

Online Safety Resources for Parents

Contact information:

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Where to report cyberbullying on social media sites/phones/apps/etc.

- <http://www.meganmeierfoundation.org/helpful-links.html>

Parental controls and app comparisons:

- <http://www.tomsguide.com/us/pictures-story/596-best-parental-control-apps.html>
- <http://internet-filter-review.toptenreviews.com/>
- <http://cell-phone-parental-control-software-review.toptenreviews.com/>
- <http://www.consumerreports.org/cro/magazine/2012/06/facebook-your-privacy/index.htm>
- <http://www.freewaregenius.com/2011/10/11/protect-your-children-online-with-qustodio/>
- www.opendns.org
- <http://www.theonlinemom.com/secondary.asp?id=635>
- <http://www.mymobilewatchdog.com/>
- <http://www.mobile-spy.com/>
- <http://www.mobistealth.com/>
- <http://www.androidtapp.com/catch-me-if-you-can/>
- <http://www.e-spy-software.com/>
- <http://www.teensafe.com/>

Up to date apps and parent info:

- <https://www.common sense media.org/blog/15-sites-and-apps-kids-are-heading-to-beyond-facebook>
- <http://www.common sense media.org/advice-for-parents/social-networking-tips>

Helpful news websites:

- http://www.theonlinemom.com/main_cmt.asp
- www.mashable.com
- www.geekwire.com

Links to various phone providers information on parental controls:

- <http://internet-safety.yoursphere.com/2011/09/mobile-parental-controls-att-verizon-sprint-t-mobile.html>

Facebook Privacy article: <http://mashable.com/2011/09/28/new-facebook/>

iPad parental controls:

- <http://ipadparentalcontrolblog.com/>
- <http://support.apple.com/kb/ht4213>

iPod parental controls:

- <http://knol.google.com/k/how-to-setup-parental-controls-on-iphone-ipod-touch-os-3-0-edition#>
- <http://support.apple.com/kb/ht1904>

Password protecting wireless routers:

- <http://www.techiechips.com/password-protect-wireless-wi-fi-router/>
- <http://www.toplang.com/internetlock.htm>

The websites that I mentioned to keep in mind are:

- www.chatroulette.com
- www.formspring.me
- www.ask.fm
- www.omegle.com
- www.pipl.com

**The following notes were taken during the presentations on 11/25/2024 by Megan Urbaitis and have not been reviewed by the speaker, Stefanie Hanley*

Student Presentation Notes:

Rule number 1 of the Internet - you cannot truly delete anything

Read the fine print - the app keeps all the information forever, everything you do, type, etc... leaves little breadcrumbs behind you

Robbing the bank analogy - you can't just give the money back and not get in trouble

What choices are okay "face to face" - if you wouldn't say it in the classroom, at the dinner table... then you shouldn't type it (if you wouldn't use those words in person, then don't use them when you type them)

Cyber bullying - if you are bullied, do not respond, tell a trusted adult, keep proof (don't delete the mean messages, screen shot the messages in case they are deleted, etc...)

Trash talking - grey area, better to just not do it

With added responsibilities come added/ new consequences

You never know when people have taken screen shots or where those things go...

Profiles - don't use your first and last name, don't use your face, links to other accounts (like fb profile shows Instagram account, email address, etc.)

Rule number 2 – Nothing online is truly private! Private setting is safer, but not truly "private"

Do not post the location of where you are (or where you will be aka. "we are going to CA next week for Spring Break").... Would you tell a random stranger walking down the street where you were going?

Rule 3 - go through your friend list - do you have a DIRECT connection to each person? If not, you cannot verify if those are real people or just fake accounts or adults pretending to be kids, etc.

Posting pictures – Before you post, ask yourself these questions: Is it appropriate? Am I dressed appropriately, is my language appropriate, is what I am doing appropriate, could I get in trouble with this, is there anyone in my life who I don't want to see this?

Do not use the same password for more than one account.

Do not use personal info in the password (graduation year, year of your birth, school you attend, etc...)

Do not store all your passwords in the notes section of your device.

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## **Parent Presentation Notes:**

\*\*\*At the elementary level we adults/parents have the advantage of time – now is the time to set expectations, family rules about technology use (when, where, what devices, what apps, etc.)

- Think about it before they use the device or the app – What specifically are they using this device/app for? Why do they want to use it?
- Focus on your child’s behavior instead of on the technology.
- Doesn’t matter the platform, the dangers are the same – the dangers are with them wherever they go 24/7.

Child exploitation called “cyber stalking” in WA law → gross misdemeanor

- Middle school girls - highest statically of bullies and victims... bullying behavior often focuses on looks and appearance....

\*\*\***Look up the LWSD cyber bullying rules/policies** (whether your kid is the victim or the one making the poor choice) – every district slightly different policies about this

**When a victim of cyber bullying** – take a screen shot, be sure to not engage with the bully, report it to a trusted adult, trusted adult can notify the correct authorities

### **Where to report cyber crimes:**

- <https://report.cybertip.org/> National Center for Missing and Exploited Children cyber tip line
- <https://www.ic3.gov/> Internet Crime Complaint Center

Gaming – a lot of trash talking happens on the mics... known grooming platforms...

Tik tok

Snapchat - snap map - basically anyone following you can track where you are at any minute

When your child starts hanging with a new friend group – ask questions about the new friends to determine the commonalities between your child and their friend group (what are the commonalities?)

Ask your child: “Teach me about this app you are using... who are you playing with... how do you know this person....”

Sextortion - blackmailing, teenage girls \*\*often times pics are sent to the person they are dating and then the pics are shared after a breakup... or the girls send it to someone they don’t know and then that person blackmails them into sending more pics... for boy, it will be a fake account with a “hot girl” who then sends fake images of the “herself” then the guy sends pics of himself to “her” then “she” blackmails him for money or gift cards or “she” will post the images online or share with his friends... boy will usually pay the blackmail money really quickly to make it go away but then then the goal post is moved meaning then “she” asks for more and more money... so we need to teach our kids not to pay them any money if they get into this situation...

Harm groups - teenagers that focus on self-harm (read the wired article [There are Dark Corners of the Internet. Then There's 764.](#) — mental health and manipulation based

Sports – most student athletes have to sign a code of conduct that applies off campus...

What motivates your kid? What matters to them right now?

Often times the device is a coping mechanism... kids have to learn how to have face to face social skills

## **Create Family Rules:**

- amount of time on the device (per day or per week);
- what devices are allowed;
- where devices are allowed (ie. no devices in the bedroom \*this is often where kids find themselves in tricky situations on social media, so do HW in a common space in the home);
- set a device “check-in time” (ie. kid turns in device at bedtime and parent takes kid’s device to the parent bedroom overnight and then gives it back in the morning);
- discuss what to do if you encounter problems/issues/inappropriate content;
- empower them through “teach me” conversations (could even be conversations you have literally back-to-back or conversations in a car so that you aren’t looking directly at each other across the table to make it more comfortable to discuss difficult topics...) – point of those are to create an opportunity to learn;
- model behavior;
- monitoring software (Bark, Teensafe, etc. are all deterrents but aren’t foolproof.);
- no headphones, no closed doors, supervision while on devices...
- Use the **trust but verify** strategy with your children: “this has nothing to do with you (I trust YOU), I just don’t trust everyone else”, remember that device usage is a privilege

Bark has a phone now - look into this!!

Use the parental controls the apps offer but again know they are not foolproof

Ask your kid: “Why do you want this device - what are you hoping to use it for?”

Then you as the parent need to do your research:

- What is this device capable of?
- What parental controls are available?
- How am I going to effectively monitor usage?

## **Other Resources recommended by Stefanie Hanley:**

Family pairing & tik tok - <https://newsroom.tiktok.com/en-us/tiktok-introduces-family-pairing>

Instagram and Family Center - [Introducing Family Center and Parental Supervision Tools on Instagram and in VR](#)

[11 Social Media Red Flags Parents Should Know About | Common Sense Media](#)

[The Most Popular Teen Apps Parents Need to Know About](#)