Introductions

- **Brandon Townsend** is the president of the Delaware School Counselor Association, the college and career counselor at Appoquinimink High School (Middletown, Del.), and a trained facilitator of Stewards of Children and NetSmartz®.
- **Claudine Malone** is the director of programming for the Beau Biden Foundation for the Protection of Children, retired police sergeant and fourth-year law student.
- **Dominique Oppenheimer** is the program development and volunteer coordinator for the Beau Biden Foundation and a volunteer victim advocate.
Learning outcomes:

After viewing this webinar you should be able to:

- Discuss the current digital safety challenges students and families face and how these issues may affect a student both at home and in school.
- Communicate internet safety concepts using the National Center for Missing & Exploited Children's NetSmartz® materials, including “netiquette,” privacy, sexting, online sexual exploitation, grooming and cyberbullying.
- Explore internet safety instruction through the lens of social and emotional learning.
- Identify tips for making your school’s online environment safer and more positive.
NetSmartz® Workshop

NetSmartz.org

What do your children do online?
SAFETY & SECURITY ISSUES

- Inappropriate content
- Online privacy
- Sexting
- Online sexual solicitation
- Cyberbullying

TALK ABOUT THE RISKS AT EVERY AGE

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<th>YOUNGER CHILDREN</th>
<th>TWEENS &amp; TEENS</th>
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<td>Pop-ups/passwords</td>
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<td>Not trusting everyone you meet online</td>
<td>Meeting offline</td>
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Exposure vs Posting

**INAPPROPRIATE CONTENT**
- Pornography
- Excessive violence
- Hate speech
- Risky or illegal behaviors

**HOW TO RESPOND**
- Don’t frighten them
- Listen attentively
- Tell them it’s not their fault
- Answer questions
- Help them report it
Discuss Action Steps

**WHAT THEY SHOULD DO**

- Turn off the screen
- Use the back button
- Tell a trusted adult
- Report it to the website or app

**DON’T POST**

- Inappropriate or illegal behavior
- Offensive language
- Threats of violence
- Underage drinking or drug use
- Hate speech
**WHAT YOU CAN DO**

- Establish expectations for online behavior
- Set consequences for inappropriate posts
- Talk about appropriate usernames
- Review comments and pictures
- Talk about what their friends are posting

**ONLINE PRIVACY**

**WHAT’S OK?**

- Pictures of family & friends (with permission)
- Casual conversation in a game

**WHAT’S NOT OK?**

- Certain kinds of personal information
PERSONAL INFORMATION

- Passwords
- Home address
- Location
- Home/Cell phone number
- Email address

RISKS OF SHARING PERSONAL INFORMATION

- Identity theft
- Online scams
- Hacking

[Image of laptop with lock symbol]
Protect Your Finances While Online

- SSN #'s (like bank acct #'s or credit card #'s should stay in the family)
- Always log out of acct’s rather than just x-ing out or remaining logged in
- Don’t reply to texts, emails or pop-ups that ask for personal information or click onto a link in exchange for gift or threaten negative consequences
- Turn off WiFi auto-connect features
- Only use secure websites, look for: https://
- Password protect your devices
- Use caution when downloading apps - what are they asking for, why, and is it a risk worth taking?
- Never download without knowing and trusting the source
- If identity theft is suspected, report immediately to police and Federal Trade Commission at ftc.gov/complaint or 1-877-FTC-HELP
Sexting

- **Sexting**: the sharing of nude or sexual pictures, videos, and language through text or other messaging platforms.
- About **1 in 5** teens have participated in sexting (sending, receiving, or forwarding)\(^1\)
- Over \(\frac{1}{3}\) know a friend who has sent or received sexts\(^1\)

\(^1\) Domestic Violence Coordinating Council of Delaware, Teen Sexting Fact Sheet
Legal Consequences

- **THREATS:** A threat sent via text or group chat or any other electronic message is treated exactly the same as if spoken if the intended party is alarmed, harassed or placed in fear.
- **SEXTING:** Sending, possessing or requesting (soliciting) sexual images of someone under 18 years of age is child pornography and/or sexual exploitation, a felony in most states and may also be a federal offense.
ADDRESSING Sexting

- Talk about the consequences
- Tell them never to forward a sexting image
- Discuss healthy sexual relationships
- Talk about ways an image can spread online
- Report it!

Sexual Solicitation

Any unwanted sexual request or any sexual request by an adult.
HOW DOES SOLICITATION OCCUR?

• Most occur on social networking sites
• Most occur among older teens
• Most teens are solicited by peers
• Most are not bothered by it
OFFENDERS GROOM CHILDREN BY:

- Exploiting their natural curiosity
- Gradually introducing explicit images
- Using adult status to control a child’s behavior
- Offering gifts like cell phones and gift cards

SIGNS OF GROOMING

Check if your child is:

- Receiving gifts
- Calling unknown numbers
- Rejecting family and friends
- Getting upset when not online
- Minimizing the screen
**What You Can Do**

- Talk to your child about relationships
- Set a policy about meeting offline for older teens
- Know your child’s online friends
- Teach your child the warning signs
- Call the police

**Report to CyberTipline**

- Anyone who sends your child photos or videos containing obscene content
- Anyone who asks your child to send sexual images
- Anyone speaking to your child in a sexual manner
- Anyone who asks your child to meet in person

CyberTipline.org

1-800-THE-LOST®
(1-800-843-5678)
BULLYING + TECHNOLOGY = CYBERBULLYING

EXAMPLES OF CYBERBULLYING

- Sending mean texts
- Photoshopping pictures
- Creating fake profiles
- Posting fight videos
- Spreading rumors and gossip
- Posting embarrassing pictures
- Sending threatening or harassing comments
DIFFERENCES BETWEEN CYBERBULLYING & BULLYING

- Spreads faster
- Wider audience
- Follows children home

SUICIDE AMONG CYBERBULLYING VICTIMS IS RARE
Cyberbully  Victim  Bystander

A CYBERBULLYING VICTIM MIGHT

• Stop using the computer or cell phone
• Act nervous when receiving an email, IM or text
• Seem uneasy about going to school
• Withdraw from friends and family
**How To Help**

- Consider saving the evidence
- Block cyberbullies
- Set up new accounts
- Talk to the school
- Report it

**Cyberbullying Behaviors**

- Quickly switches screens or closes programs
- Uses the computer at all hours
- Gets unusually upset if they cannot use the computer
- Laughs excessively while online
- Avoids discussions about what they are doing
- Uses multiple online accounts
How to Prevent It

- Establish expectations for online behavior
- Set consequences for cyberbullying
- Model good online behavior

Talk to Your Child About Not Being a Bystander.

- Establish expectations for reporting
- Encourage them to stand up for the victim
- Help them report the cyberbullying
TECH OPTIONS

- Install filtering and monitoring software
- Consult your cell phone provider
- Research options for other mobile devices
- Look at individual apps
- Explore built-in security features

TECHNOLOGY CAN’T CATCH EVERYTHING, SO COMMUNICATE!
Technology and Relationships

- Ease of Beginning/Ending (friendships and romance)
- Impact on Soft Skills
- Increased Rates of Anxiety and Depression
- Displacement of Attention and/or Presence
- Recommendations

Popular Social Media Apps

Messaging Apps & Websites
- **Facebook Messenger**: Separate from the Facebook app. There is now also a "Messenger Kids" application.
- **GroupMe**: Group messaging app, offers own emojis and GIFs to use.
- **Kik Messenger**: Essentially anonymous, username isn’t tied to phone number. Has promoted conversations between brands and users.
- **Omegle**: Instant messaging or video messaging with random strangers online. Users often ask for “ASL” (age, sex, location).
- **WhatsApp**: Messaging app. Users must be 16 or older. Commonly used when traveling outside of the country.
Popular Social Media Apps

Micro-blogging & Social Networking

- **Facebook**: As with all websites and apps, it is important to check privacy settings. Users may often receive friend requests or messages from strangers.
- **Instagram**: Photo & video sharing, with messaging also available. Teens may feel pressure to get the most likes. Privacy settings are set to public by default. Direct private messaging is also a feature. Some users also have “finsta” (“fake insta”) accounts that are separate from their primary accounts and are often used to post more personal and sometimes sexual content.
- **Snapchat**: Sending temporary photos, videos, and messages (though users can take screenshots). Sometimes used for sexting. User location can be made public.
- **Tumblr**: Privacy settings can be very complicated.
- **Twitter**: Privacy settings are not often used, tweets can be deleted, but appear instantly – heat of the moment tweets cause problems. Tweets can be archived elsewhere.
- **VSCO**: Photography and photo-editing platform, often linked to Instagram. Photos can be made public.

Live Streaming & Video Apps

- **TikTok (formerly Musical.ly)**: Video creation and sharing app (mostly lip-syncing and comedic videos), importance of having a lot of followers, suggestive content.
- **YouNow**: Importance of having followers and getting viewers – poor decisions made to gain attention, easy to share personal information (what’s in the background?).
- **YouTube**: Video sharing and live streaming. Issues with bullying and inappropriate language in comments and violent or sexual content.
Popular Social Media Apps

Gaming
- **Twitch**: Online streaming site that includes both gaming and non-gaming content. Includes chat-rooms.
- **Fortnite**: Online game available on computers and gaming systems. In-voice and on-screen chat are available. In-game purchases also available.
- **Apex Legends**: Similar to Fortnite.

Other
- **Bitmoji**: Users can create personalized avatars/emojis – often integrated into other apps like messaging and Snapchat. On Snapchat, a user’s bitmoji may be shown on a map to represent their location unless settings are adjusted (“Ghost Mode”).
- **SHAREit**: File-sharing platform, including images and videos

Presenting Tips

- **Consider your school’s needs and strengths**
  - What technology is available in your school?
    - Do students have technology/computer classes?
    - Are there computers in every classroom or in designated areas like a computer lab or library?
    - Is there any type of 1-to-1 program? Do students all receive a tablet or laptop to use?
  - Have there been any recurring online safety issues? (Ex: nude photo sharing, fight videos posted online, patterns of cyberbullying, grooming)
  - What websites and apps do you see your students using the most?
Presenting Tips

• **Consider your school’s needs and strengths (continued)**
  – What are your school’s values? What is included in the mission statement?
    • How can you apply these to Internet Safety concepts?
  • **Consider your audience**
    – Age, grade, and maturity level
    – Children, parents, educators, or community members
    – Ability, gender, culture, and other factors of identity

Presenting Tips

• **Encourage dialogue**
• **Ask about audience experiences and perspectives**
  – Examples for students: What are your favorite apps or websites? How have you stood up to bullying before, or how can you in the future?
  – Examples for parents: What devices do your children use the most?
• **Incorporate specific facts and examples**
  – Local is best when possible!
• **Use your own experience when appropriate**
  – Example: how you supported a childhood friend experiencing bullying
• **Use humor when appropriate :)**
Presenting Tips

• Emphasize the important takeaways throughout and at the conclusion of the presentation, for example:
  – Send is forever
    • Internet is PUBLIC and PERMANENT
  – You have the right to say no
  – Consequences of online actions
  – Being a bystander vs being an upstander
  – Telling a trusted adult
    • There are adults who care
  – Social and emotional skills
    • Concepts of empathy, consequences, resilience, and boundaries

Creating Safer Schools Online & Offline

• Trainings
  – Internet Safety, Bullying Prevention, Basic Personal Safety, Predator Awareness, Child Abuse Prevention
  – For students
  – For staff
  – For parents & caregivers

• Policy
  – For students and staff
  – Communication of policy to students, staff, and families

• Community engagement
  – Engaging students and their families
  – Partnering with parent-teacher organizations
Child Sexual Abuse Prevention Training

Stewards of Children® is an evidence-informed training module that teaches adults both primary and secondary prevention strategies, not only to report child sexual abuse, but to keep it from ever happening in the first place. This is a certificate program lasting 2 hours and eligible for CEU’s for social workers and nurses.

To inquire about attending a Stewards of Children® - info@beaubidenfoundation.org

Ideas for Community Engagement

• School Events
  – Back-to-school nights, family nights, book fairs, parent conferences, movie and discussion night
• Newsletters
  – Emails, brochures, packets
• Proactive and Reactive Engagement
  – Proactive engagement helps prevent issues from starting, but the rise of certain issues may also present opportunities to bring attention to these topics
  – Keeping the energy going
Additional Resources

- https://www.beaubidenfoundation.org/resources/
  - Internet Safety for Parents & Guardians
  - Internet Safety for Educators & Youth-Serving Professionals
  - Electronic Device Agreement
  - Parent Guide: Bullying
  - Parent Checklist: Summer Program Safety
- https://www.identitytheft.gov/
- https://www.beaubidenfoundation.org/stewardsofchildren/
- https://www.netsmartz.org/HOME
- http://www.missingkids.com/gethelpnow/cybertipline
- https://www.commonsensemedia.org/
Endnotes


Thank you!

NetSmartz® Workshop

A program of the National Center for Missing & Exploited Children®