CYBER SAFETY: A Course for Parents
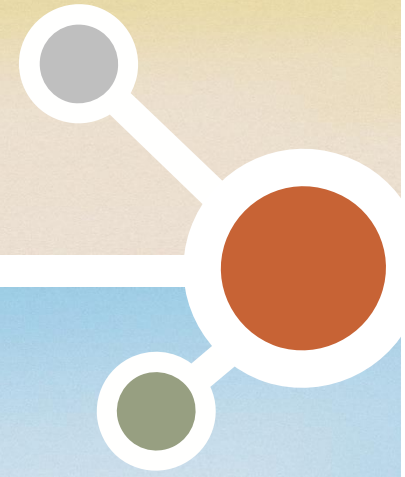
COLUSA
Unified School District

Topics

Here's an overview of:

- What is Cyberbullying

- Internet Safety

- Strategies & Tools to keep your students **safe**, **smart**, and **responsible** online

Mobile Media

- 31% of children between the ages of 8-10 have a cell phone.

- 69% of children 11-14 have a cell phone.

- 1 in 3 teens consider the internet as important to them as air, water, food, and shelter.

Bullying Trends - Content

What hasn't changed

– Kids learning to get a long

– Seeking acceptance

– Being mean to each other

What has changed

– Instant communication with thousands who believe everything they read on the internet

– Cyber bullying doesn't end at the playground, it is ever-present

The Problem with Social Media

1. Children can communicate and meet people outside their parent's sphere of influence and control.

2. Children can communicate anonymously without any accountability, removing the natural inhibitions to bullying or threatening others

3. Being anonymous causes people to do and say things that they normally wouldn't in a face-to-face encounter.

4. The following slides are portals by which cyberbullying can occur.

Portals to Social Media
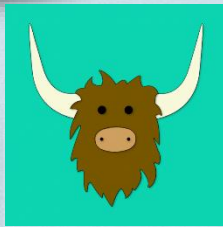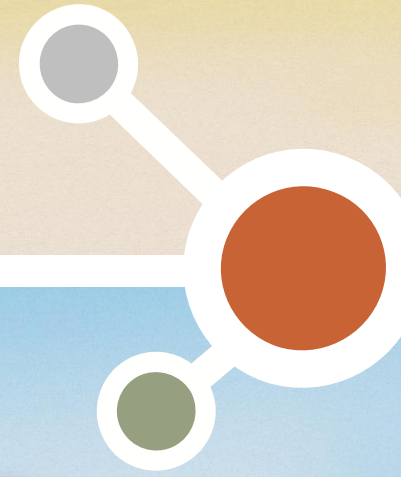
Text Messaging

Instagram

- Post malicious or embarrassing content about someone else for all your followers to read.

- Post a demeaning photo and write a caption using another person's username (Ex. Post a picture of an ugly dog and write "this reminds me of @natalie09").

- Post cruel comments on someone else's photo(s).

- A user can "tag" another user through "Add People" option on the share screen where the tag is added to the image itself.

  - If account is public, the tagged user will see it.

  - If account is private, the tagged user would have to be notified.

- Add inappropriate hashtags under picture #everyonehatesyou.

- Create fake accounts using cruel hashtags, comments, captions and photos.

Vine

- 6 second looped video

- No age verification. Terms of service state children 12 and under are not allowed on Vine

- Privacy - You can not block people from following you.
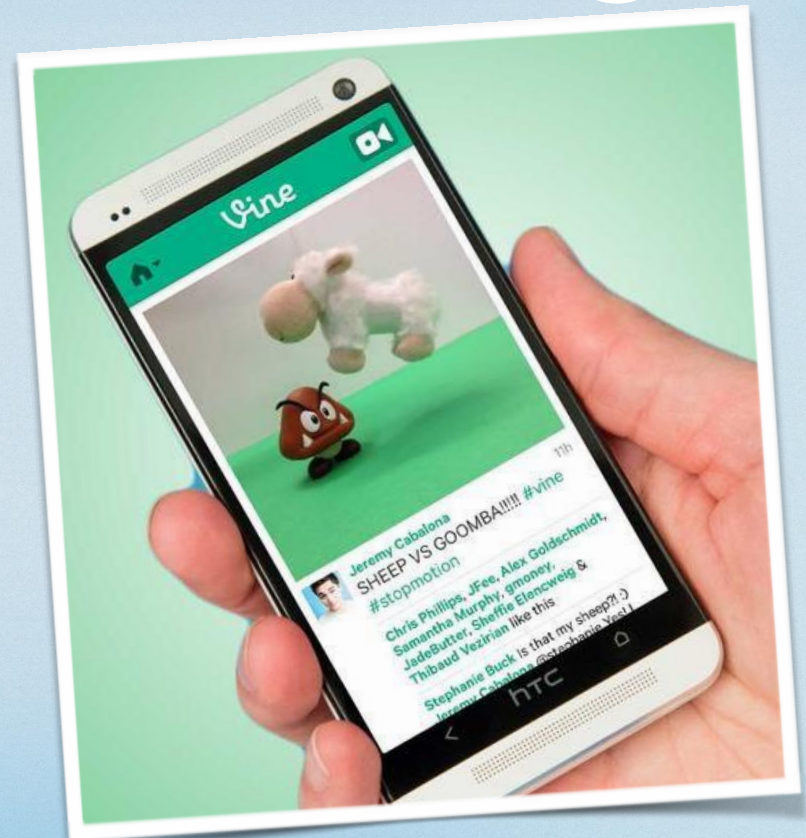
Snapchat

- Users put a time limit on the pictures and videos they send before they disappear.

- Senders are notified if recipient screen shots the image.

- Simple software hack allows recipient to record image without senders knowledge.

- Makes inappropriate content seem safe or okay to transmit.

Ask.fm

- Social media site that lets anyone see details of boys and girls as young as 13, then post comments or questions **anonymously**

- Has become linked to a number of cyberbullying incidents.

Olive @Beckyolive

Suicide list

Omg I didn't wanna have to do this but like this if you have ever :
- made yourself throw up
- starved
- took a razor to your skin
- felt like your not good enough
- thought about suicide
- attempted suicide
- burnt your self
- got bullied
- been called ugly/fat etc..
- or harmed your self in any way
- cried your self to sleep
- been abused
- hated/ disliked yourself
- felt like no ones there for you
ill send something nice to all of you! <3

5 months ago

Cyberbullying per Ed Code

❑ Creation and transmission originated **on or off** the school-site, including:
- ✓ Message, text, sound, or image
- ✓ Posting to or creating a burn page
- ✓ Creating a credible impersonation of a pupil
- ✓ Creating a false profile

❑ Provides that an electronic act does not constitute pervasive conduct solely on the basis that it has been transmitted on the Internet or is currently posted on the Internet.

Cyberbullying Continued

Has or can be reasonably predicted to have the effect of one or more of the following:

- ❑ Fear or harm to his/her person or property.

- ❑ Substantial detrimental effect on his/her physical or mental health.

- ❑ Substantial interference with his/her academic performance.

- ❑ Substantial interference with his/her ability to participate in or benefit from the services, activities, or privileges provided by a school.
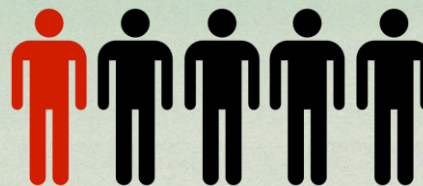
Age appropriate content

- YouTube has a "Safety Mode" option to regulate inappropriate material for children.
  - Located at the bottom of the page
  - Temporary setting
  - Not full proof
- YouTube relies on "Crowd Sourcing"
  - Watchers flag videos for inappropriate content using words like nude, violence, sex, etc.
- Create a pre-selected playlist
  - Embed playlist from YouTube
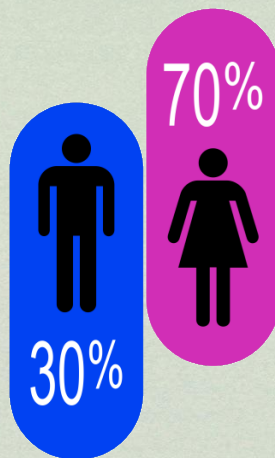 - Copy YouTube playlist to your own account

Predators Online

747,000

There are over 747,000 Registered Sex Offenders in the United States (2013)

30%

70%

About 30% of the victims of Internet sexual exploitation are boys and 70% are girls.

One in five U.S. teenagers who regularly log on to the Internet says they have received an unwanted sexual solicitation via the Web.

100%

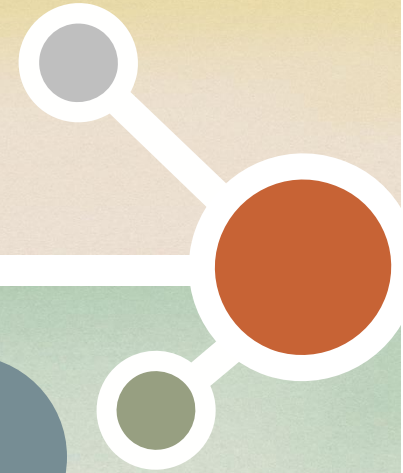In 100% of the cases, teens that are the victims of sexual predators have gone willingly to meet with them

Who is "Following" Your Kid?

- What's your child's social media privacy setting?
- What's your child's criteria for approving friends and followers?
- Who are their friends/followers
- Are you your child's follower?

How Predators Operate

1 Look for children that are emotionally vulnerable due to problems at school or home.

2 Listen to and sympathize with kids' problems, driving a wedge between kids and their parents.

3 Seduce their targets through attention, flattery, affection, kindness, and even gifts.

4 Gradually introduce sex into conversations or show sexually explicit material.

What should you do?

Your children should not have a follower that they or you do not know (real life face-to-face relationship).

1. Explain why it is dangerous to have people you don't know in your social network.

2. After outlining the risks, ask "What's the upside to keeping a total stranger in your network?"

3. Review each follower with your child.

4. If they do not have a real life face-to-face relationship with them then remove/block them.

5. All new requests to follow must use above criteria.

At what age should a child have a cell phone?

Tools and Strategies
Approving Apps - Vault Apps
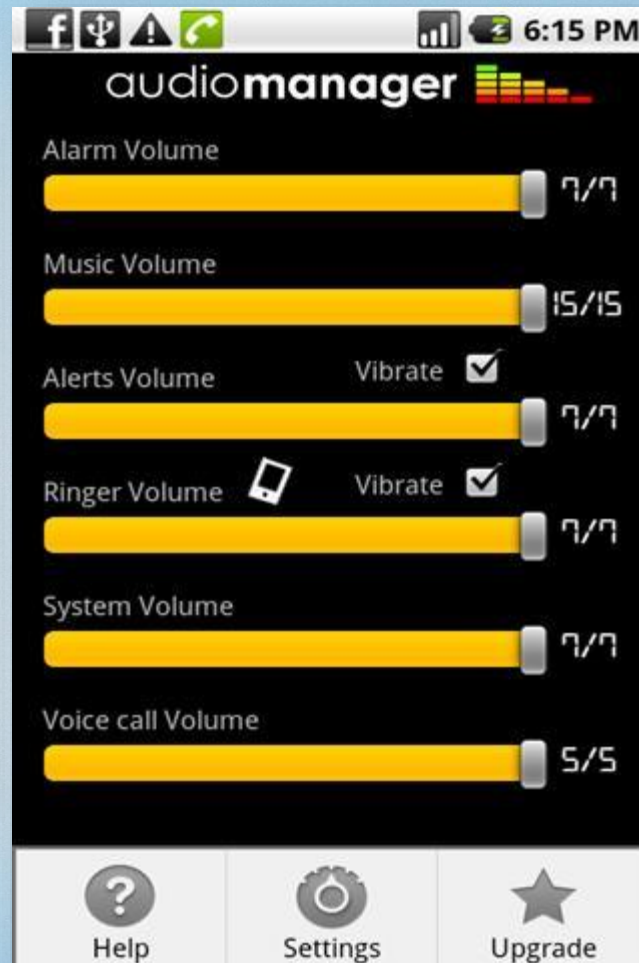
Tools and Strategies
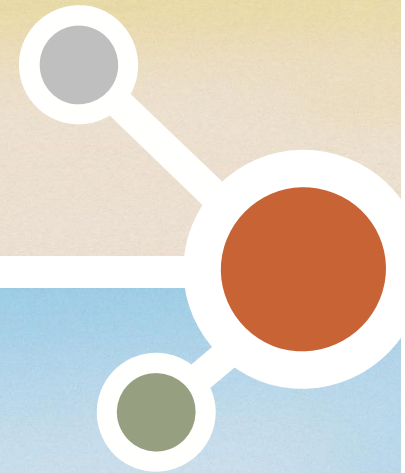
Parental Controls

- All of the major carriers have some form of parental controls.

- Filter content and block adult websites.

- Block or allow certain phone numbers.

- Limit number of text and chats.

- Block all text messages, images, and email.

- Only call and accept calls from a limited set of preset numbers—often used for phones of younger children.

parental control ™
our right. our responsibility.
takeparentalcontrol.org

Teach Our Kids How to Deal With Bullies

- Tell the bully only once that you think the material "harassing" or "threatening," and you want it to stop. If it doesn't stop, you will "take it to the next level."

- Take a picture of the screen print out.

- Take video of the posted video.

- Note the date, time, site of the posting.

- Save all text messages, emails, voicemail messages. Do not delete from your device.

- Do not retaliate.

IT'S TIME TO TAKE A STAND

BULLY
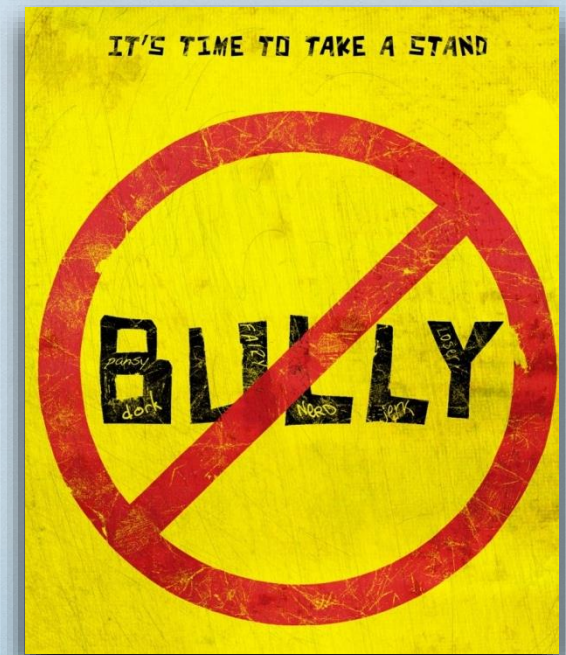
What to Look For

- Social and emotional problems
  - No interacting with friends
  - Not making friends
  - Hanging out with different friends
  - Crying and/or reserved
- Any changes in behavior - acting out
- Talk to your child - seek help if necessary

www.cybersafetycop.com/resources

What Can Schools Do?

- School-based Counseling Services
- Progressive Discipline
- Communicate and Uphold District Policy
- Bullying Prevention Task Force
- Parent Education Nights

www.cybersafetycop.com

- Up to date news
- Legal updates
- Events
- New social media apps
- Tools
- Resources
- Downloads

Thank you
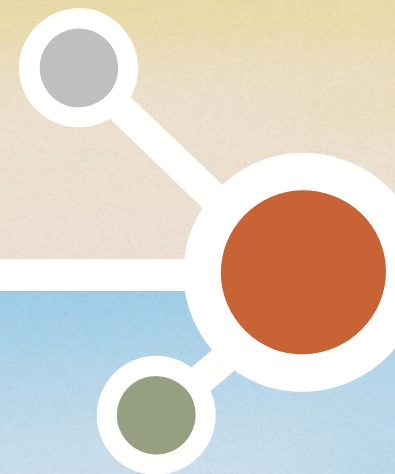
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Assess

- What is the likelihood my child will use good judgment online?

- Are there things I should be discussing with them to help them to improve their judgment/ and ethics?

- If they encounter a potential problem, or danger online will they perceive it as such, and come to me?

- Are the parental controls on my family's devices adequate enough for keeping my child safe?

- What is my child's ability to self monitor and self-regulate?

Balance

- Positive human interactions and experiences
- The American Academy of Pediatrics:
  - 2 hrs. per day
    - Current average = 7 hrs.
  - No electronic access in bedrooms
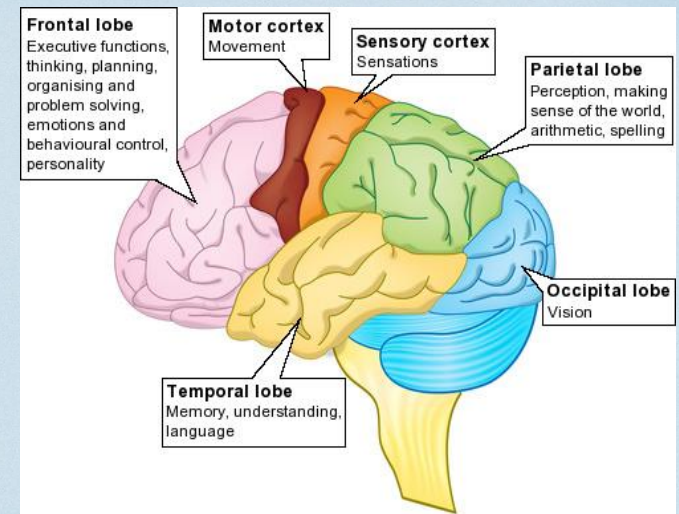- Establish clear family rules

Communication

- Spend time with your child and communicate
- Talk with child about what they viewing
- Remain approachable and emotionally available without judgment
- Communicate with the school when appropriate

Development and Desensitization to Human Experience

- Executive functioning
- Exposure to violent video games and/or inappropriate sexual content
    - 98% of Pediatricians in the US indicate it may have an effect on childhood aggression
    - Distorted reality
    - Children model what they see and experience.

Frontal lobe
Executive functions, thinking, planning, organising and problem solving, emotions and behavioural control, personality

Motor cortex
Movement

Sensory cortex
Sensations

Parietal lobe
Perception, making sense of the world, arithmetic, spelling

Occipital lobe
Vision

Temporal lobe
Memory, understanding, language

Ethics

- Help your child have strong ethics by demonstrating the moral compass and ethics you want them to have
- Talk with them about how they make ethical decisions
- Enrich their lives with a strong sense of right and wrong

Fun

- Embrace positive aspects of the internet
- Potential for gains in knowledge
- Connectivity of relatives and friends
- Forming fun memories
- Family Game Nights
- Fun, educational, developmentally appropriate
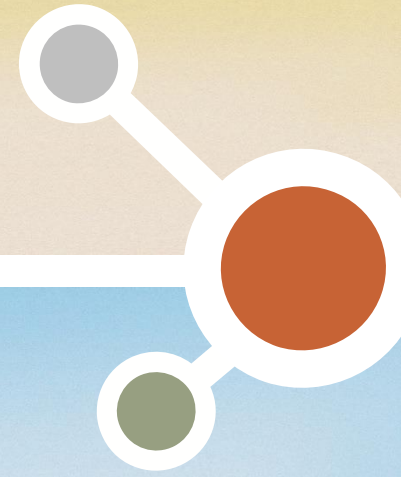 - Jiji

Self-regulation
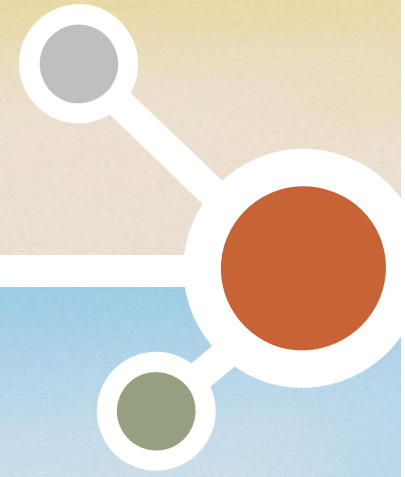
behaviors

emotions

thoughts

Self-regulation

	recognize	regulate
others		
self		

References

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- Website:(2015) http://www.ncdoj.gov/Top-Issues/Internet-Safety/Internet-Safety-Toolkit/Talk-to-Your-Child-About-Internet-Safety.aspx