TECHNOLOGY RESOURCES FOR PARENTS
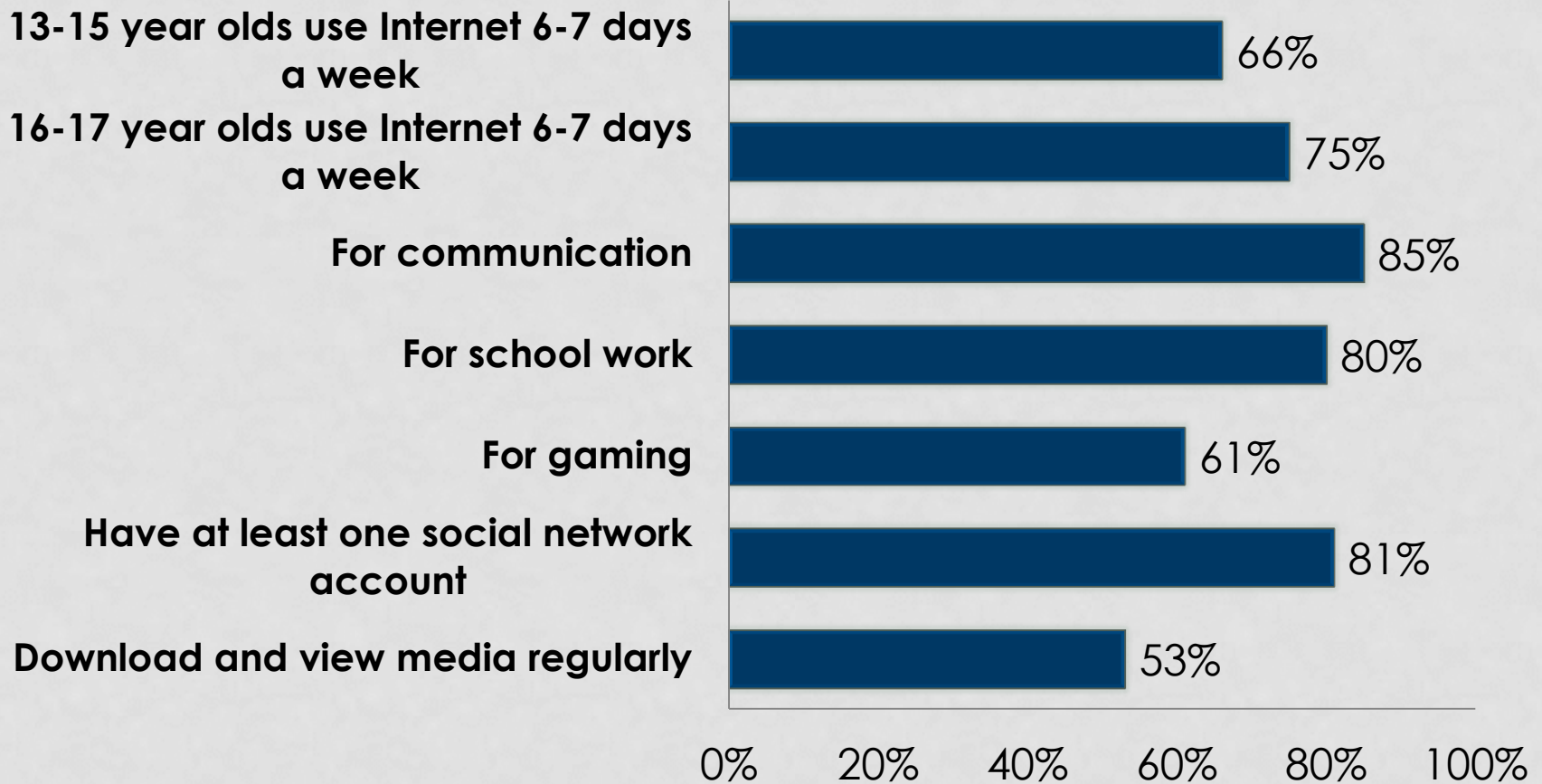
INTERNET SAFETY, SOCIAL MEDIA, CYBER BULLYING, SEXTING

TOPICS

- How Do Teens Use Technology?
- Social Media
- Cyber Bullying
- Sexting
- Pornography
- Resources

HOW DO TEENS USE TECHNOLOGY

13-15 year olds use Internet 6-7 days a week — 66%

16-17 year olds use Internet 6-7 days a week — 75%

For communication — 85%

For school work — 80%

For gaming — 61%

Have at least one social network account — 81%

Download and view media regularly — 53%

0% 20% 40% 60% 80% 100%

Statistics from Harris Interactive-McAfee Study, "The Secret Online Life of Teens", 10/2010

CONCERNS

- Internet Browsing
  - What are they looking at?
- Downloading
  - Is the downloaded content appropriate?
  - Is it legal?
- Gaming
  - What are they playing?
  - Who are they playing with?
- Communication
  - Who are they communicating with?
  - What are they sharing?

TEENS ONLINE BEHAVIOR

Behavior	Percentage
Parents trust them online	91%
Parents know what they do online	56%
Parents too busy to know what they do online	26%
Don't tell their parents what they do online	32%
Change their behavior if a parent is watching	31%
Close or minimize window if parent walks in	38%
Clear browser history to hide online activities	32%
Hide their online activities from their parents (ages 16-17)	56%

Statistics from Harris Interactive-McAfee Study, "The Secret Online Life of Teens", 10/2010

WHAT SHOULD PARENTS DO?

- Set rules!
  - One study showed that only 23% of households had rules about technology use (Henry J. Kaiser Family Foundation Study, 2005)
- Monitor
  - Know your student's accounts and passwords
  - Check them on a regular basis
- Talk to your kids
  - About Internet usage:
    - Go to appropriate sites
    - Think critically about online information
  - About downloads
    - Agree on what is allowed (Free/Paid, appropriateness, etc.)
    - Illegal downloads
  - About Gaming
    - Agree on types of games
    - Set limits
  - About Communication
    - Chatting with someone they've never met (12% of teens)
- Be a good role model

WHAT SHOULD WE TELL OUR STUDENTS TO DO?

- Keep private information private
- Only go to known websites
- Think critically about Internet information
- Don't download anything without checking with parents
- Don't open accounts without checking with parents

SOME QUESTIONS TO ASK

- Where do you access the Internet? (at home, school, friends' homes, elsewhere)?
- How often and how much time do you spend online?
- Do you go online alone or with other people?
- What web sites and programs do you access?
- On what social media sites do you maintain an account?
- What personal information have you posted?
- Who are your online friends?
- What privacy settings have you set?
- What would you do in an uncomfortable online situation?
- Have you encountered inappropriate material, and what did you do?
- Has anyone attempted to communicate with you in an uncomfortable manner, and what did you do?

Adapted from: The Social Project
http://www.socialproject.com/onlinesafety.html

SOCIAL MEDIA

- Definition: forms of electronic communication through which users create online communities to share information, ideas, personal messages, and other content (such as videos)

    From http://www.merriam-webster.com

SOME SOCIAL NETWORKING SITES

- Most require users to be 13 or older, but many pre-teens put a false birth year
- Various levels of privacy
- User agreements ask for consideration of others
- Example: Instagram
  1. Post your own photos.
  2. Keep your clothes on.
  3. Be respectful.
  4. Don't spam.
  5. HAVE FUN!
- No guarantee that posts don't remain after deleting

SOCIAL NETWORKING CONCERNS

- New sites invented constantly
- What are they posting?
- What are they seeing?
- Who are they sharing with?

WHAT DO TEENS SHARE?

What do teens share on social media?
Percent who share information on the profile they use most often

PERSONAL INFORMATION

- Real name — 92%
- Interests — 84
- Birthday — 82
- City or town — 71
- School — 71
- Relationship status — 62

PHOTOS & VIDEOS

91% of teens have a photo of themselves

24% have posted videos of themselves

CONTACT INFORMATION

53% of teens have posted their email address

20% have their cell phone number
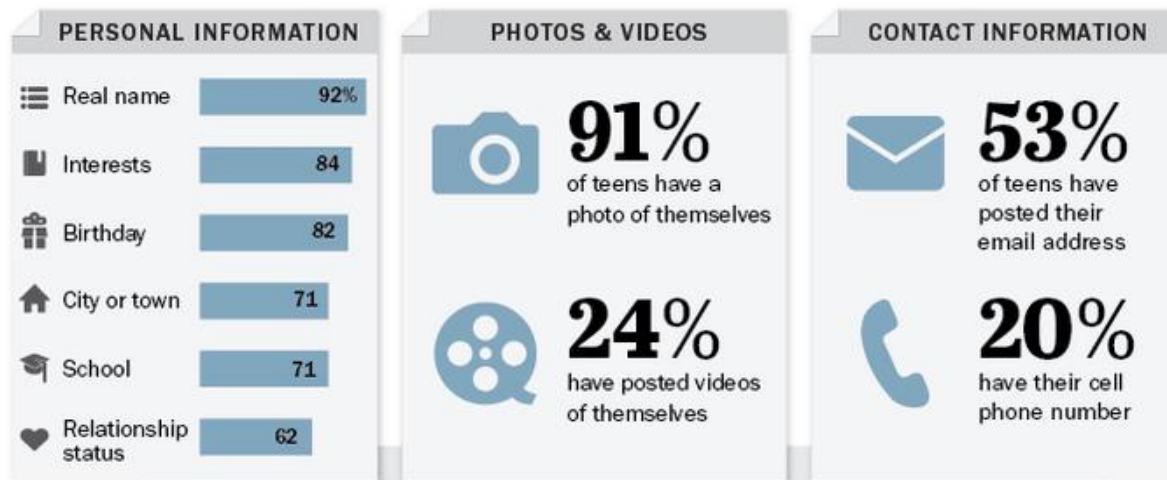
But is the information real?
26% of teen social media users say they post fake information on their profile to help protect their privacy.

Statistics from Pew Research Center Internet Life Teen-Parent Survey, 7/2011

WHO DO TEENS CONNECT WITH?
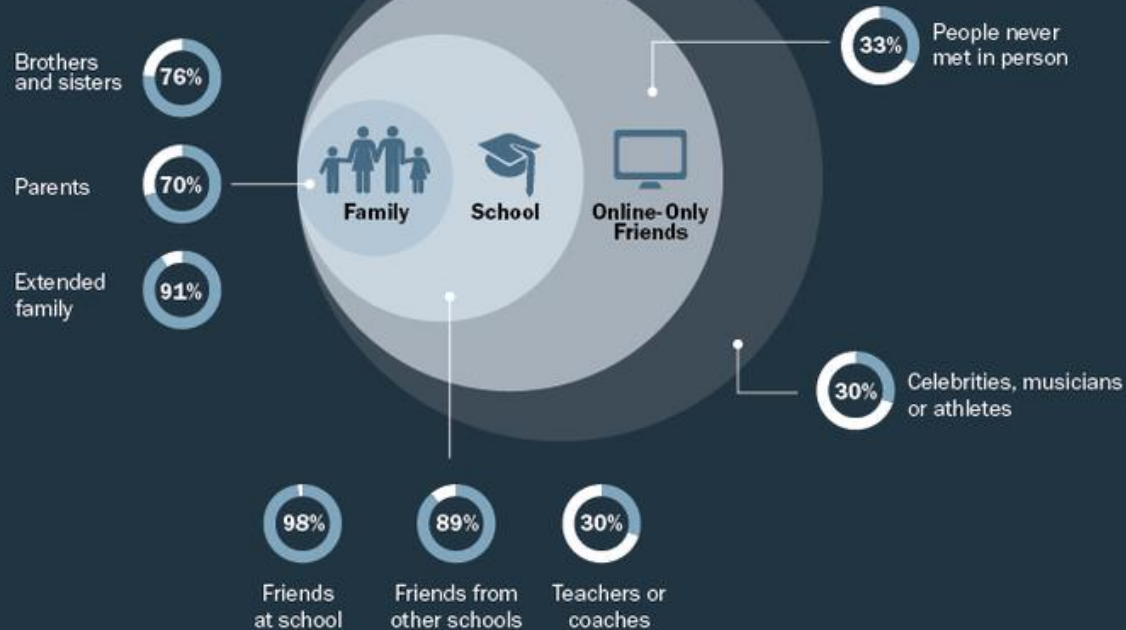
Statistics from Pew Research Center Internet Life Teen-Parent Survey, 7/2011

TEENS AND SOCIAL MEDIA PRIVACY

Privacy on Social Media

Teens choose different privacy settings depending on the social media site they use.

NETWORK	🔓 PUBLIC Everyone can see it	PARTIALLY PRIVATE Friends of friends	🔒 PRIVATE Only friends/followers
Among teens with **Facebook** profiles	14%	25%	60%
Among teens with **Twitter** profiles	64%	N/A	24%

Statistics from Pew Research Center Internet Life Teen-Parent Survey, 7/2011

WHAT SHOULD PARENTS DO?

- Set rules
- Monitor activity
  - Friend them
- Talk to your kids
  - About privacy settings
  - About appropriate online behavior
  - About consideration of others
  - About the permanence of internet information
  - About anonymity
  - About real life friends vs Internet friends
  - About real life dangers in meeting Internet friends
  - About time limits
- Be a good role model

WHAT SHOULD STUDENTS DO?

- Don't friend someone you don't know in real life
- Don't agree to meet up with strangers
- Don't include personal contact info, hometown or other information that could have people track you offline
- Think **three** times before posting something. What you post has longevity and could be connected to you in the future.
- Respect the privacy of others – don't post their personal information or photos
- Never send personal contact info via a social network
- Don't use location services that broadcast your current or past location
- Never, ever share your password

CYBER BULLYING

- What is cyber bullying?
  - Sending mean messages or threats to a person's email account or cell phone
  - Spreading rumors online or through texts
  - Posting hurtful or threatening messages on social networking sites or web pages
  - Stealing a person's account information to break into their account and send damaging messages
  - Pretending to be someone else online to hurt another person
  - Taking unflattering pictures of a person and spreading them through cell phones or the Internet
  - Sexting, or circulating sexually suggestive pictures or messages about a person

From: http://www.bullyingstatistics.org

CYBER BULLYING STATISTICS
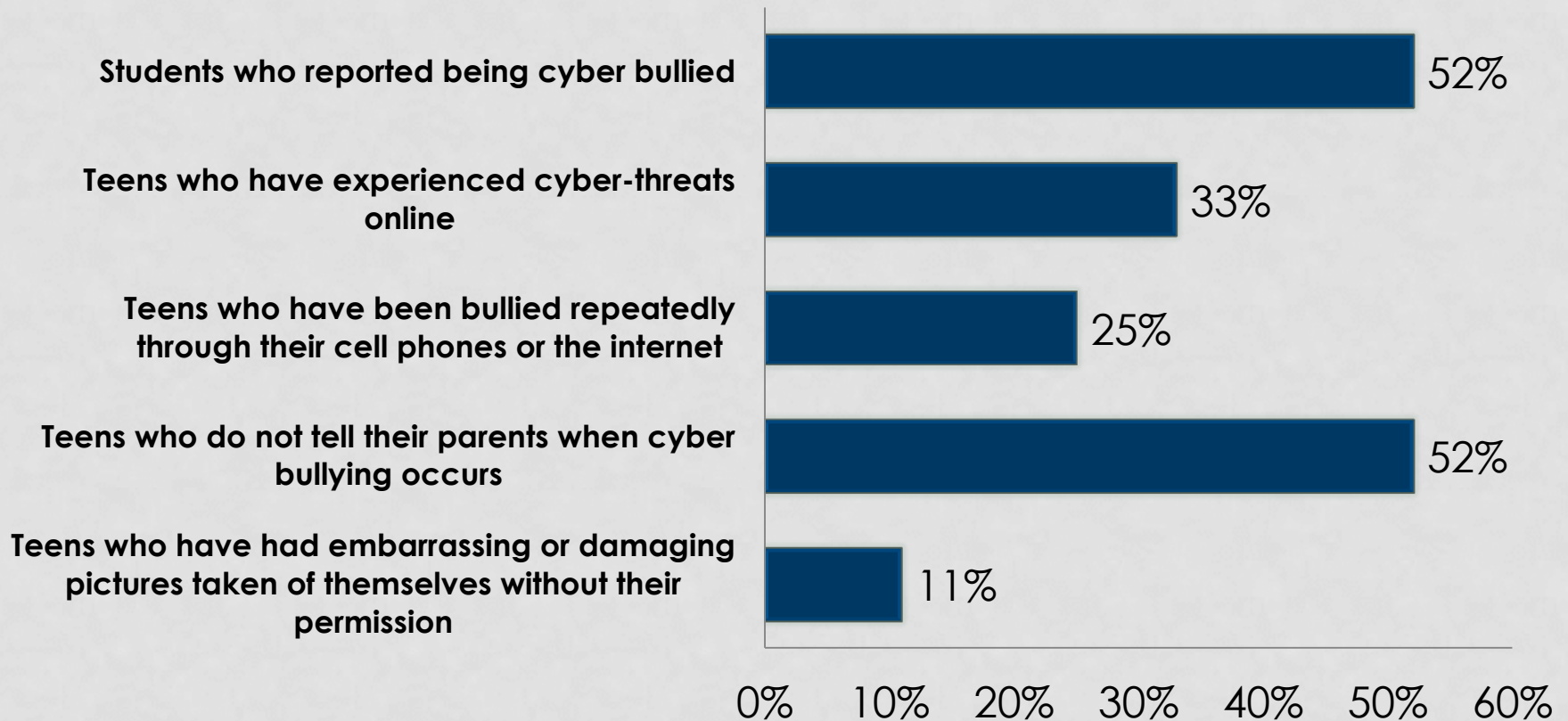
Statistics from Bureau of Justice Statistics, US Department of Health and Human Services, Cyberbullying Research Center

WHAT SHOULD PARENTS DO?

- Monitor
- Talk to your kids
  - About what to do if they are bullied
    - Don't retaliate
    - Block the bully
    - Tell a trusted adult
  - If they are the bully
    - Establish consequences
    - Follow through
    - About the permanence of online postings
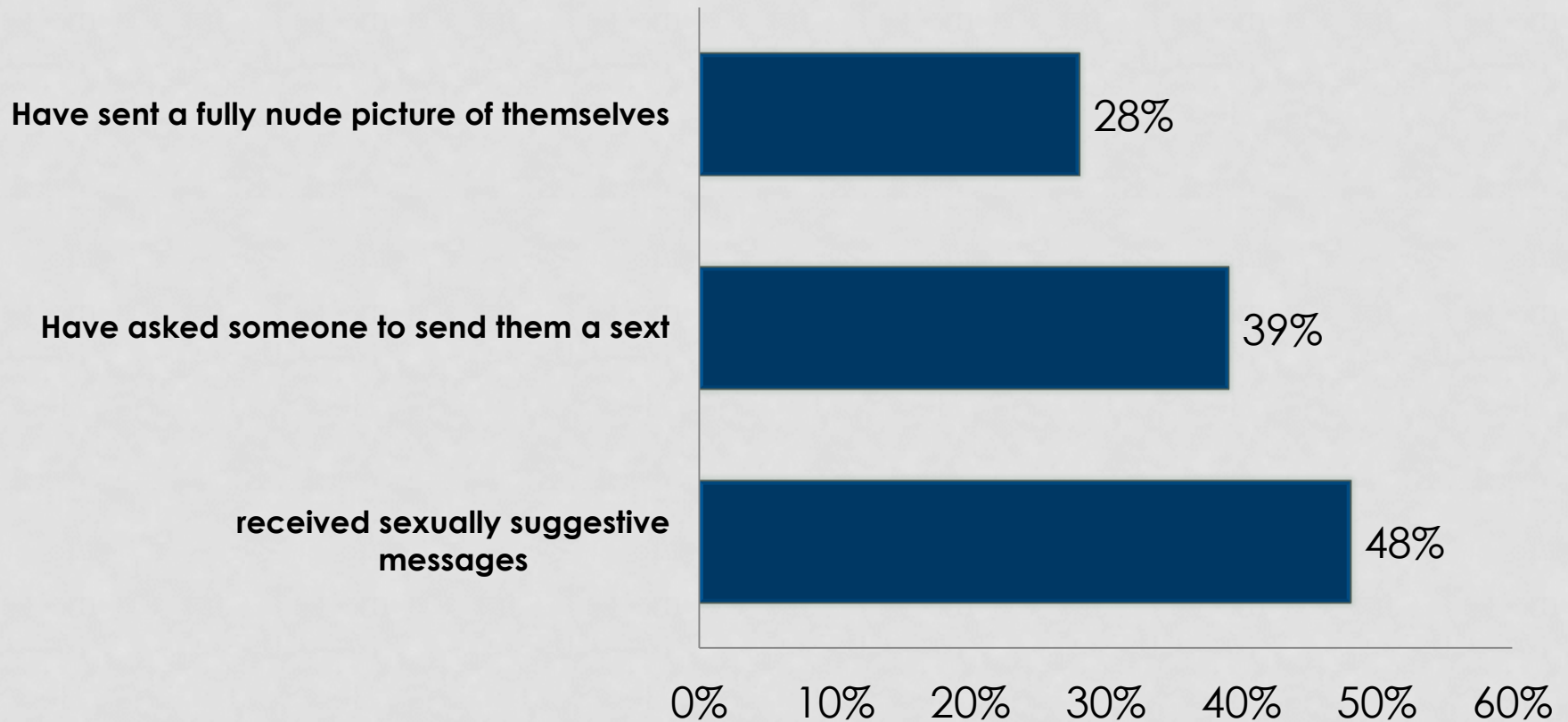   - About thinking before they post!

WHAT SHOULD STUDENTS DO?

- **Stop. Block. Tell.**
  - **Stop**: Ignore minor teasing if you can.
  - **Record**: Keep messages, in case proof is needed.
  - **Block**: Block communication with cyber bullies.
  - **Tell**:
    - Tell a trusted adult.
    - Possibly report them to whatever website they are using.

SEXTING

- Sexting is the act of sending sexually explicit messages or photos electronically, primarily between mobile phones

SEXTING STATISTICS

Have sent a fully nude picture of themselves — 28%

Have asked someone to send them a sext — 39%

received sexually suggestive messages — 48%

0% 10% 20% 30% 40% 50% 60%

Statistics from JAMA Pediatrics, "Teen Sexting and Its Association With Sexual Behaviors", Sept 2012

WHAT SHOULD PARENTS DO?

- Monitor
- Talk to your kids
  - About appropriate images/words
  - About permanence of anything posted or sent
  - About long term consequences
  - To delete images and messages if they receive them
- If you catch your child sexting
  - Set consequences
  - Make amends
  - Follow through
  - Restrict access
  - Monitor

WHAT SHOULD STUDENTS DO?

- Respect yourself and others.
  - Don't ask people for sexual pictures
  - If asked, don't provide them.
- **Stop. Block. Tell.**
  - **Stop**: Refuse to pass along sexting messages.
  - Take care of your friends. Tell friends to stop sexting.
  - **Block**: Block communication with friends who send sexting messages.
  - **Tell**: Tell a trusted adult

TEEN PORNOGRAPHY STATISTICS

Boys exposed to pornography before age 18 — 93%

Girls exposed to pornography before age 18 — 62%

Pornography viewed at home - yours or a friend's — 79%

0% 20% 40% 60% 80% 100%

PORNOGRAPHY STATISTICS

MORE STATISTICS

AND THE MOST DISTURBING…

12

THE AVERAGE AGE AT WHICH A CHILD
FIRST SEES PORN ONLINE IS 11.

9 10 11 12 13 14 15 16 17

WHAT SHOULD PARENTS DO?

- Monitor
- Talk to your kids
  - Know that chances are they will be exposed
  - Encourage them to tell a trusted adult
- If you catch your child viewing pornography
  - Don't be angry
  - Address the heart issues
  - Restrict access and monitor
  - Be diligent

FILTERS (PC)

- NetNanny
- McAfee Safe Eyes
- PureSite
- CyberSitter
- CyberPatrol
- What to look for:
  - Password protection – don't let your kids install it
  - Log of sites visited
  - Customization – you can add sites, decide what categories are blocked, what words, etc.

FILTERS (IPAD, IPHONE)

- iPad and iPhone restrictions
- Filtered browsers
- Have to delete Safari and disable downloads
- Mobicip
  - Basic – limited
  - Premium – allows customization

RESOURCES

- FBI Parent Guide to Internet Safety - http://www.fbi.gov/stats-services/publications/parent-guide

- National Crime Prevention Council - Internet Safety - http://www.ncpc.org/topics/internet-safety

- Common Sense Media - Internet Safety for Parents - http://www.commonsensemedia.org/advice-for-parents/internet-safety

- See our website for links to many other resources