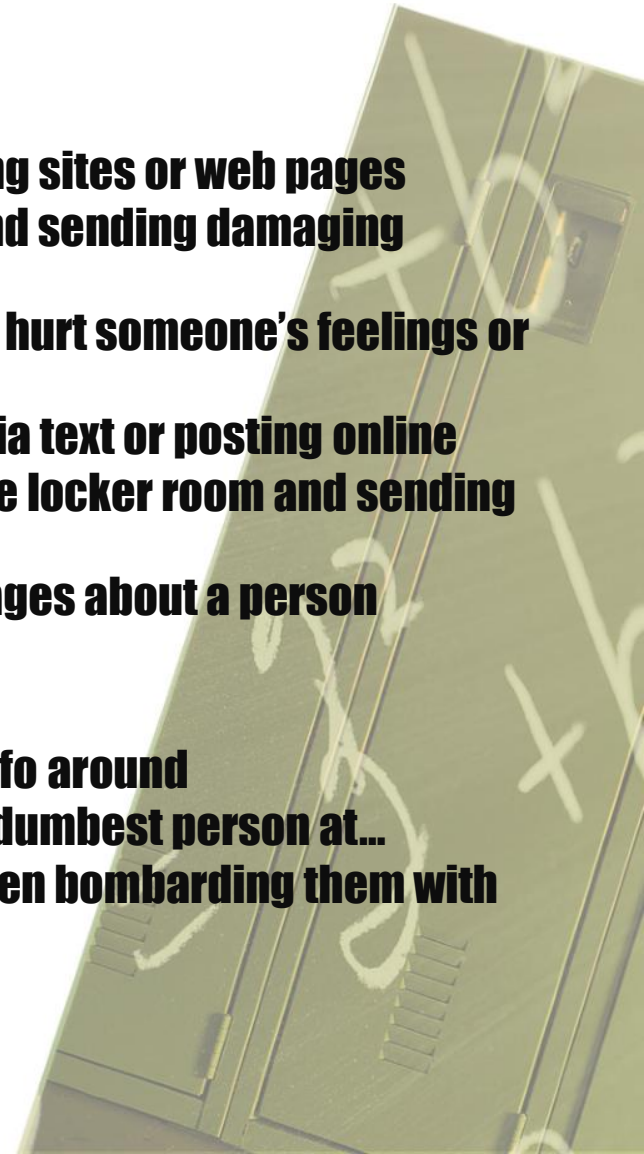
**Harris Interactive Trends and Tudes, 2007 & Cyberbullying Research Center
CDC – Center for Disease Control**

Bullyingstatistics.org



Cyberbullying Can Take Many Forms

- * **Sending mean messages or threats electronically**
- * **Spreading rumors online or through texts**
- * **Posting hurtful or threatening messages on social networking sites or web pages**
- * **Stealing account info or breaking into someone's account and sending damaging messages**
- * **Pretending to be someone else online or in text messages to hurt someone's feelings or get them to say something they normally wouldn't say to you**
- * **Taking unflattering pictures of someone and sending them via text or posting online**
- * **Taking unwanted pictures/videos of students changing in the locker room and sending them via text or posting them online**
- * **Sexting or circulating sexually suggestive pictures or messages about a person**
- * **Excluding someone from online social groups**
- * **Creating a website/profile making fun of someone**
- * **Tricking someone into sharing secrets and spreading that info around**
- * **Creating polling web pages to vote for the ugliest, fattest, or dumbest person at...**
- * **Ganging up on victims by luring them into a chat room and then bombarding them with hurtful messages**



Why Be A Cyberbully?

68% of Teens agree that Cyberbullying is a serious problem with today's youth.

Then why are they doing it?

- ☹ **To show off for friends**
- ☹ **To be mean**
- ☹ **To embarrass them**
- ☹ **For fun or entertainment**
- ☹ **They deserved it**
- ☹ **To get back at someone**
- ☹ **They are insecure with themselves**

STOP
cyberbullying



How is it Different From Bullying?

Other Conflict/Fighting*

- **Between friends/equals/peers**
- **Spontaneous/occasional**
- **Accidental/not planned**
- **No serious, lasting harm**
- **Equal emotional reaction**
- **Not for domination/control**
- **Often a sense of remorse**
- **May try to solve problem**



Bullying*

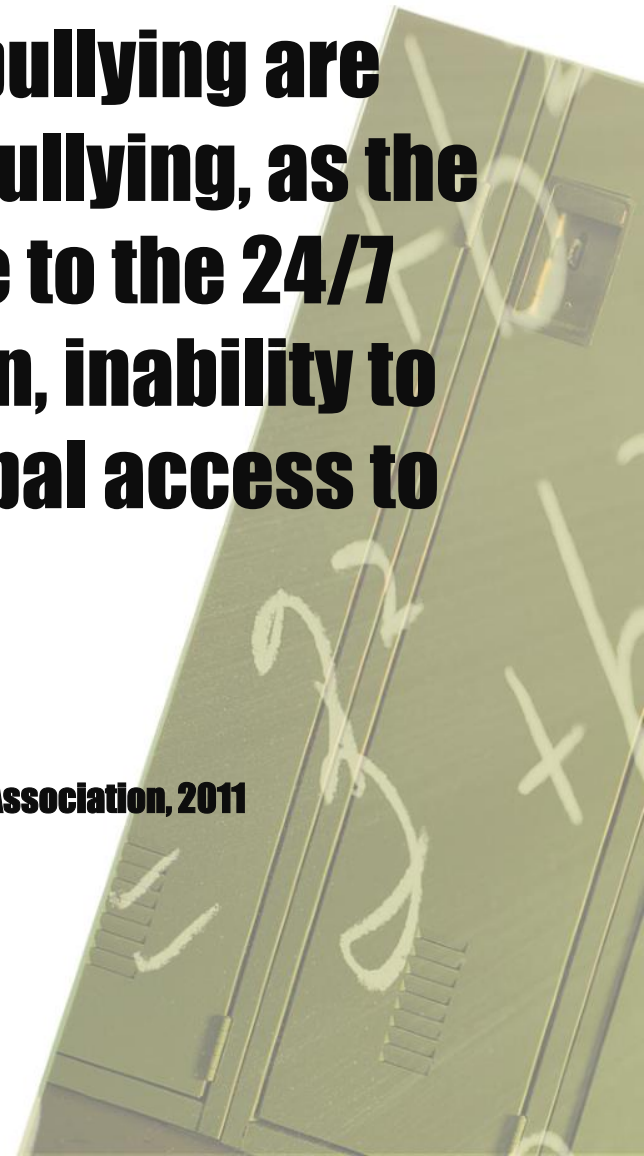
- **Not friends**
- **Repeated over time**
- **Intentional**
- **Physical/emotional harm**
- **Unequal emotional reaction**
- **Seeking control/possession**
- **No remorse-blames target**
- **No effort to solve problem**

*Please remember that specifics will vary with each incident

“The symptoms related to cyber bullying are more intense than traditional bullying, as the impact is more devastating due to the 24/7 nature of online communication, inability to escape to a safe place, and global access to information”



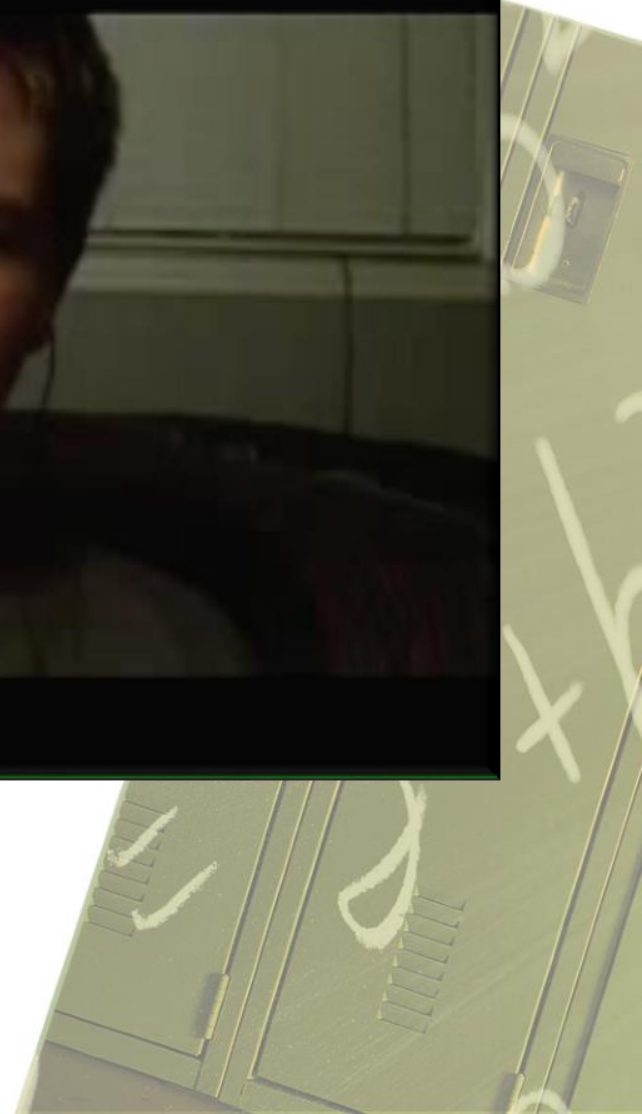
American Psychological Association, 2011



See for yourself.....



Your words can and will hurt



What Effects Does Cyberbullying Have?



Increased rates of:



Fear

Anxiety



Depression



Absenteeism



Academic Decline



Loneliness



Low Self-Esteem



Suicide Ideation

Why Not Ask For Help?

Pride! Bullying can be a humiliating experience

Afraid of being seen as weak

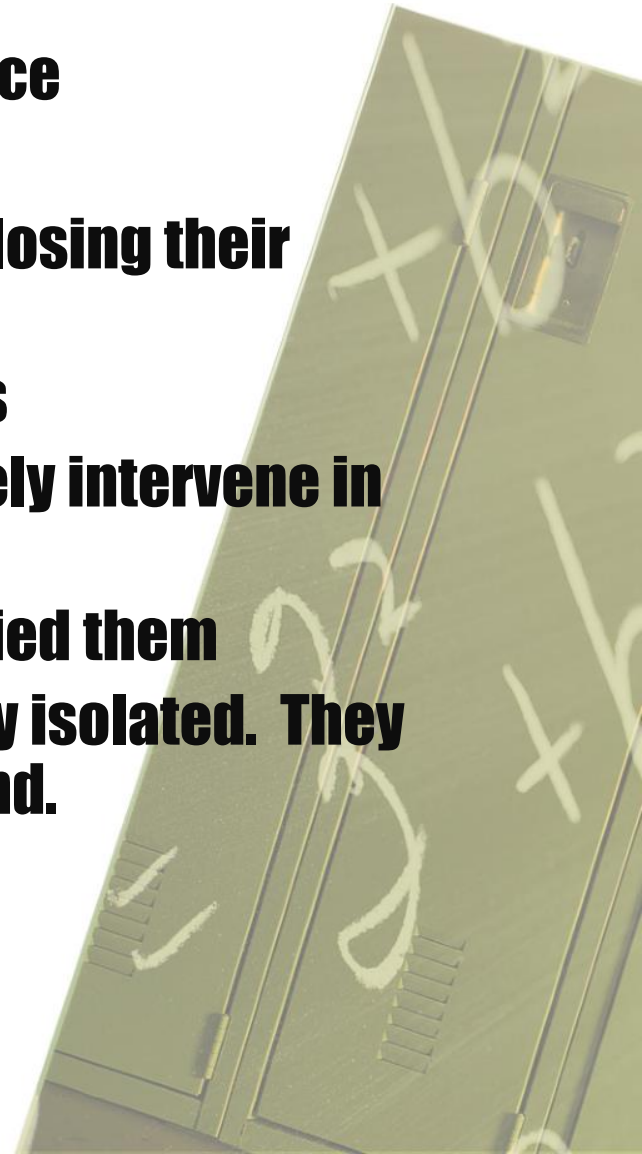
Kids fear of getting in trouble, being blamed, losing their technology privileges

Cyber Bullying can make a child feel helpless

Kids feel adults have been unable to effectively intervene in the past and will continue to fail to do so

Kids may fear backlash from the kid who bullied them

Kids who are bullied may already feel socially isolated. They may feel like no one cares or could understand.



Are You A Bystander?

A bystander is any person who is present at the time of the bullying or have personal knowledge that it is occurring, but does not take part in it, nor do they do anything to stop it.

- ▶ **When a bystander fails to act, they become a part of the problem.**
- ▶ **Research shows a more positive school climate when people take a stand and show that bullying is not acceptable, will not be tolerated and will be dealt with immediately.**



- 95% of social medial-using teens who have witnessed cruel behavior on social networking sites say they have seen others ignoring the mean behavior; 55% witness this frequently.
- 66% of teens who have witnessed online cruelty have also witnessed others joining; 21% say they have also joined in the harassment.
- 90% of social-media using teens who have witnessed online cruelty say they, themselves, have ignored the mean behavior on social media; 35% have done this frequently.

TIPS for TEENS

🖱️ **Step-UP! Stop bullying from happening to others**

🖱️ **Raise Awareness**

🖱️ **Don't Cyberbully**

🖱️ **Pause before you post**

🖱️ **Protect your passwords**

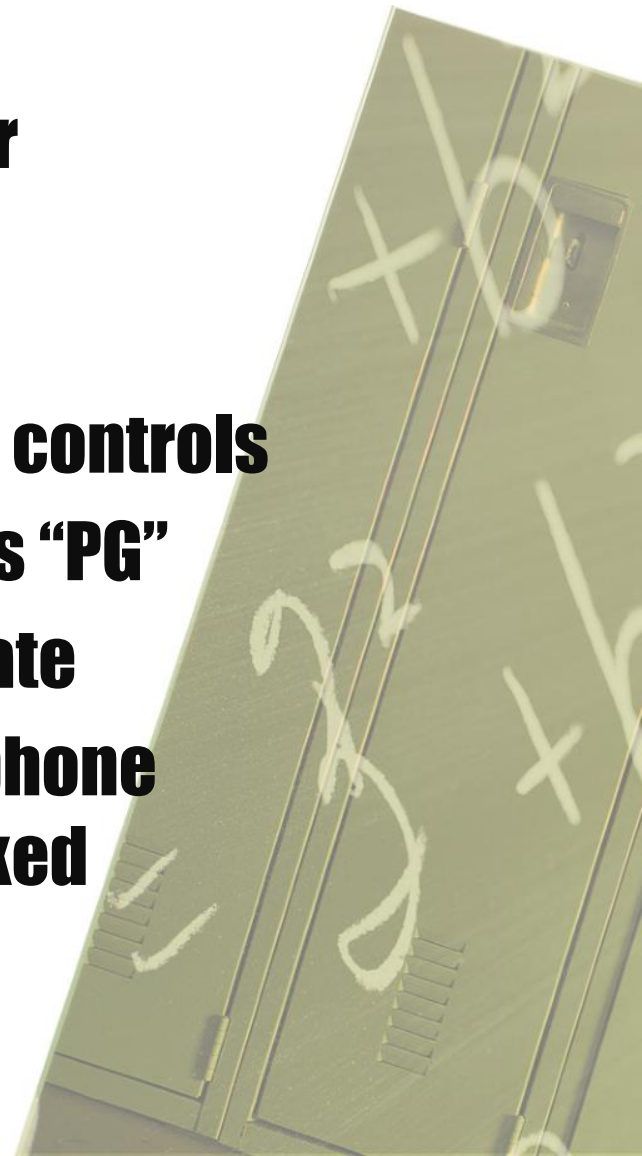
🖱️ **Log Out**

🖱️ **Use privacy controls**

🖱️ **Keep photos "PG"**

🖱️ **Don't retaliate**

🖱️ **Keep your phone keypad locked**



What Should YOU Do?

👍 **Tell them to STOP!**

👍 **Never retaliate**

👍 **Ignore them**

👍 **Speak UP!**

👍 **Take a Stand**

👍 **Never pass along
messages from
cyberbullies**

👍 **Talk about it**

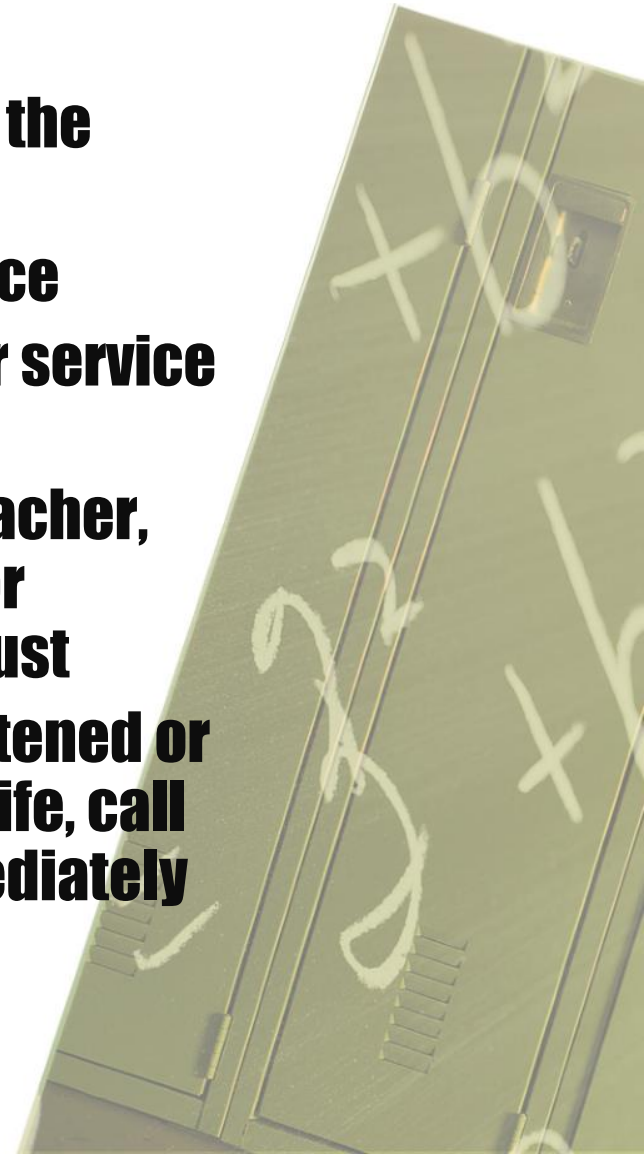
👍 **Block access to the
bullies**

👍 **Save the evidence**

👍 **Report it to their service
provider**

👍 **Tell a parent, teacher,
administrator, or
someone you trust**

👍 **If you feel threatened or
in fear for your life, call
the police immediately**



TRUE STORIES

5 Football players from a Texas high school were suspended from school for making up a fake Facebook profile page about their coach. Lost their scholarships.

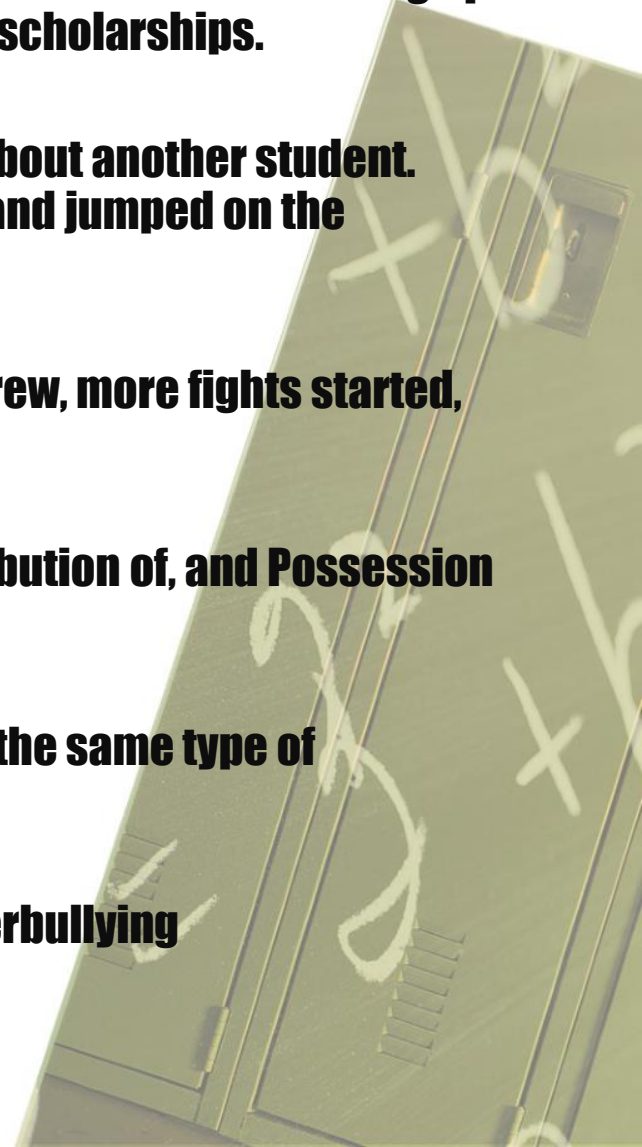
Local high school boys started an “I hate” Facebook page about another student. Caught on like wildfire and most didn’t know it was a joke and jumped on the bandwagon discussing ways of hurting the student.

BHHS students posted “Fight Club” videos to YouTube – Club grew, more fights started, school/district humiliated in the media

Chinook Middle School students arrested for Dealing in, Distribution of, and Possession of Child Pornography

Tumwater School District students also caught conducting in the same type of behaviors previously listed

Kids are committing suicide as a result of sexting and/or cyberbullying



A True Story.....



- **The Jessica Logan Story**
- **Suicide at 18 years of age.**
- **She gave a nude photo to a boyfriend when she was 17 years of age.**
- **When the relationship ended the boyfriend distributed the photo and she became socially ostracized.**
- **She chose to end her life to avoid the shame and torment at school.**

QUESTIONS? CONCERNS?

MTV - A THIN LINE
NETSMARTZ.ORG
ENOUGH.ORG



Steve Hamilton
Gene Duprey

MAKE A CYBERTIPLINE REPORT ➡



Please contact us if you have information to help in the fight against child sexual exploitation. Your information will be forwarded to law enforcement for investigation and review and, when possible, to the appropriate Electronic Service Provider(s).