PARENT RESOURCE GUIDE



PROJECTPROTECTOURCHILDREN.COM



THERE WAS AN 846% INCREASE IN REPORTS OF SUSPECTED CHILD SEX TRAFFICKING FROM 2010 TO 2015 - A SPIKE THAT WAS DIRECTLY CORRELATED TO THE INCREASED USE OF THE INTERNET.

NATIONAL CENTER FOR MISSING & EXPLOITED CHILDREN

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No internet filter or privacy setting can replace a conversation with your kids

TALK to your kids and teens

Having honest, non-judgmental conversations with your kids and teens about technology, the internet, and social media is your first and most important line of defense!

Parental controls and security software are NOT a substitute for open communication.

T **TOGETHER**

establish boundaries and expectations for using technology

A **ASK**

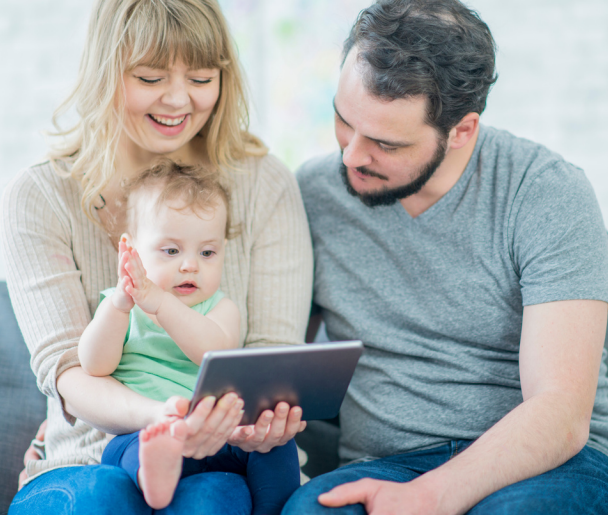
them what they already know and answer questions they may have

L **LISTEN**

to their thoughts and concerns and use this time to empower and engage with them

K **KEEP THE CONVERSATION GOING**

This is not a one-time talk. As they grow and mature and technology changes, continue to have these conversations.



0-5 YEARS OLD

- Actively monitor content your child has access to
- YouTube Kids does not have foolproof filters. It's important to preview what your child is watching and turn off the autoplay feature.
- As your child gets older, emphasize the importance of asking permission before using a device, playing on an app or game, or watching a video
- Limit technology use to open family areas (living room, dining room, etc.)*
- Set time limits and boundaries on screen time with clear consequences (refer to our sample Family Agreements)*



6-10 YEARS OLD

- Update your Family Online Safety Agreement accordingly
- Discuss the difference between personal/private and public information
- Limit online access and communication to people they know in person, especially with gaming
- DON'T Go Phish! - Talk to your child about NOT clicking on unknown links or downloads (refer to glossary)
- Emphasize the importance of being kind online
- Teach them to tell a trusted adult if they see or read something that makes them feel*:
    - Unsafe / scared
    - Uncomfortable
    - Unsure



11-13 YEARS OLD

- Update your Family Online Safety Agreement accordingly
- Teach your child how to deescalate from frustrating situations (especially with gaming)
- Help your child understand digital drama and cyberbullying and how to avoid and report it
- Talk about their digital footprint and the impact it has on their futures
- Describe the importance of chatting safely online
- Show your child how to report and block inappropriate, harmful, and hurtful content online
- Teach your child about fake news and how to identify, cite, and use reliable resources



14-17 YEARS OLD

- Update your Family Online Safety Agreement accordingly
- Monitor and discuss the relationship between mental health and addiction to social media and online use
- Discuss the realities and dangers of online disinhibition (refer to glossary)
- Share with your teen about online predators and how traffickers use technology, social media, and gaming to groom potential victims
- Discuss the content and concerns of new apps and technology they want to use

CONVERSATIONS

Age ranges are suggestions only. Take into account the child's maturity and abilities.

We encourage you to continue this throughout age ranges



PLAY Safely

Online gaming is meant to be fun, but parents and gamers need to be aware of predators and potential threats.

Chatting via games is one way traffickers and predators build relationships and groom potential victims.

Be safe when you PLAY!

P **PRIVACY SETTINGS**

and parental controls should be on

L **LIMIT**

the information you share and never give out personal info

A **AVOID TROLLS:**

report, mute, and block

Y **YOUNGER GAMERS**

should only play with people they know in person



TYPES OF APPS / ONLINE TECHNOLOGY

01 Social Networking

Ex: Facebook, LinkedIn

PURPOSE: connect with people through photos, images, videos, and comments

CONCERNS: ability to livestream, publicly comment, private message, call, video chat, and share your location

02 Chat & Meet Up Apps

Ex: WhatsApp, Tellonym, HouseParty, Whisper, Bumble, Meetup

PURPOSE: message, call, or video chat with others

CONCERNS: ability to private message, call, video chat, share your location, and search for nearby users

03 Blogging or Microblogging

Ex: Twitter, Reddit, Tumblr

PURPOSE: create short posts and find and share photos, videos, and other content

CONCERNS: ability to livestream, publicly comment, and chat

04 Photo Sharing

Ex: Instagram, Snapchat, Pinterest, VSCO

PURPOSE: find and share photos, videos, and live videos

CONCERNS: ability to livestream, publicly comment, private message, and share your location

05 Video / Livestream

Ex: YouTube, Facebook Live, Periscope, Vimeo, Bigo Live

PURPOSE: find and share videos, including live videos

CONCERNS: ability to livestream, publicly comment, and search for nearby users

06 Gaming / Virtual Worlds

Ex: imvu, Discord

PURPOSE: play games, create virtual worlds, communicate with other gamers

CONCERNS: ability to voice and text message and search for nearby users

WHAT CAN I DO?

WHEN TALKING TO YOUR CHILD:



Stay Calm



Actively Listen



Avoid Judgment



Stay Involved

WHEN YOUR CHILD SEES SOMETHING INAPPROPRIATE OR HARMFUL, TEACH THEM TO:



Screenshot



Block



Report on the App



Report to Law Enforcement or Cyber Tipline

1-800-THE-LOST (1-800-843-5678)



Delete the content

EDUCATE YOURSELF

- Do your research
- Try out the apps, games, and sites yourself

USE PARENTAL CONTROLS

- Set content and time limits
- Check privacy settings
- Monitor screen time

SET BOUNDARIES & ENFORCE CONSEQUENCES

- Discuss expectations as a family
- Restrict where and when devices can be used
- Remove tech privileges when rules are broken

FRIEND & FOLLOW DON'T STALK

- Follow kids on social media
- Respect their space and freedom
- Don't flood their accounts with comments

EXPLORE, SHARE, & CELEBRATE

- Explore together
- Join in on dances, challenges, etc...
- Learn and have fun

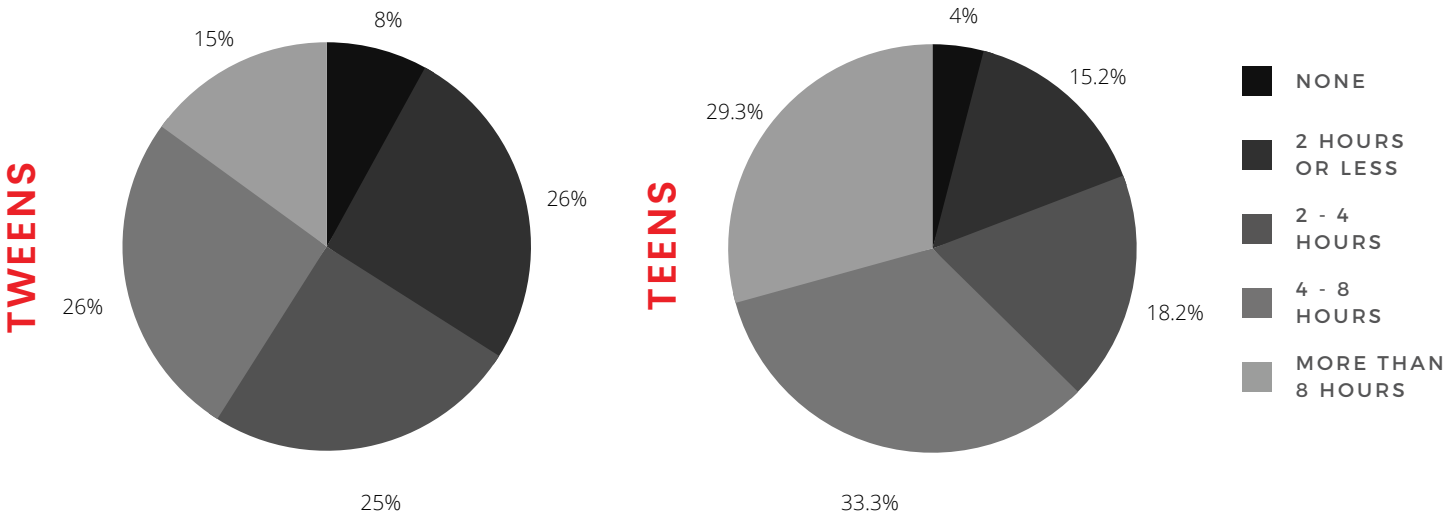
BE A GOOD DIGITAL ROLE MODEL

- Curb your own bad habits
- Know when to unplug
- Be kind online

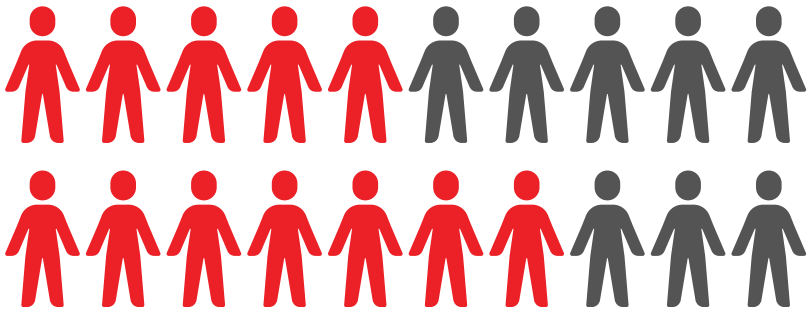
Adapted from Family Online Safety Institute

TEEN & TWEEN STATISTICS

SCREEN TIME, IN HOURS, FOR TWEENS AND TEENS



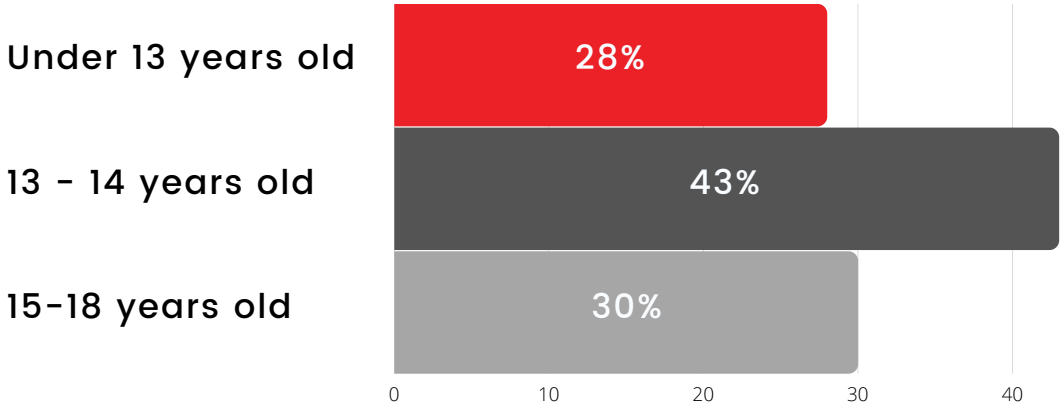
On average, 8- to 12-year-olds in this country use just under **five hours**' worth of entertainment screen media per day (4:44), and teens use an average of just under **seven and a half hours**' worth (7:22)—not including time spent using screens for school or homework.



By age 11, a majority (53%) of kids have their own smartphone

By 12 more than two-thirds (69%) do

PERCENT WHO STARTED USING SOCIAL MEDIA AT...



MEDIAN AGE OF FIRST USE:

14

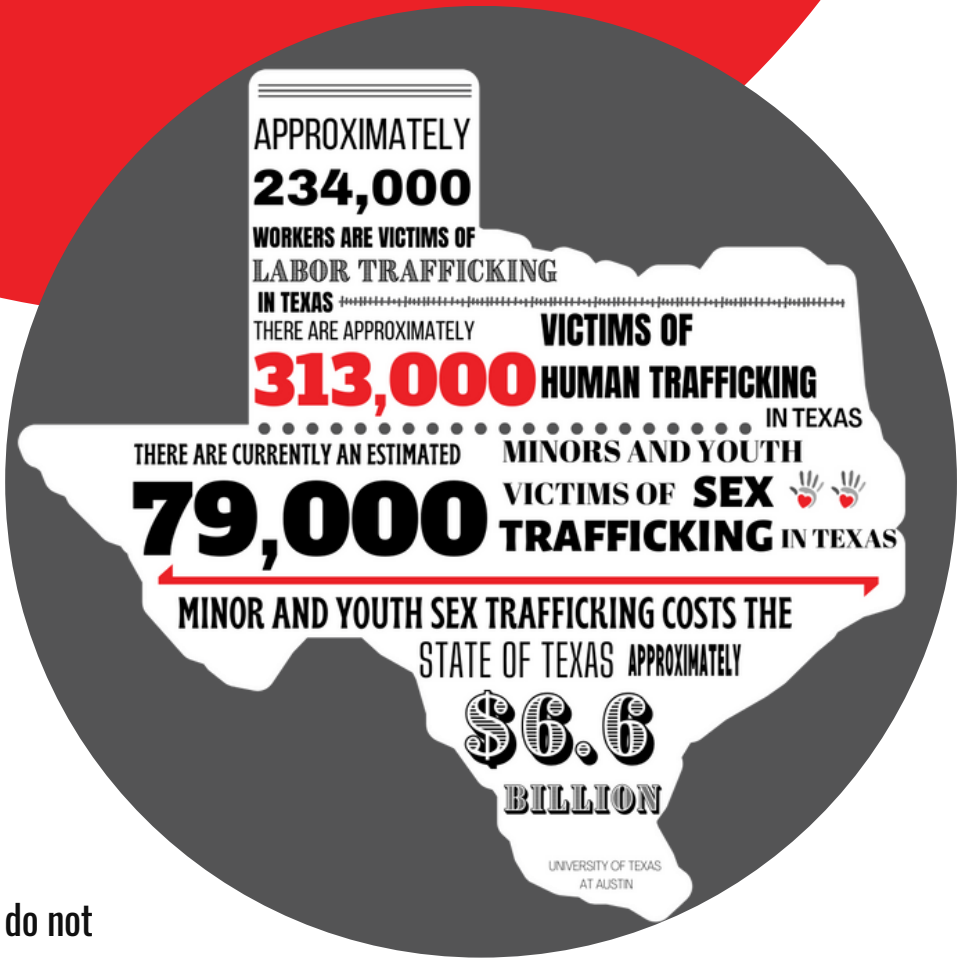
YEARS OLD

The Common Sense Census: Media Use by Tweens and Teens in 2021

SEX TRAFFICKING

Sex trafficking is the inducing, recruiting, harboring, transporting, providing, or obtaining a person for the purposes of a commercial sex act using FORCE, FRAUD, OR COERCION*.

*If a victim is under the age of 18, they do not need to prove force, fraud, or coercion.



55 % OF DOMESTIC MINOR VICTIMS OF SEX TRAFFICKING REPORTED THAT THEY FIRST MET THEIR TRAFFICKER VIA TEXT, WEBSITE, OR SOCIAL MEDIA APP.

MOST OF THE DOMESTIC MINOR SEX TRAFFICKING VICTIMS SURVEYED WERE ATTENDING SCHOOL WHILE BEING TRAFFICKED.

THORN 2018 Survivor Insights The Role of Technology in Domestic Minor Sex Trafficking

Email us at EDUCATE@PROJECTPROTECTOURCHILDREN.COM
for more information and to find out how you can protect your child.

COMMERCIALLY SEXUALLY EXPLOITED CHILDREN / YOUTH

75%

OF CSEC / CSEY VICTIMS WERE EXPLOITED FOR 2 OR MORE YEARS BEFORE BEING IDENTIFIED

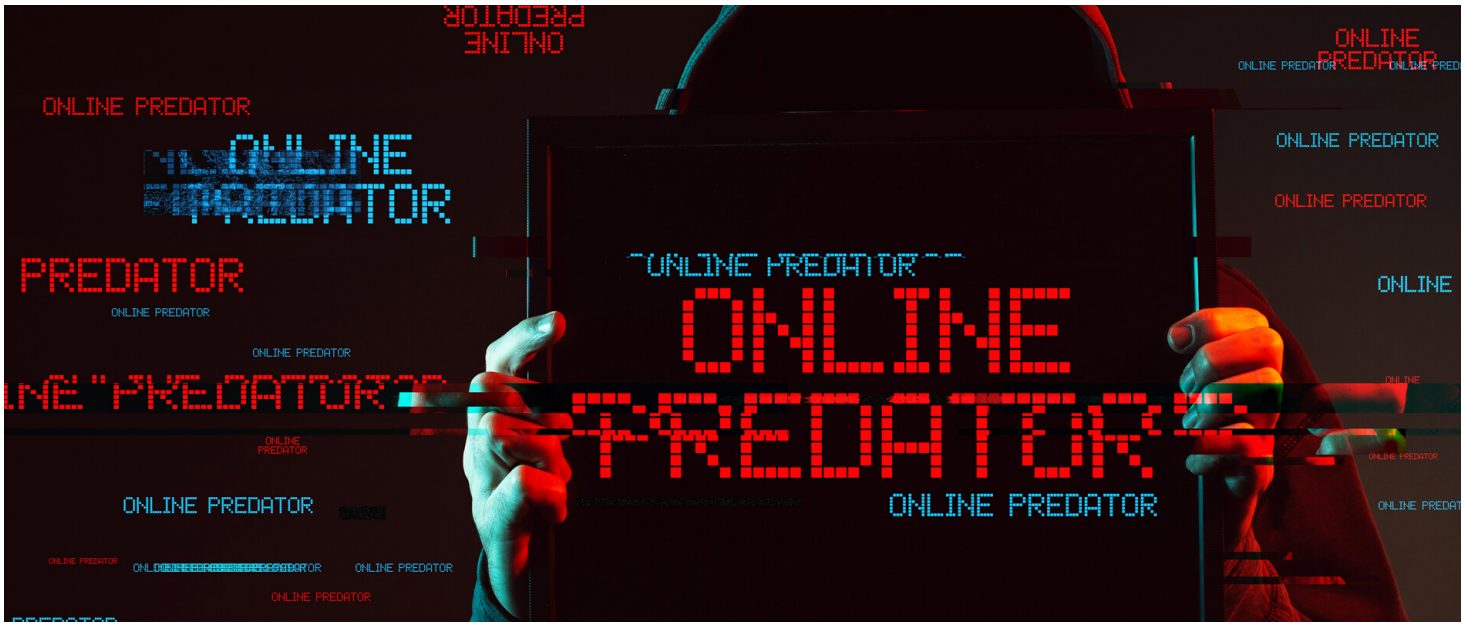
75%

OF CSEC / CSEY VICTIMS DON'T SEE THEMSELVES AS BEING EXPLOITED

50%

OF CSEC / CSEY VICTIMS WERE 14 OR YOUNGR WHEN THEIR EXPLOITATION STARTED





ONLINE GROOMING

Friend Request

Predators begin by finding a target and building a relationship with them using the platform they frequent the most (this means it can happen on any app, gaming system, etc.)

Getting Likes

Predators thrive on a victim's need for love and affirmation. They fill those needs, as well as any other perceived needs - money, desire for fame, a family, etc.

Parental Controls

The predator gauges the risk involved and the level of threat and danger that the victim's caregivers pose. They determine how closely they are monitored online and in real life. They assess whether their actions will be reported or believed.

Social Network

Predators know that involved caregivers and a support system of friends and adults is a threat. They do everything they can to isolate their victims. They often define their relationship as special and unique and make the victim feel that no one else loves them like they do. They slowly push them away from their family and friends while making the victim feel completely dependent on them.

53X

(slang for sex)

Throughout the grooming process, predators begin to desensitize their victims to sexual language, images, videos, and content. They want to make it seem normal or natural and prepare them to perform these acts via photos, videos, livestream, or in person.

LMIRL

(slang for Let's Meet in Real Life)

Eventually, the predator may make physical contact with them. At this point, they have gained control over their victim by building a trauma bond (refer to glossary) and making the victim feel like they are making their own choices. **This is a huge reason victims don't self-identify or seek help;** they feel as if everything was their choice and feel a profound sense of shame and embarrassment.



RED FLAGS

OF TRAFFICKING / ONLINE GROOMING

Any extreme changes in behavior, outside of normal expectations for their age. For example, an outgoing child becomes withdrawn and reclusive and an introverted child becomes promiscuous and hypersexual.

- Changes in habits, interests, school activities, attendance, vocabulary, demeanor, and attitude
- Withdraws from family and friends
- Not allowed to speak or make decisions for themselves
- Responses to questions seem rehearsed or coached
- Older partner / intimate online relationships
- Signs of abuse (verbal, physical, sexual)
- Tattoos or branding (indicating money or ownership)
- Multiple phones / social media accounts
- Suddenly has expensive possessions
- Frequently runs away from home
- Evidence of being controlled
- Uncharacteristic promiscuity and/or references to sexual situations or terminology beyond age-specific norms
- Appears fearful, submissive, anxious, tense, or paranoid
- Symptoms of anger, panic, phobia, irritability, hyperactivity, frequent crying, temper tantrums, regressive behavior and/or clinging behavior

CHILD SEXUAL ABUSE MATERIAL (CSAM)



PHOTOS, VIDEOS, DIGITAL OR COMPUTER GENERATED IMAGES



LIVE-STREAMING SEXUAL ABUSE



THE U.S. IS ONE OF THE LARGEST PRODCUERS AND CONSUMERS

Over **25 million**
CSAM images are reviewed by the National Center for Missing and Exploited Children (NCMEC) annually



WHO IS BEING ABUSED?

78% under 12

80% girls

20% boys



WHO ARE THE ABUSERS?

(content creators, distributors, etc...)

18% parent/guardian

25% family friend/ neighbor

18% online enticement

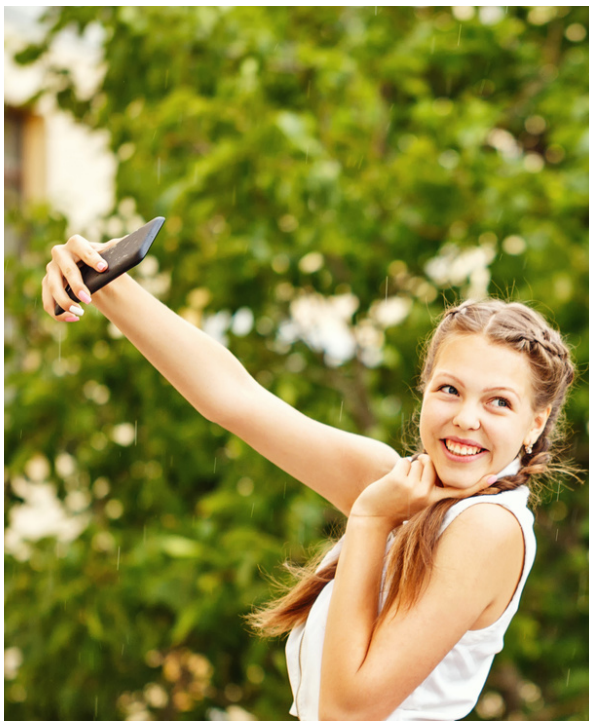


WHO ARE THE ABUSERS?

(viewers, distributors, buyers, etc...)

They come from all walks of life and represent varied ages, races, occupations, and education levels. Their actions are unknown to spouses, families, and associates. Most have no criminal history.

THORN / FBI



SEXTORTION

Involves threatening to expose sexual images or videos in order to make a person do something.

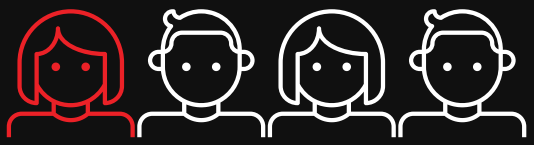
The Texas Attorney General's Office just recently opened the very first Sextortion Unit because of the increase in cases.

First contact with a minor is usually via a **friend request** and victims are targeted on the platform they frequent the most (which means ANY platform can be used).

Victims are often threatened within **2 weeks** of that initial contact. After that, **40%** of victims receive threats **DAILY**.

Sextortion is often used as a way to groom victims into trafficking or pornography. It is also oftentimes used by exes to threaten and manipulate their previous partner into staying in an abusive relationship or doing what they ask.

1 in 4 victims were **12** or younger when threatened



1 in 3 victims had never told anyone, largely because of shame or embarrassment



65% block the offenders
45% who blocked them said it **didn't stop** the offender from contacting them

62% complied with the **demands** in an effort to make the threats stop

68% of victims reported that the **threats became MORE frequent** after they complied

IT HAS BEEN FOUND THAT ONCE REPORTED, THE PREDATOR BACKS OFF.

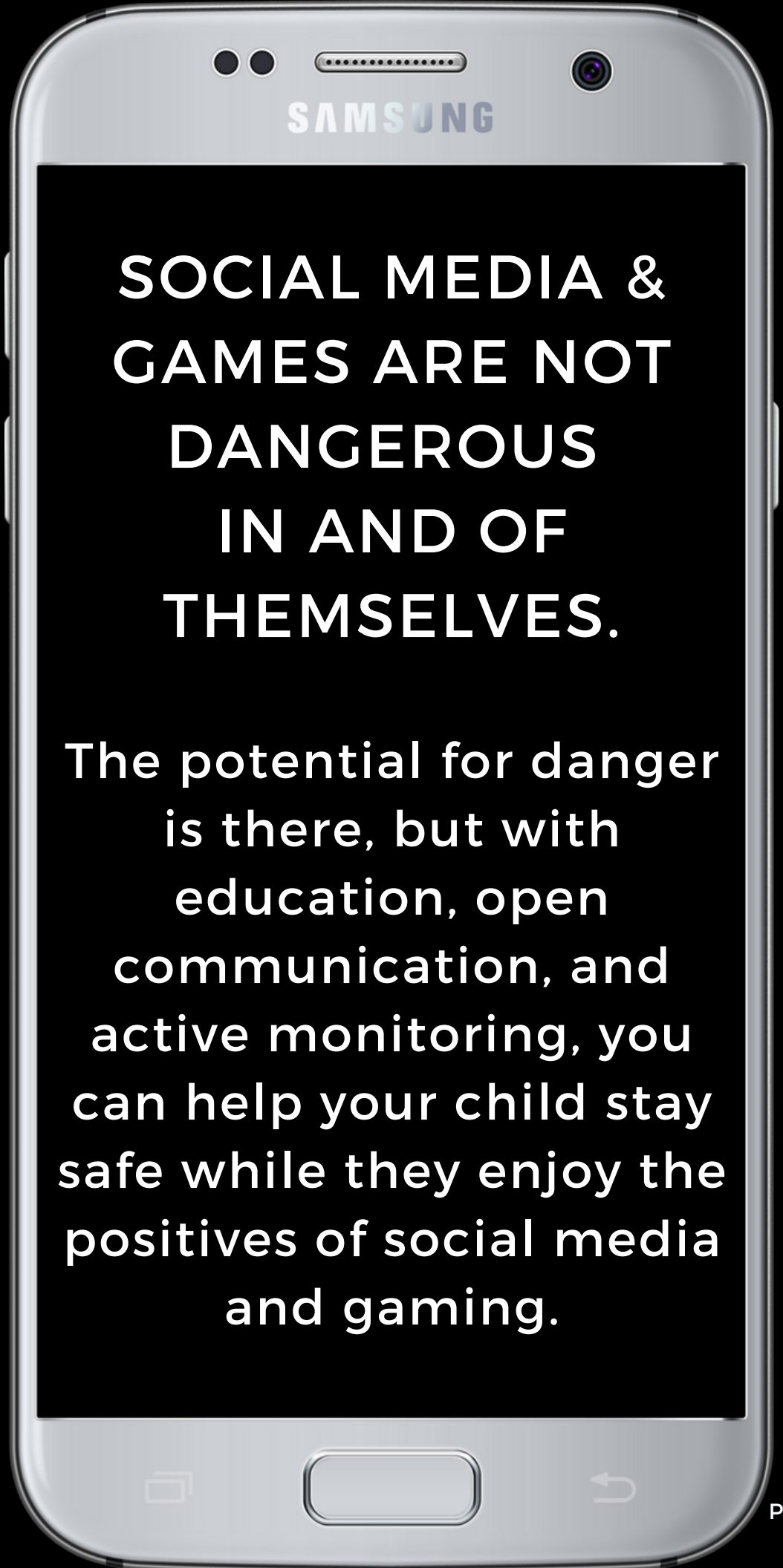
By educating your child, you increase their ability to identify a predator and report them immediately. You also want to reassure your child that they will not be punished or judged if they find themselves in a situation like this; rather, you are there to help and support them.

THORN



STUDIES HAVE SHOWN AND SURVIVORS HAVE SHARED THAT a healthy and trusted relationship that they could count on in their lives might have prevented them from being trafficked in the first place.

UT AUSTIN STUDY | MARCH 2019



SOCIAL MEDIA & GAMES ARE NOT DANGEROUS IN AND OF THEMSELVES.

The potential for danger is there, but with education, open communication, and active monitoring, you can help your child stay safe while they enjoy the positives of social media and gaming.

DISCORD



Chicago Man Pleads Guilty to Engaging in Internet-Based Child Exploitation Enterprise and Child Pornography Conspiracy

"'[Marqueal] Bonds was part of a deplorable group of sexual predators who exploited thousands of young girls on Discord, a web-based chatroom application,' said U.S. Attorney McSwain. 'Bonds and his co-conspirators employed a familiar ruse to lure their victims: they trolled the Internet on legitimate sites like Snapchat, Periscope, and Live.me for vulnerable victims, tricked them into believing they were chatting with boys or girls their own ages, and then obtained video and naked photos of them to share on Discord.'"

Read the full article here.

Video Games and Online Chats Are 'Hunting Grounds' for Sexual Predators

"Horrified, [Kate] scrolled through her son's account on Discord, a platform where gamers can chat while playing. The conversations were filled with graphic language and imagery of sexual acts posted by others, she said.

Read the full article here.

CONTENT

Discord is a voice, video and text communication service used to hang out and talk with friends and others. It started as a gamers-only community, but has expanded to a social networking site for a variety of interests.

CONCERNS

- Because this is user-generated content, children may encounter inappropriate language or images
- Cyberbullying can be an issue
- There are 18+ servers (servers are Discord communities based on topics, games, etc.). However, the age verification process is easily bypassed.
- Ability to direct message/chat privately
- No parental controls

RESOURCES

https://www.commonsensemedia.org/blog/parents-ultimate-guide-to-discord#whatis

https://smartsocial.com/discord-app/

Safety and Community Guidelines

https://endsexualexploitation.org/discord/

INSTAGRAM

CONTENT

Instagram is an app that is widely used to post photos, videos, and reels, as well as live videos. Users can follow celebrities, friends, and hashtags they are interested in. They can like, comment on, and share others' content. Accounts can be public or private.

See glossary for Rinstas and Finstas

CONCERNS

- Highly addictive - desire to become IG famous
- Negative effects on mental health including low self-esteem, body/weight/image issues, depression, suicidal thoughts, etc.
- Ability to direct message/chat privately
- Cyberbullying can be an issue
- Access to inappropriate language, images, or videos
- Traffickers groom victims via IG

RESOURCES

https://www.commonsensemedia.org/blog/parents-ultimate-guide-to-instagram

https://smartsocial.com/instagram/

Tips for Parents

The Social Dilemma: Social Media and Your Mental Health

"In addition to providing young people with a window through which they can view missed experiences, social media puts a distorted lens on appearances and reality. Facebook, Instagram, and Snapchat increase the likelihood of seeing unrealistic, filtered photos at a time when teen bodies are changing."

Read the full article here.

Court records: Man used Instagram to set up prostitution dates for teen victim

"A 19-year-old who Harris County law enforcement officials said lured a teen girl to a west Houston motel used Instagram to set up prostitution dates for her, according to new details from his Probable Cause court appearance."

Read the full article here.

MINECRAFT



CONTENT

Minecraft has been one of the most popular video games over the past few years. It involves creative thinking, problem-solving, and 3D building using block structures. There are different game modes including: Creative, Survival, Hardcore, and Adventure. Creative mode is the safest and most user friendly as players can build and create freely without any concrete objective other than to have fun.

CONCERNS

- Highly addictive
- Ability to chat online during multiplayer games
- Players can watch other players on YouTube, livestream their games, or watch livestreams using apps like Twitch (see page 26). Videos and livestreams may use explicit language or inappropriate content

Brit who used Minecraft to groom boys in the US is jailed for 42 years

"A Brit has been jailed for 42-and-a-half years after admitting preying on young boys while on holiday in the US. Convicted paedophile Jordan Kemlo, 22, used the popular video game Minecraft to groom four American youngsters during a three month stay in the country."

Read the full article here.

A 'Minecraft' YouTube star has been accused of 'grooming' and sexting with 2 underage fans

"YouTuber Carson King, better known in the gaming community as CallMeCarson, is facing accusations that he sexted and traded nude photos with two minors when he was an adult. He's also being accused of "grooming" one of the underaged fans."

Read the full article here.

RESOURCES

https://www.commonsensemedia.org/blog/parents-ultimate-guide-to-minecraft

https://smartsocial.com/minecraft/

ONLYFANS

CONTENT

OnlyFans is a subscription based website where you must create an account. Users make money by sharing photos or videos with their followers. Some profiles are free, others require a paid subscription. This is an 18+ website, but minors are finding their way to access content.

CONCERNS

- There aren't any filters on content
- Minors are still gaining access
- OnlyFans has become increasingly popular as a pornographic site where users post nude and sexual photos and videos for pay
- OnlyFans can be used to groom individuals for pornography or trafficking
- Images and content can be reproduced and shared without the creator's approval or knowledge

RESOURCES

https://www.commonsensemedia.org/website-reviews/onlyfanscom

https://smartsocial.com/onlyfans/

OnlyFans - Major Contibutor to Sexual Exploitation

Every year, the National Center on Sexual Exploitation releases their "Dirty Dozen List." This list features 12 mainstream entities that facilitate or profit from sexual abuse and exploitation.

"OnlyFans is the latest iteration of the online sexual exploitation marketplace.

OnlyFans makes money off of vulnerable people's bodies – especially the bodies of women and minors. Exploiting financial insecurities deepened by the COVID-19 crisis, OnlyFans promises fast cash, empowerment, and even fame. While "Fans" may pay fees for nude images, videos, and livestreams, it is the "creators" who pay the high price of psychological, emotional, and physical harm that the sex industry imparts. As a self-branded "influencer" platform, OnlyFans also normalizes prostitution among young persons."

https://endsexualexploitation.org/onlyfans/

REDDIT

Reddit, Facebook, Twitter Worst For Mental Health Post-Coronavirus

"57.6% of people who use Reddit as their primary social platform for COVID-19 news say their mental health is now worse. 19.8% say it's the same, and 22.6% say it's better.

...

Why is Reddit the worst, according to the study? According to the authors, fake news: 'The platform has long been fertile ground for conspiracy theories, and its leadership has resisted the active moderation measures adopted by competitors.'"

Read the full article here.

The Subreddit /r/Collapse Has Become the Doomscrolling Capital of the Internet. Can Its Users Break Free?

"Reddit as a whole, which has roughly twice as many male users as female ones, the majority of them appear to be male.) Its content—a mixture of news headlines, memes and rants—is clearly addictive, at least for some people.

...

A suicide hotline is displayed in a prominent position on the front page, alongside a disclaimer. 'Overindulging in this sub[reddit] may be detrimental to your mental health,' it says. 'Anxiety and depression are common reactions when studying collapse.'

Read the full article here.

CONTENT

Reddit is often thought of as the "front page" of the internet. Reddit users or Redditors can post a variety of content including opinion pieces, memes, images, videos, questions/answers, topical posts, etc. Content is organized by topics or "subreddits" and users can vote posts up or down which effects its placement and viewability.

CONCERNS

- Most users are anonymous which increases chances of cyberbullying
- Posts are unfiltered and unedited
- Access to explicit and inappropriate content
- Reddit responses can appear in Google Searches which kids and teens can easily click on
- It can promote fake news
- May become addictive

RESOURCES

https://www.commonsensemedia.org/website-reviews/reddit

https://smartsocial.com/what-is-reddit/

SNAPCHAT

CONTENT

Snapchat has maintained popularity over the years. It is a photo, video, audio, and live messaging app where posts called "snaps" can "disappear." Snaps can be sent privately, in group chats, or to user's stories.

CONCERNS

- Cyberbullying can be an issue
- Ability to direct message/chat privately and have messages disappear
- Access to inappropriate language, images, or videos
- Traffickers groom victims via Snapchat
- Many reports of predators targeting minors
- Location feature

RESOURCES

https://www.commonsensemedia.org/blog/parents-ultimate-guide-to-snapchat

https://smartsocial.com/snapchat/

Greenbrier County Man Pleads Guilty to Attempted Sex Trafficking of a Minor

"Ramsey admitted that he was communicating via Snapchat with a person he believed to be a 14-year-old minor that he had previously met in person. During these conversations, Ramsey offered to pay the 14-year-old $200 to engage in two sexual acts."

Read the full article here.

Mountain View man accused of trafficking 15 year-old girl from Arizona he met on Snapchat

"MOUNTAIN VIEW, Calif. - Mountain View Police are looking for more victims in a suspected trafficking case. They believe 22-year old Justin Watson of Sunnyvale was using Snapchat to meet young girls for sex, including a 15 year old, brought here from Arizona.

A preliminary investigation found Watson had allegedly had contact with a dozen other potential victims on Snapchat, often posing as a 16 or 17 years-old himself."

Read the full article here.

TIKTOK

Reddit, Facebook, Twitter Worst For Mental Health Post-Coronavirus

"The tech website Motherboard investigated the app and found a large community of adult users on TikTok ⁎soliciting⁎ nude photos from kids.

Some of those users even sent explicit videos to children. One of the main issues with TikTok is that when kids sign up to use the app, the default setting on their accounts is 'public,' meaning anything they share can be seen by any other user.

It's easy enough to switch it private so that users can only communicate with their friends. However, even private accounts don't eliminate the risk your child could stumble onto porn while using the 'search' feature.

The app also collects an alarming amount of data from its young users, including location, phone and social media contacts and more."

Read the full article here.

CONTENT

TikTok is one of the top most downloaded apps in the world. Users can create short videos. Most content consists of dances, challenges, funny videos, etc. It does offer some parental controls that limit what content a child can see.

CONCERNS

- Ability to direct message/chat privately
- Cyberbullying can be an issue
- Access to inappropriate language, images, or videos including those that promote self-harm or eating disorders
- Highly addictive - desire to become TikTok famous
- The app collects an alarming amount of data

RESOURCES

https://www.commonsensemedia.org/blog/parents-ultimate-guide-to-tiktok

https://smartsocial.com/tiktok-app-guide-parents/

Safety Center

TWITTER

CONTENT

Twitter allows you to post short text with limited characters along with photos, videos, or links. Users can retweet or like others' posts. Most users have public accounts. Hashtags are used to search for topics or trending posts.

CONCERNS

- Cyberbullying can be an issue and users can be abusive
- Ability to direct message/chat privately
- There are no age restrictions
- Access to inappropriate language, images, or videos

RESOURCES

https://www.commonsensemedia.org/website-reviews/twitter

https://smartsocial.com/what-is-twitter-parent-guide-video/

Twitter sued by survivor of child sexual exploitation

"A minor boy and his mother are suing Twitter, alleging that it benefited from and neglected to remove an exploitative video -- featuring him and another minor -- which was retweeted thousands of times and at least 167,000 views on the platform.

...

According to the filing, one or multiple traffickers tricked the boy into providing explicit images to a Snapchat account he was led to believe belonged to a 16-year-old girl. After obtaining the explicit content, the traffickers allegedly blackmailed the boy into providing the video that ultimately spread on Twitter."

Read the full article here.

TWITCH

Children Stream on Twitch—Where Potential Predators Find Them

"The dozens of active accounts WIRED discovered on Twitch sometimes contain harrowing conversations between apparent children and strangers. In some instances, the strangers "dare" young streamers for their entertainment, including asking young girls to flip their hair or kiss their friend on camera. Other times, strangers ask for young streamers' contact information on other apps such as Facebook-owned Instagram or WhatsApp. (Twitch also has an integrated private chat feature.) They also pretend to donate money, making a chat message appear like a verified donation, or post inappropriate ASCII art in chat. The streamers themselves are by and large unsupervised."

Read the full article here.

CONTENT

Twitch is a livestreaming platform popular among gamers. Posts are called "streams." There can be other content, but the majority are gaming streams. Videos can be watched live or they can replay the recording.

CONCERNS

- Livestreaming, in general, is dangerous for kids and teens because content is being viewed in real time with no filters
- Access to inappropriate language, images, or videos
- While Twitch doesn't allow threatening language or sexually explicit content, it does allow games with violence and/or nudity
- Doesn't offer parental controls or ability to block streams

RESOURCES

https://www.commonsensemedia.org/blog/parents-ultimate-guide-to-twitch

https://smartsocial.com/twitch-parent-guide/

WHATSAPP

CONTENT

WhatsApp is a instant messaging app where chats go over the internet instead of through your phone provider. Users have the option to send photos, make phone and video calls and share your location.

CONCERNS

- No server stores messages after they are delivered. Not even WhatsApp can read, view or listen to the chats.
- WhatsApp requires users to be 13 years or older, but there is no process in place to verify their users' age.
- Kids and teens can be exposed to inappropriate content and can exchange inappropriate content with others.
- Cyberbullying can be an issue and users can be abusive.
- When location sharing is turned on the images shared through the app will show the exact location the photo was taken.

RESOURCES

hhttps://www.commonsensemedia.org/app-reviews/whatsapp-messenger

https://smartsocial.com/post/whatsapp-app

How WhatsApp is exposing children to bullying and harmful content.

"Victoria Tully had no idea that her new first-year students had invited people from outside the school to join their WhatsApp group.

She only found out when a "strange man" shared "horrible pictures" with the 11-year-olds and someone alerted a teacher.

A spokesperson for the National Society for the Prevention of Cruelty to Children (NSPCC) said that it was “incredibly important” for parents to have “open and honest” conversations with their children about social media so that they will talk to them if something bad happens. “We’ve got to be realistic and accept that even if parents set boundaries, children and teenagers will push them,” she said. “It’s about being engaged.”

Read the full article here.

YOUTUBE

On YouTube's Digital Playground, an Open Gate for Pedophiles

"Christiane C. didn't think anything of it when her 10-year-old daughter and a friend uploaded a video of themselves playing in a backyard pool.

A few days later, her daughter shared exciting news: The video had thousands of views. Before long, it had ticked up to 400,000 — a staggering number for a video of a child in a two-piece bathing suit with her friend.
...

YouTube's automated recommendation system — which drives most of the platform's billions of views by suggesting what users should watch next — had begun showing the video to users who watched other videos of prepubescent, partially clothed children, a team of researchers has found."

Read the full article here.

CONTENT

YouTube is a popular and well-known app/site. Users can upload videos and livestream videos on a large variety of topics and interests. YouTube Kids offer the strictest parental controls but isn't foolproof.

CONCERNS

- YouTube has a known pedophile problem which is major cause for concern
- Livestreaming, in general, is dangerous for kids and teens because content is being viewed in real time with no filters
- Access to inappropriate language, images, or videos
- Cyberbullying can be an issue and users can be abusive
- Because it is user-generated, YouTube relies on users to flag inappropriate videos
- Highly addictive - desire to be become YouTube famous
- Autoplay can introduce users to inappropriate content

RESOURCES

https://www.commonsensemedia.org/youtube

https://smartsocial.com/youtube/

FAMILY AGREEMENT

Every family and every child is different. Coming together to discuss online safety expectations will help you establish agreed upon guidelines and consequences **with** your child.

These conversations are essential in helping your child understand **why** there are guidelines in place - for their safety! Also, informing them of the consequences helps reduce negative tantrums/responses when a consequence is enforced.

You may decide one agreement covers everything or that you will need several agreements for different devices, apps, games, etc... Also, it is important that you select a time frame to revisit the agreement (6 months, when the child turns a certain age, etc.). As your child matures and demonstrates that they are responsible, digital citizens, you can begin trusting them with more freedom and autonomy. This demonstration of trust gives them ownership over their actions and a desire to maintain this trust to gain more privileges.

Each child should have their own agreement.

Is this device/app restricted to weekends? Weekdays after homework is completed?

We advise that devices be used in common areas and NOT in bedrooms.

Guidelines should include being kind and appropriate online, thinking before posting, NOT communicating with people they don't know in real life, etc.

Consequences should be age appropriate and include temporarily losing access to that device/app

Children should feel comfortable and safe coming to you when they stumble upon something that makes them feel uncomfortable, unsafe, or unsure. Honest communication should be encouraged. Many children don't come forward because of embarrassment or fear of punishment.

FAMILY ONLINE SAFETY AGREEMENT

CHILD: _____

DEVICE/APP: _____

This agreement is meant to keep me safe while online, gaming, on social media, etc...



I am allowed to use this device/app,

during the following days and times: _____

in the following locations: _____

I agree to follow the guidelines below:

If I do not follow the guidelines above, I understand that I will face some or all of the consequences below:

We will revisit this contract on the agreed upon time below: _____

If I feel unsafe, uncomfortable, or unsure, I will speak to: _____

BY SIGNING BELOW, I UNDERSTAND AND AGREE TO THE INFORMATION ABOVE.

_____ Child's Signature _____ Date

_____ Parent's Signature _____ Date

FAMILY ONLINE SAFETY AGREEMENT

CHILD: _____

DEVICE/APP: _____

This agreement is meant to keep me safe while online, gaming, on social media, etc...



I am allowed to use this device/app,

during the following days and times:

_____

in the following locations:

_____

I agree to follow the guidelines below:

If I do not follow the guidelines above, I understand that I will face some or all of the consequences below:

We will revisit this contract on the agreed upon time below:

_____

If I feel unsafe, uncomfortable, or unsure, I will speak to:

_____

BY SIGNING BELOW, I UNDERSTAND AND AGREE TO THE INFORMATION ABOVE.

_____ _____

Child's Signature Date

_____ _____

Parent's Signature Date

PROJECT PROTECT OUR CHILDREN FAMILY ONLINE SAFETY AGREEMENT

CHILD: _____

DEVICE/APP: _____

This agreement is meant to keep me safe while online, gaming, on social media, etc...



I am allowed to use this device/app,

during the following days and times:

_____

in the following locations:

_____

I agree to follow the guidelines below:

If I do not follow the guidelines above, I understand that I will face some or all of the consequences below:

We will revisit this contract on the agreed upon time below:

_____

If I feel unsafe, uncomfortable, or unsure, I will speak to:

_____

BY SIGNING BELOW, I UNDERSTAND AND AGREE TO THE INFORMATION ABOVE.

_____ _____

Child's Signature Date

_____ _____

Parent's Signature Date

SCAN HERE FOR A COPY OF PPOC'S PARENT RESOURCE GUIDE

PROJECTPROTECTOURCHILDREN.COM

NATIONAL HUMAN TRAFFICKING HOTLINE 1-888-373-7888

CYBERTIPLINE 1-800-THE-LOST (1-800-843-5678)



DEEPFAKES

images or videos where a person's face or body has been digitally altered to appear to be someone else. As technology improves, deepfakes are becoming more and more realistic.

DIGITAL FOOTPRINT

a trail of data you create while using the Internet. It includes the websites you visit, emails you send, and information you submit to online services.

DOOMSCROLLING

the temptation to compulsively scroll through social media platforms filled with apocalyptic news—and the difficulty stopping despite feelings of dread and anxiety.

FAKE NEWS

false news stories that often sensationalize trending topics and is widely shared or viewed and often monetized.

LIVESTREAM

transmitting or receiving live video or audio in real time.

ONLINE DISINHIBITION

is the lack of restraint one feels when communicating online in comparison to communicating in-person. People feel safer saying things online which they would not say in real life because they have the ability to remain completely anonymous and invisible behind the computer screen.

PHISHING

is the fraudulent attempt to obtain sensitive information or data, such as usernames, passwords and credit card details or other sensitive details, by impersonating oneself as a trustworthy entity in a digital communication. Typically carried out by email, instant messaging, and text messaging, phishing often directs users to enter personal information at a fake website which matches the look and feel of the legitimate site.

REVENGE PORN

revealing or sexually explicit images or videos of a person posted on the internet, typically by a former sexual partner, without the consent of the subject in order to cause them distress or embarrassment or to manipulate them into doing things.

RINSTAS & FINSTAS

Rinstas and finstas are additional Instagram accounts that are completely separate from each other. Finsta stands for "fake Instagram," and these accounts reflect a kid's true self and are only meant for very close friends to see. Rinsta is a kid's "real" Instagram that's public-facing and highly curated, and they project the type of ideal online persona that's hard to achieve in reality. In other words, their "real" account is the public one everyone can find and see ("Parents' Ultimate Guide to Instagram, Common Sense Media)

TRAUMA BOND

a connection between an abusive person and the individual they abuse. It typically occurs when the abused person begins to develop sympathy or affection for the abuser.

ADDITIONAL RESOURCES



HELPLINES

- NATIONAL HUMAN TRAFFICKING HOTLINE

1-888-373-7888

OR TEXT 233733

24/7, Confidential, and 200+ Languages

- CYBERTIPLINE
  - 1-800-THE-LOST (1-800-843-5678)



FAMILY CONTRACTS

- www.childnet.com/have-a-conversation
- https://www.fosi.org/good-digital-parenting-tool/family-online-safety-agreement

MONITORING APPS - Family Education

ONLINE SAFETY VIDEOS AND ACTIVITIES (K-12)

- https://www.missingkids.org/education
- https://www.commonsense.org/education/



GOOGLE PLAY STORE PARENTAL CONTROLS

APPLE STORE PARENTAL CONTROLS

PARENTAL CONTROL SOFTWARE - TOP PICKS

PORN PREVENTION / ADDICTION



INFORMATION

- Common Sense Media
- Family Online Safety Institute
- Smart Social

This resource was made possible by our Corporate Partner PALMER LOGISTICS