Cyberbullying Unplugged

Cyberbullying is the use of technology to tease, humiliate, threaten and/or harass someone. It can take place through text messaging or social media. Cyberbullies might send mean comments, post embarrassing photos, or share private information about someone to humiliate or mock them online. Even if your child isn't being cyberbullied, remind them that it is everyone's job to prevent bullying and encourage them to take a stand.

Spot It
A child who is being cyberbullied may

- ▶ Avoid using the Internet
- ▶ Seem stressed when getting an email, text, or other message
- ▶ Withdraw from family and friends
- ▶ Resist attending school and social events
- ▶ Show signs of low self-esteem like depression or fear
- ▶ Have declining grades
- ▶ Stop eating or sleeping
- ▶ In serious cases, consider suicide

Deal With It
If your child is being cyberbullied, teach them to

- ▶ *Not respond*
- ▶ *Save the evidence*

Any online harassment that is sexual in nature should also be reported to Report.CyberTip.org.

*If your child is being cyberbullied, **you** should*

- ▶ *Meet with school administrators to discuss a plan of action and their bullying/cyberbullying policy*
- ▶ *Talk about the situation with the bully's parent or guardian*

Stand Up To It
If your child sees someone being cyberbullied, tell them to

- ▶ Not forward embarrassing photos or messages
- ▶ Not comment on insulting or harassing posts
- ▶ Report it to the website or app
- ▶ Tell a teacher at school if it involves a classmate
- ▶ Support the victim by being a good friend and showing the cyberbullies they won't join in

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For more resources visit MissingKids.org/NetSmartz/Resources

APPS PARENTS SHOULD LOOK FOR ON THEIR CHILDREN'S PHONES

- **Plenty of Fish:** A popular free dating app and website that encourages chatting with strangers. It allows users to browse profiles based on location.
- **HILY:** A dating app where users can browse photos, engage in chats, send private videos and more. Based on the GPS location of a mobile device, strangers can arrange to meet up locally.
- **Zoosk:** A location-based dating app and website similar to many others. The app is available in 80 countries and utilized a 'carousel' feature which matches users with random strangers.
- **Mocospace:** A free social networking and dating app. Users can connect with strangers worldwide via text messages or voice calls.
- **Best Secret Folder:** Specifically meant to hide photos and videos. According to app store descriptions, it features password protection, decoy videos and alarm settings.
- **Monkey:** A live video chat app that connects users to random strangers worldwide, offering group chat and private message options. It claims to be rated for ages 12 and up but has "mild sexual content and nudity."
- **MeetMe:** A dating social media app that connects people based on location. Users are encouraged to meet in person.
- **WhatsApp:** A messaging app that allows texts, video calls, photo sharing and voicemails with users worldwide.
- **Bumble:** Similar to Tinder, but requires women to make the first contact. Law enforcement says kids and teens can create fake accounts and falsify their age.
- **Live.Me:** A live-streaming app that uses geolocation to share videos. The sheriff's office said users can earn "coins" to "pay" minors for photos.
- **Ask.FM:** The sheriff's office said this app lets users ask anonymous questions and is known for cyberbullying.
- **Grindr:** A dating app geared toward the LGBTQ community based on user location.
- **TikTok:** A new app popular with kids lets users create and share short videos. Law enforcement said the app has "very limited privacy controls" and users can be exposed to cyberbullying and explicit content.
- **Snapchat:** One of the most popular social media apps in the world. Snapchat lets users take and share photos and videos. The app also lets people see your location.
- **Holla:** This self-proclaimed "addicting" video chat app lets users meet people in seconds. Law enforcement said users have seen racial slurs and explicit content.
- **Calculator+:** Police say this is one of several apps that are used to hide photos, videos, files and browser history.
- **Skout:** A location-based dating app that is supposed to prohibit people under 17 from sharing private photos. However, police say kids can easily create an account with a different age.
- **Badoo:** A dating and social media app where users can chat and share photos and videos based on location. Police say the app is supposed to be for adults only, but they've seen teens create accounts.
- **Kik:** Police say kids can bypass traditional text messaging features using this app. Kik "gives users unlimited access to anyone, anywhere, anytime," the sheriff's office said. The Kik app is actually going away, although there's no clear date for when it will shut down.
- **Whisper:** An anonymous social network that lets users share secrets with strangers. Police say it also shows users' location so people can meet up.
- **Hot or Not:** The app lets users rate profiles, check out people in their area and chat with strangers. Police say the goal of the app is to hook up.

Gaming Safely

Parental involvement is critical when it comes to helping children game more safely. Take an active interest in the games that your child plays and wants to buy. You can research games' ratings and content on **www.esrb.org**. This website is maintained by the Entertainment Software Rating Board which rates thousands of games each year.

Know which safety features are available on the gaming equipment that your child uses—a headset may have voice-masking features, for example.

Keep gaming consoles in an easy-to-supervise location and be aware of other places where your child may be accessing games.

Tell your child never to give out personal information while gaming or agree to meet anyone outside of the game.

Set rules about how long your child may play, what types of games are appropriate, and who else may participate.

Have your child check with you before using a credit or debit card online.

Check to see if the games your child plays have reporting features or moderators.

Start a discussion with your child

» Can we play some of your favorite games together?

» How do you respond if someone bothers you while you are gaming?

» How much do you let people know about you while gaming?

» What kinds of people do you game with?

» Do you feel safe while you are gaming online? Why or why not?

This resource brought to you by

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For more resources visit NetSmartz.org

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INTERNET SAFETY RULES

Middle School ■ High School

1 I WILL THINK BEFORE I POST.

I agree not to post information and images that could put me at risk, embarrass me, or damage my future, such as

» cell & home phone numbers
» home address
» sexual messages
» inappropriate pictures and videos

2 I WILL RESPECT OTHER PEOPLE ONLINE.

I will not

» post anything rude, offensive, or threatening
» send or forward images and information that might embarrass, hurt, or harass someone
» take anyone's personal information and use it to damage his or her reputation

3 I WILL BE CAREFUL WHEN MEETING ONLINE FRIENDS IN PERSON.

I agree to

» ask my parent or guardian's permission
» have a parent or guardian accompany me
» meet in a public place

4 I WILL PROTECT MYSELF ONLINE.

If someone makes me feel uncomfortable or if someone is rude or offensive, I will

» not respond
» save the evidence
» tell my parent, guardian, or another trusted adult
» report to the website, cell phone company, cybertipline.com, or the police

SIGNED _____

SIGNED _____

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Watch videos and play games at NSTeens.org

You, the Internet & Predators

If you use any of these...   ...READ ON!

What is Sex Trafficking

- it occurs when someone <u>under 18</u> years of age is used in <u>any sexual act in exchange</u> for anything of value, such as food, shelter, transportation, drugs, or protection. This includes any sex act such as stripping, prostitution, or taking sexual <u>videos</u> or <u>photos</u>.

More often than not, sex traffickers end up being people who <u>seem trustworthy</u>—that cute older guy in your DMs, the girl from the coffee shop you've been texting with, or unfortunately, even a well-known family member.

Instead of kidnapping their victims and keeping them in a dungeon, they use their victim's love and trust to <u>manipulate</u> them into doing whatever they want, including sexual acts, oftentimes without anyone around them knowing something is wrong.

MYTH

"Sex trafficking only happens when someone gets kidnapped."

FACT

According to the National Center for Missing and Exploited Children, there are 750,000 predators <u>online</u> worldwide at any given moment.

MYTH
"Porn is not sex trafficking" ➡
"It happens only to girls." ➡

FACT
Any photos or videos that are sexually explicit and include minors are considered sex trafficking.

Predators will try to talk to any girls or guys who will engage in conversation. What seems like harmless texts and asks, can become something very harmful in the long run.

Protect Yourself
aka, be more clever than they

🔒 Make sure all of your accounts are <u>private</u>

🕵 <u>Don't</u> use the same username in every app and game

👬 Only friend and talk to those people <u>you know</u> (in real life!)

💨 Don't accept digital $, tips, or gifts <u>in exchange</u> for any picture

🙊 All <u>personal</u> info (school, city, phone #, etc.) is private info

🧐 <u>Monitor</u> your followers and <u>block</u> people you don't know

👻 Turn your location services <u>off</u>!

Friend Requests
red flags

🚩 If the person's account is private and you don't recognize their profile pic or username, don't accept, and don't reply to them. It's not worth the risk!

🚩 Check out who they are following. This can be a huge indicator of someone's intentions.

🚩 Look into their bios. Although some traffickers are good at hiding their intentions, others are not so subtle.

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Stay Safe High Schoolers!

Scan Me

🔍 YouthOnline.SharedHope.org ✕

But wait. There's more! Scan QR code with your 📱

Dangers of Sexting

1 It is illegal!
- It's illegal for anyone to possess or send naked photos of a minor (someone who is under 18 years old), and anyone can be <u>arrested</u> for distributing child sexual abuse material (CSAM) including <u>videos or photos</u> of minors in sexual situations.

2 It is harmful long-term
- Pictures can be saved and shared—and may be used as "revenge porn"
- Predators can use sexts to control youth and remove their personal safety boundaries through intimidation. This is called

SEXTORTION

according to NCMEC, sextortion predators typically want to acquire <u>more and more explicit material</u> from the victim, get money or goods from them, or meet in person in order to engage in sex with the victim.

I BETTER NOT DM THEM BACK.

How online grooming takes place
and it can be anyone - male or female

- They try to <u>appear familiar</u>
- They start <u>developing trust</u>
- They try to <u>establish secrecy</u>
- They slowly <u>erode boundaries</u>
- They use <u>direct intimidation</u>

where to look out

Social Media
Chat apps
Games
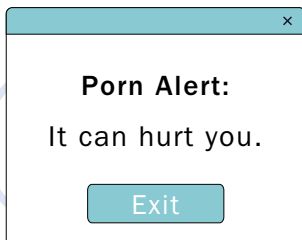*In person!*

online rule #1
<u>Assume that nothing you share on the internet or text messages is private.</u>
That data is stored on the cloud the moment you send it. Even deleted things can be found again.

Porn Alert:
It can hurt you.
Exit

Before sending intimate pics or vids to:

think about

👤 Someone You Know

→ How well do you <u>actually</u> know them?

→ If they are your GF/BF, how do you know they won't want to send out revenge porn or post it on websites <u>after the relationship ends</u>?

🧍 Someone You Don't Know

→ <u>All of the above</u>, AND

→ You may become a victim of <u>sextortion</u>, which is a form of sex trafficking.

→ You may be <u>intimidated into meeting with them</u>, meaning you may be physically endangering yourself.

Take ACTION!

- ☑ <u>Stop</u> talking to them
- ☑ <u>Block</u> them everywhere
- ☑ <u>Report</u> the person to the app
- ☑ <u>Save</u> screenshots of your conversations with them
- ☑ <u>Report</u> them to National Center for Missing and Exploited Children (NCMEC) <u>CyberTipLine.org</u>
- ☑ <u>Tell</u> a safe adult!

YOU ARE NOT THE CRIMINAL, THEY ARE

Watch Video ▶

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1. Porn can noticeably change how a person dresses or acts, and predators are watching
2. It negatively impacts the way someone views sexuality and can harm their relationships
3. By making changes to the brain, it becomes extremely addictive

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Sextortion:

What Parents Should Know

NetSmartz

You've likely heard of sexting – sharing and receiving sexually explicit messages and nude or partially nude images by text or through an app. Though sexting can be part of normal adolescent sexual development, there are also risks, particularly **sextortion.**

Sextortion: A type of blackmail used by offenders to acquire additional sexual content from the child, coerce them into engaging in sexual activity, or to obtain money from the child.

Who Are the Perpetrators?

Often, victims know their extorters. They are current or former romantic partners. They may hold an initial sexual image that was sent intentionally by the victim and are now using it to get more content; threatening to spread the picture to friends and family if the victim does not comply.

60% of the time, the blackmailer is known to the victim.

Other times, the offender was met online. This could be a lone-actor or a coordinated group of extorters who work together to target and elicit explicit content from their victims. This type of extorter may request additional content (often of an increasingly explicit nature) or money.

How Does it Happen?

Sextortion can happen at the hands of both **peers** and **unknown**, online offenders.

When It's an **Unknown** Offender

Approach

Offenders often approach a child on social media after using it to learn about the child's interests, friends, school, family, etc.

Move platforms

It is common for offenders to make initial contact with a victim on one platform, then ask them to move to a second or third platform, usually those with encrypted messaging systems in order to make tracking their crime more difficult.

Coerce

This includes using tactics like:

» Initially offering something of value such as money or drugs in exchange for a sexual image

» Pretending to work for a modeling agency

» Developing a false rapport with the child

» Secretly recording explicit videos/ messages during chats

» Threatening to physically assault the child or his/her family

» Using multiple identities to contact the child

» Pretending to be younger and/or a member of the opposite sex

» Hacking accounts to steal sexual images, or

» Threatening to commit suicide if no images are sent

VS

When It's Someone **Known**

Acquire the Image

Often, the extorter is an ex-romantic partner who may have received the image deliberately from the victim while involved in a relationship.

Threaten

The extorter may use the threat of spreading the image to force the victim into staying in/ returning to the relationship after it has ended, or to acquire additional sexual content.

Persist

The harassment rarely stops if a victim complies with the extorter's demands.

What Can I Do About It?

Talk About Technology

Children should grow up expecting that their parents are a part of their digital lives. Regular check-ins about their online interactions should be the norm. Include children in setting rules and limits for their tech-time.
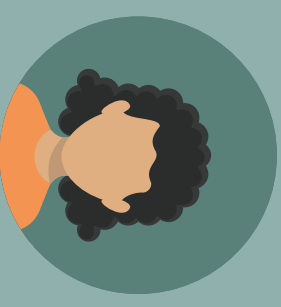
Talk About Sexuality and Relationships

Talking about your family's expectations and values regarding sex and relationships is an important first step. These conversations should happen regularly. Be sure to discuss the characteristics of healthy relationships, such as having and respecting boundaries and practicing consent. Explain that both pressuring someone and being pressured into sexual behaviors that are uncomfortable or unsafe are NOT OK. Similarly, help children understand that they should never forward sexts they may receive from others. Limiting the image's spread reduces the risk of it falling into dangerous hands.

What do you think you'd do if you got forwarded a nude?

I'm not sure...

It's simple. Delete it. It wasn't intended for you. Don't share it.

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Online Resource Sites:

- socialwork.asu.edu/stir/training
- missingkids.org/NetSmartz
- urbandictionary.com
- internetsafety101.org/parentsguidetosocialmedia
- NCMEC
- connectsafely.org
- protectyoungeyes.com/protect-app/
- sharedhope.org/resources/
- stopbullying.gov
- www.bark.us