

# Social Media: Friend or Foe? (Short Parent Version)


Social Media is everywhere! We would like to manage/filter what our kids do but the reality is we need to teach them to be smart about what they are doing online!!

# How to advise our students?


- Make your digital footprint positive.
  - Promote yourself in a positive way (showing your outstanding qualities)
  - Put items online that you are proud of (your accomplishments/awards)
  - Join groups that illustrate your positive interests
- Google yourself.
- Colleges and Universities are asking for social media profile names to search you!
- Businesses are doing this too!
- Be smart and protect yourself!



# Why are we using social media?

- Gain personal information
  - Learn about a topic of interest
  - Meet new people or connect with old friends
  - Determine how others see us
  - Instant validation, popularity
  - Torment/tease from afar
  - The idea that it is temporary
  - Dating
  - Fame or Wealth
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# FOMO (Fear of Missing Out)

- It's the sense that exciting stuff is happening online constantly and if you're not online too, you're missing out.
    - Friend posting pics of an event you didn't attend (or weren't invited to)
    - Worry that a friend might be upset if you don't respond immediately
  
  - Studies show the 24/7 nature of social media can lead to feeling like they need to check and respond to messages constantly.
    - This can lead to poor sleep quality, anxiety, and even depression.
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Be aware things are not always what they seem on social media!!!



# Catfishing




- Toledo is the fourth largest recruiting center for human trafficking.
- Gaining money.
- Take advantage of others for various reasons.
- Form of picking at or bullying peers.


# Who is sexting?

- 40% of teens have sent suggestive messages.
- 24% of high school teens involved in nude sexting
- 33% of college students involved in nude sexting

Of those who do...

- 61% felt pressure to send nude pics
  - 15% never met the person in real life
  - 70% did it with a significant other
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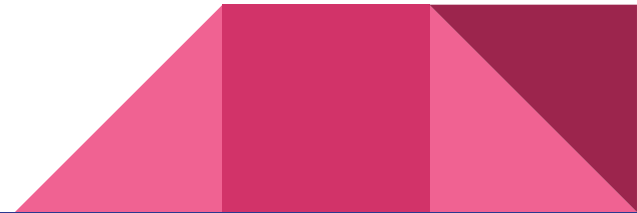
# Random Sexting Facts

- 17% of sexters share the images they receive
  - 88% of images sent are saved to another site without user knowledge/consent
  - Boys are more likely to share than girls
  - After a breakup, people are more likely to share “revenge porn”
  - Girls do it as a joke, to feel sexy, or because of pressure
  - Boys do it to get girls in the mood for sex
  - Kids state that it is like flirting, pre-dating activity
  - Sometimes they use pics from online so they think it is ok because it is not really them
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So what are

we hearing about from

Seneca County youth?



# Top 5 Apps used by the students!

- Twitter
- Snapchat
- Instagram
- Facebook
- Sarahah



Facebook



# Instagram (Insta)

Photo editing and sharing app are crazy popular with teenage girls who love their selfies. Instagram allows users to edit and post photos taken on their phone, and the images are publicly visible by default....Concern is images of minors in sexually suggestive poses.



*Instagram*




# Twitter

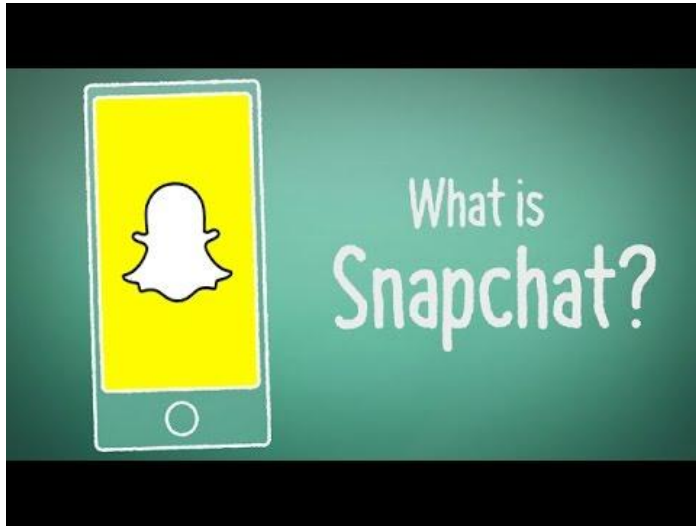
Quick connection with anyone in the world. Users post updates in 140 characters or less. They can follow and be followed, as well as block other users from seeing what they post.

Common term with Twitter is to retweet: Retweet is to copy a tweet and then send it again on twitter.

So the major issue that happens with twitter is that students will use twitter to blast other students.



# Snapchat



- #1 app used for sexting, mostly because people think it is safer than a sext. However Snaps can easily be recovered and then shared with others
- Nudes are frequently sent
- Snapchat Hack can secretly save Snapchat
- Our kids have multiple phones, so they can take pictures of the snaps, without the other person know you are doing this.
- Streaks and BFFs
- Snapmap

# Why SnapChat is in and Insta is out (according to a 15 year old)

- **There's no social pressure.** No likes, no comments, just views that only you can see.
- **It's quick and easy.** Open Snapchat and take a photo, add it to story. Now all your friends can be jealous in real-time that they couldn't go to the party because they had to study like a good boy. Instagram is a lengthy process to say the least.
- **It's the place now.** Instagram is getting a bit.. a bit.. a bit too old. I hate to say it, Snapchat is the hottest thing out and it's where all your friends are constantly checking, they may check Instagram once or twice a day but they're checking Snapchat 20 times a day.
- **Ephemeral.** When you're about post a Instagram photo, you will feel this pressure. It's a big event. When you're adding a photo/video to Snapchat story, it's seamless.
- **Caption.** There's something so simple and eye catching with Snapchat's captions that everybody loves. People would literally choose to share on Snapchat compared to Instagram just for the caption feature.
- **You know who's watching.** Throughout high school or college, people like feeling cool, like sharing things that make them feel cool. Knowing who saw your post gives that person 10x confidence because the person that they wanted to see their post had to physically hold down their name to view what they posted. It's complicated but if you're teen savvy, you'll get it.

# TEXT LINGO

8 – it means ate, can also refer to oral sex

99 – Parent gone

143 – I love you

420 – Marijuana

53X – Sex

AEAP – As Early As Possible

ASL – Age/Sex/Location

CD9 – Code 9 (parents are around)

F2F – Face-to-Face

GYPO – Get Your Pants Off

ILU – I Love You

KOTL – Kiss On The Lips

KPC – Keeping Parents Clueless

9 – Parent watching

1337 – Elite, leet or L337

1174 – the meeting place, meet at

459 – I love you

ADR – Address

ALAP – As Late As Possible

BROKEN – hung over from alcohol

C-P – Sleepy

GNOC – Get Naked On Cam

HAK – Hugs And Kisses

IWSN – I Want Sex Now

KFY or K4Y – Kiss For You



LMIRL – Let's Meet In Real Life

MOSS – Member Of The Same Sex

MOS – Mom Over Shoulder

NALOPKT – Not A Lot Of People Know That

NIFOC – Nude In Front Of The Computer

NMU – Not Much, You?

PAL – Parents Are Listening -or- Peace And Love

PAW – Parents Are Watching

POS – Parent Over Shoulder or Piece Of Sh\*\*

pron – Porn

RU/18 – Are You Over 18?

Female?

RUH – Are You Horny?

SorG – Straight or Gay

WUF – Where You From

WYRN – What's Your Real Name?

MOOS – Member Of The Opposite Sex

MorF – Male or Female

MPFB – My Personal F\*\*\* Buddy

P911 – Parent Alert

PIR – Parent In Room

Q2C – Quick To Cum

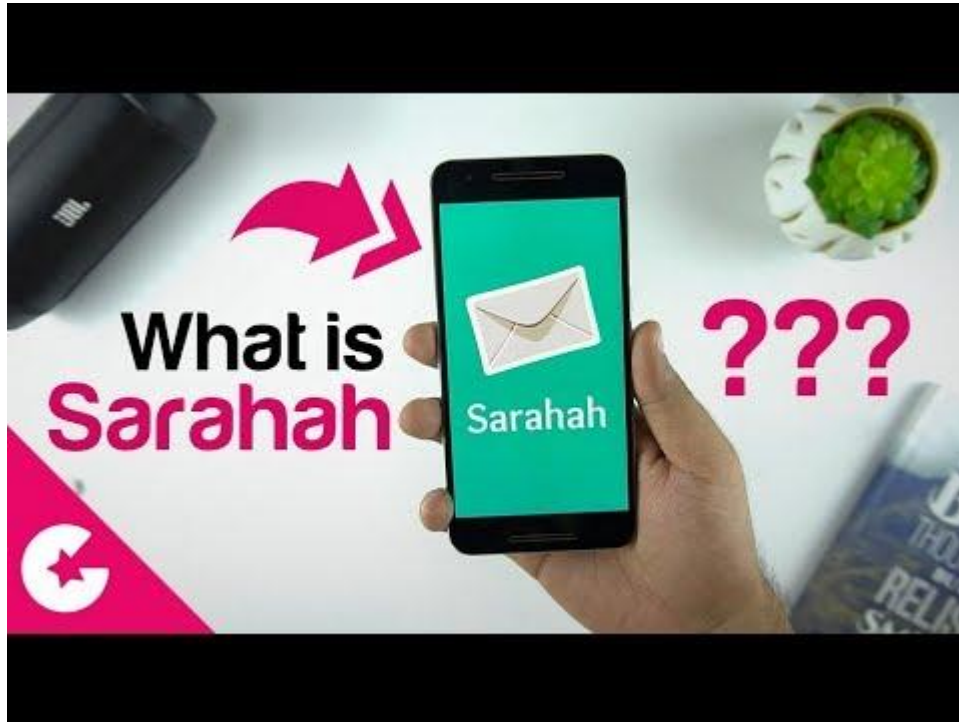
RUMORF – Are You Male OR

S2R – Send To Receive

TDTM – Talk Dirty To Me

WYCM – Will You Call Me?

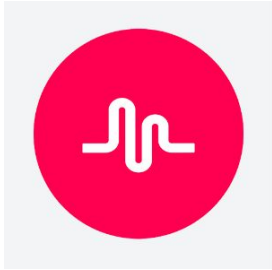
# Sarahah



Honesty

Anonymous

#1 App currently

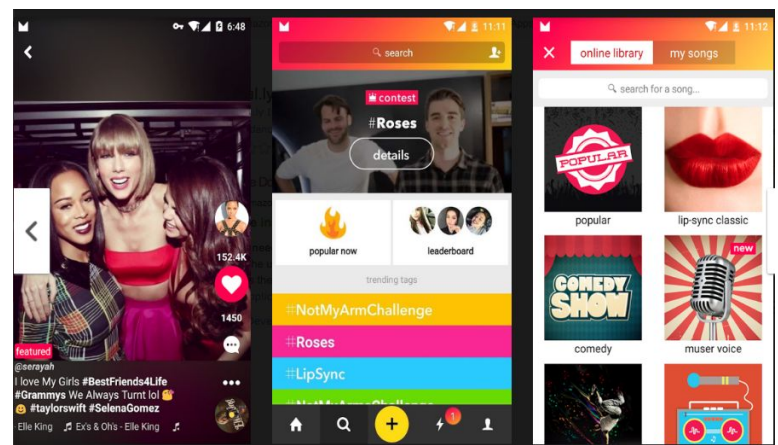


This app allows students to select from millions of songs or use music from their own device

- Create lip sync videos to your favorite songs
- Add video effects: filter, fast motion, slow motion, time lapse, reverse, and other “time machine” effects
- Users of Musical.ly are called “musers”
- Get likes from other “musers” and see how your music videos rank on the leaderboard
- The “Duet” feature creates a video that features your own video integrated with another “muser’s” submission

*“Warning....this app contains Adult Video Content! After watching a lot of other videos that were on there by others, the majority of them were inappropriate and had suggestive language and dancing.”*

*Warning....this app contains Adult Video Content!*



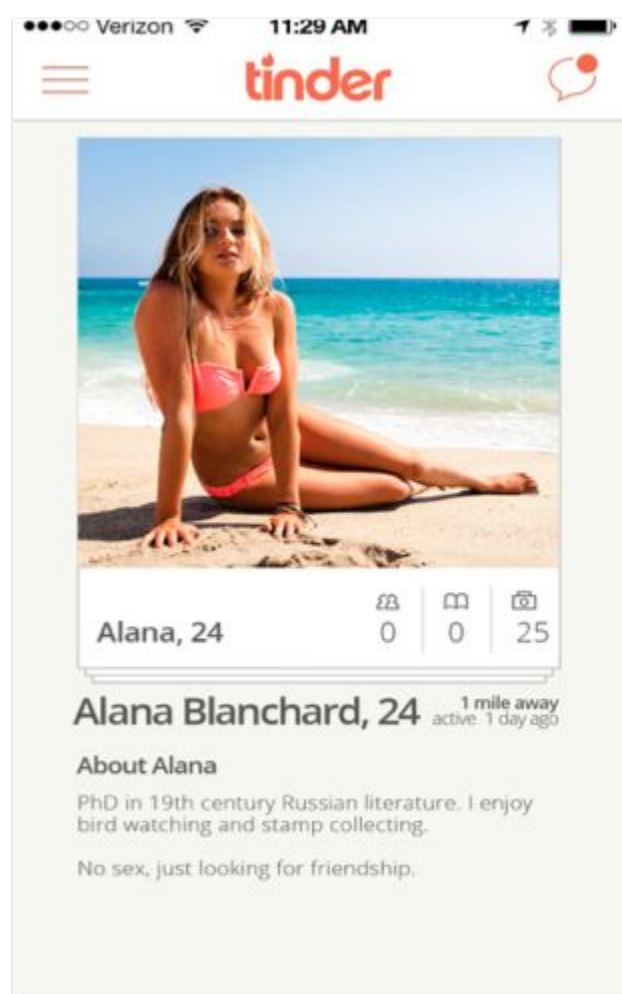


## Tinder

- "Friendship" app
  - Used mostly for "hook-ups"
- Is rated 17+, but in the privacy policy it allows 13+ to sign up
- Can connect to Facebook
- Uses GPS to find others near you
- As soon as you "like" someone and that person "likes" you, you can message and send pictures
- Able to see other's accounts
- Cost: free

### Problems:

- \*Sexting,
- \*Send photos,
- \*GPS location,
- \*Minors can meet up with adults,
- \*Possible sexual harassment,
- \*Catfishing,
- \*Minors are using it

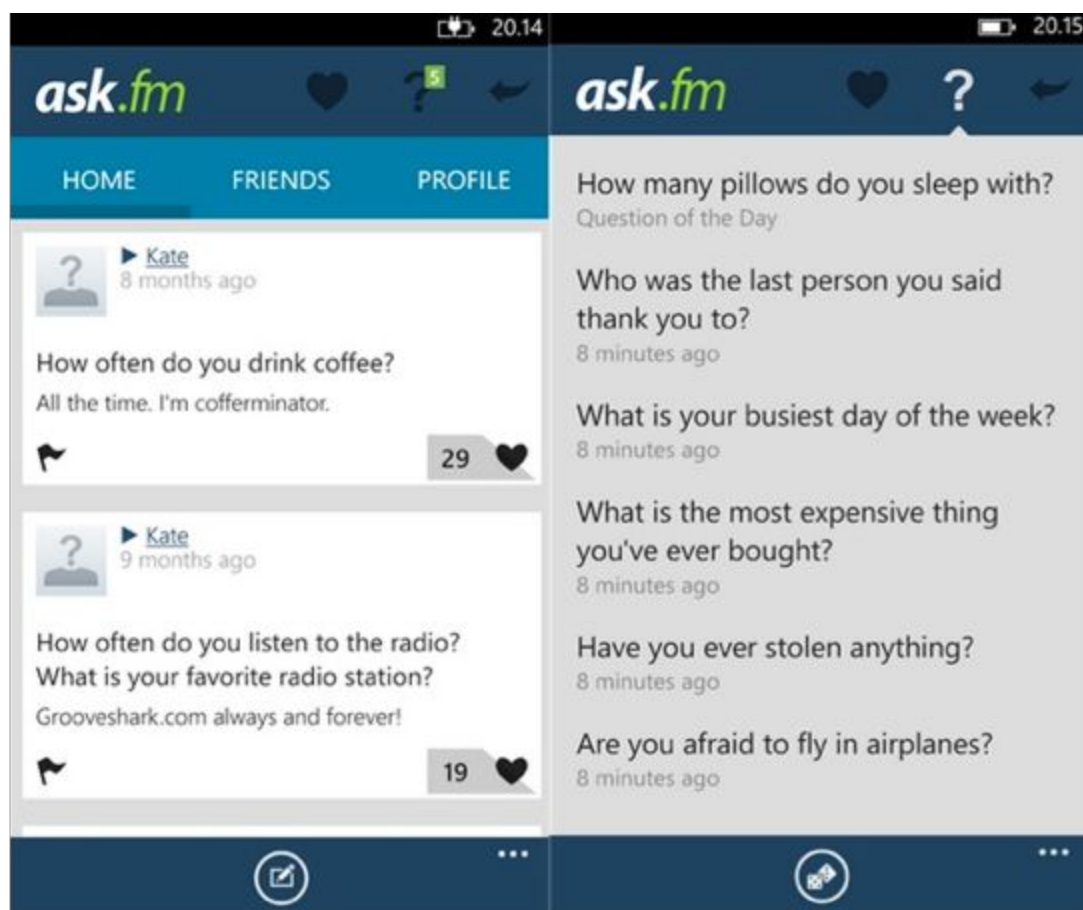




ask.fm

- Ask anonymous questions
- Can answer anonymously
- Cost: free

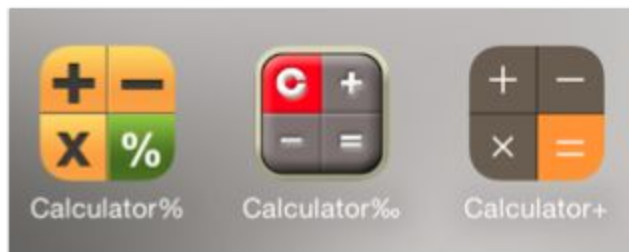
**Problems:**  
**Bullying**  
**Slander**



# App- hiding



-Poof- no longer on the market but still working if you downloaded it before it was gone



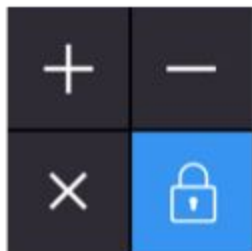
-Mostly for hiding pictures



Hide it Pro



Photo Vault and Videos Safe



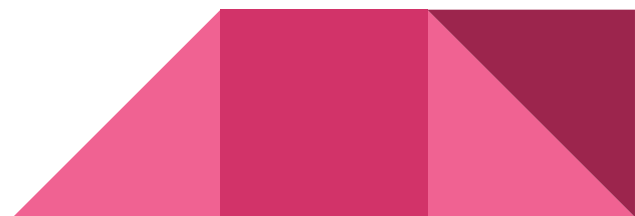
Secret Photo and Video Calculator



Best Secret Folder



Safe Folder



# How to Find Secret Apps on a Phone

- Get the phone
- Visit the App Store
- Type in “secret” or “calculator” (or any other app name)
- If it says “open,” your student has this app
- If it says “get,” your student doesn’t have this app
- The cloud logo means your student used to have the app



# What can you do?

If your child has crossed the line, ask your phone carrier to have your kid's phone mirrored to your phone. Every text, every picture they send, Mom and Dad can see on their device.

- Block any users you don't know, make you uncomfortable or raise red flags.
- Don't ever share your personal phone number with anyone you don't know.
- Don't reply to messages from people you don't know.
- Instead of Kik or other "[Red Zone](#)" apps, consider the many safe alternatives listed in the "[Green Zone](#)" on this site

<https://safesmartsocial.com/app-guide-parents-teachers/>



# Parents can help!

- Listen: It shows you care!
- Don't judge
- Encourage their offline lives
- Set limits
- Shift the focus
- Ask open ended questions:
  - Are there any habits you might want to change?
  - What would happen if you turned off your phone? For an hour? A day?
  - Have you thought about rewarding yourself for not checking your phone or social media for a certain amount of time? (Make a game of it!)
  - What are the pros and cons of using Instagram (other social networking apps?)
  - Do you notice that you have better or worse reactions to posts or messages depending on how you feel that day?



# Footprint Friday: A Tool To Monitor The Online Footprint of Your Student

<https://safesmartsocial.com/footprint-friday>

\*Cost

## Parental Intelligence Service

<https://www.uknowkids.com/>

\*Cost- \$10-\$180

## Parental Oversharing- getting kids hooked at a young age

<http://www.parents.com/parenting/better-parenting/style/how-social-media-is-affecting-your-parenting>

**Common Sense Media - Outstanding website! (info about movies, games, apps, TV shows, books, websites and music)**

[www.commonsensemedia.org](http://www.commonsensemedia.org)



## My Social Sitter App

- Filters inappropriate messages
- Monitors for depression
- Monitors for suicidal language

\*Cost: \$19.99-\$39.99



# ReThink - Stop Cyberbullying App



Detects offensive and hurtful messages and gives adolescent a chance to pause, review, and reconsider before they post. Select the keyboard from settings.

- ReThink Keyboard works with all apps (text messages, social media, email, etc.)
- FREE!
- Not full proof - read reviews

# Teen safe- way to monitor teen's phone

TeenSafe is works with iPhones. According to the website, you don't need your teen's phone to set it up, and spy on iphone without jailbreak, which can invalidate the iPhone warranty. All you need is your child's Apple ID and password. (Android smartphone installation is slightly different.)

Once you register with TeenSafe, they download the information to your private login page where you can read all the iPhone text messages your child has sent and received. You can also view their phone call logs, phone contacts and social activity. Nothing shows up on your child's phone, so they won't know about it unless you tell them.

- view texts
- view calls
- see phone location
- view instagram
- view installed apps
- view contacts
- view web browsing and web search history



# Questions?

