Parent & Caregiver
Presentation Handouts

SAFE
IN COLLINGWOOD

Cyber Smart
Cyber SAFE

Preventing the sexual exploitation of children and youth

Living in Community

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Cyber Safety Statistics

4,000,000 children are posting content to the Internet everyday

44% of tweens (children between the ages of 9 and 12 years) admitted they've watched something online their parents wouldn't approve of. (Only 28% of parents are aware of this.)

17% of tweens surveyed said they received an e-mail or online message with photos or words that made them feel uncomfortable.

Only 15% of parents are in the know abut their kid's social networking habits.

Female teens are far more likely than male teens to post personal photos or videos of themselves online.

22% of teenage girls say they posted nude or semi nude photos or videos of themselves online.

70% of children 7-18 years old have accidentally encountered online pornography, often through a web search doing homework.

The largest group of Internet porn consumers is children ages 12 -17 years.

20% of teenaged Internet users have been the target of an unwanted sexual solicitation (request for sexual activities, chat or information)

41.2% of unwanted sexual solicitation, 29% of unwanted exposure to sexual materials, and 31% of harassment occurred when children were online with their friends

31% of kids 12-18 years lied about their age to access a website

Law enforcement officials estimate that more than 50,000 sexual predators are online at any given moment

65% of 8-14 year olds have been involved in a cyber-bullying incident

96% of teens use social networking applications such a Facebook, MySpace, chat rooms and blogs

69% of teens regularly receive online communications from strangers and don't tell a parent or caretaker.

Only 1 in 3 households with Internet access are protecting their children with filtering or blocking

95% of parents don't know common chat room acronyms teens use to warn of a parent watching or other comments. Examples are POS (parent over shoulder), P911 (parent alert), and A/S/L/ (age/sex/location)

48% of students K-1st grade level interact with people on websites. 50% indicate their parents watch them

63% of teens said they know how to hide what they do online from their parents

52% of teens have given out personal information online to someone they don't know offline including personal photos and/or physical descriptions of themselves. Double the number of teen girls have shared photos or physical descriptions of themselves online as boys (34% girls vs. 15% boys)

20% of teens had engaged in some form of cyber bullying including posting mean or hurtful information or embarrassing pictures, spreading rumours, publicizing private communication, or sending anonymous e-mails

Excerpts from www.guardchild.com and www.enough.org.

How can I protect my child online?

Potential predators often target children online. Parents have a responsibility to monitor the websites their child is visiting and the contacts they are making. Here are some tips for parents to help keep children safe online:

1. Talk to your child about online dangers and the risks of sharing personal information.

2. Create family rules for Internet use and have your child sign a downloadable online safety pledge.

3. Set limits at a young age on how much time your child spends online.

4. Set browser security settings and ask your Internet service provider what parental control software it offers.

5. Ensure your home computer is set up in an open, family area, where you can monitor online activity.

6. Remember, online safety doesn't only apply to computers. Children access the Internet through a variety of devices, including smart phones and electronic gaming devices.

Rules of the Road for Parents

Common Sense Media (www.commonsensemedia.org)

1. **Model good behavior.** If we're on our Blackberries or iPhones at dinner, why will our kids listen to us when we tell them to turn theirs off?

2. **Pay attention.** We have to know where our kids are going online -- and what they're doing there.

3. **Impart our values.** Cheating, lying, being cruel -- they're just not OK. Right and wrong extends to online and mobile life.

4. **Establish limits.** Phone time, video download time, and destinations. There really is a right time and place for everything.

5. **Encourage balance.** Get kids involved in offline activities, especially activities that don't require or allow cell service.

6. **Make kids accountable.** Using digital media is a privilege. Your kids must earn it.

7. **Explain what's at stake.** Remind your kids that what they do today can be abused by someone tomorrow.

8. **Find ways to say "yes."** This means that you have to do some homework and know the sites your children visit, the songs they download, etc. -- and find ways to use technology that lets us say "yes" more often than we say "no."

9. **It's not rocket science.** Learn to text, send a mobile photo, set up a Facebook page, and upload a video. Or have your kids show you how. It's impossible to guide what you don't understand. Not only that, but think of all the anxiety you can avoid by knowing how things work.

10. **Lighten up, embrace their world, and enjoy the possibilities together.** None of us want digital divides in our relationships with our kids. It's up to us to learn something new, join the fun, and help our kids make the most of digital technologies.

Rules of the Road for Kids

Common Sense Media

(www.commonsensemedia.org)

1. **Guard your privacy.** What people know about you is up to you.

2. **Protect your reputation.** Self-reflect before you self-reveal. What's funny or edgy today could cost you tomorrow.

3. **Nothing is private online.** Anything you say or do can be copied, pasted, and sent to gazillions of people without your permission.

4. **Assume everyone is watching.** There's a huge, vast audience out there. If someone is your friend's friend, they can see everything.

5. **Apply the Golden Rule.** If you don't want it done to you, don't do it to someone else.

6. **Choose wisely.** Not all content is appropriate. You know what we mean.

7. **Don't hide.** Using anonymity to cloak your actions doesn't turn you into a trustworthy, responsible human being.

8. **Think about what you see.** Just because it's online doesn't make it true.

9. **Be smart, be safe.** Not everyone is who they say they are. But you know that.

Sample Safety Pledges

The following provides two sample family contracts that you can use or adapt for you and your child. The first is related to Internet usage and the second is for telephone use. Discuss each point with your child; make sure he or she understands what is expected, and sign to indicate everyone agrees. Review the contract regularly, i.e. every six months, to make sure there is still mutual support and understanding.

SafeKids.Com

Family Contract for Online Safety

Kids' Pledge

1. I will not give out personal information such as my address, telephone number, parents' work address/telephone number, or the name and location of my school without my parents' permission.

2. I will tell my parents right away if I come across any information that makes me feel uncomfortable.

3. I will never agree to get together with someone I "meet" online without first checking with my parents. If my parents agree to the meeting, I will be sure that it is in a public place and bring my mother or father along.

4. I will never send a person my picture or anything else without first checking with my parents.

5. I will not respond to any messages that are mean or in any way make me feel uncomfortable. It is not my fault if I get a message like that. If I do I will tell my parents right away so that they can contact the service provider.

6. I will talk with my parents so that we can set up rules for going online. We will decide upon the time of day that I can be online, the length of time I can be online, and appropriate areas for me to visit. I will not access other areas or break these rules without their permission.

7. I will not give out my Internet password to anyone (even my best friends) other than my parents.

8. I will check with my parents before downloading or installing software or doing anything that could possibly hurt our computer or jeopardize my family's privacy.

9. I will be a good online citizen and not do anything that hurts other people or is against the law.

10. I will help my parents understand how to have fun and learn things online and teach them things about the Internet, computers and other technology.

I agree to the above terms

I will help my child follow this agreement and will allow reasonable use of the Internet as long as these rules and other family rules are followed.

_____   _____
Child Sign Here   Parent Sign Here

Items 1-6 © National Center for Missing & Exploited Children. Entire contract © 2005 SafeKids.com. Have teenagers? Visit SafeTeens.com

Janell Burley Hofmann, a writer and mom in New York, wrote the article below "To My 13-Year-Old, An iPhone Contract From Your Mom, With Love" which was published in the Huffington Post blog and can be viewed here: www.huffingtonpost.com/janell-burley-hofmann/iphone-contract-from-your-mom_b_2372493.html

Dear Gregory

Merry Christmas! You are now the proud owner of an iPhone. Hot Damn! You are a good and responsible 13-year-old boy and you deserve this gift. But with the acceptance of this present comes rules and regulations. Please read through the following contract. I hope that you understand it is my job to raise you into a well rounded, healthy young man that can function in the world and coexist with technology, not be ruled by it. Failure to comply with the following list will result in termination of your iPhone ownership.
I love you madly and look forward to sharing several million text messages with you in the days to come.

1. It is my phone. I bought it. I pay for it. I am loaning it to you. Aren't I the greatest?
2. I will always know the password.
3. If it rings, answer it. It is a phone. Say hello, use your manners. Do not ever ignore a phone call if the screen reads "Mom" or "Dad." Not ever.
4. Hand the phone to one of your parents promptly at 7:30 p.m. every school night and every weekend night at 9:00 p.m. It will be shut off for the night and turned on again at 7:30 a.m. If you would not make a call to someone's land line, wherein their parents may answer first, then do not call or text. Listen to those instincts and respect other families like we would like to be respected.
5. It does not go to school with you. Have a conversation with the people you text in person. It's a life skill. *Half days, field trips and after school activities will require special consideration.
6. If it falls into the toilet, smashes on the ground, or vanishes into thin air, you are responsible for the replacement costs or repairs. Mow a lawn, babysit, stash some birthday money. It will happen, you should be prepared.
7. Do not use this technology to lie, fool, or deceive another human being. Do not involve yourself in conversations that are hurtful to others. Be a good friend first or stay the hell out of the crossfire.
8. Do not text, email, or say anything through this device you would not say in person.
9. Do not text, email, or say anything to someone that you would not say out loud with their parents in the room. Censor yourself.
10. No porn. Search the web for information you would openly share with me. If you have a

question about anything, ask a person -- preferably me or your father.

11. Turn it off, silence it, put it away in public. Especially in a restaurant, at the movies, or while speaking with another human being. You are not a rude person; do not allow the iPhone to change that.

12. Do not send or receive pictures of your private parts or anyone else's private parts. Don't laugh. Someday you will be tempted to do this despite your high intelligence. It is risky and could ruin your teenage/college/adult life. It is always a bad idea. Cyberspace is vast and more powerful than you. And it is hard to make anything of this magnitude disappear -- including a bad reputation.

13. Don't take a zillion pictures and videos. There is no need to document everything. Live your experiences. They will be stored in your memory for eternity.

14. Leave your phone home sometimes and feel safe and secure in that decision. It is not alive or an extension of you. Learn to live without it. Be bigger and more powerful than FOMO (fear of missing out).

15. Download music that is new or classic or different than the millions of your peers that listen to the same exact stuff. Your generation has access to music like never before in history. Take advantage of that gift. Expand your horizons.

16. Play a game with words or puzzles or brain teasers every now and then.

17. Keep your eyes up. See the world happening around you. Stare out a window. Listen to the birds. Take a walk. Talk to a stranger. Wonder without googling.

18. You will mess up. I will take away your phone. We will sit down and talk about it. We will start over again. You and I, we are always learning. I am on your team. We are in this together.

It is my hope that you can agree to these terms. Most of the lessons listed here do not just apply to the iPhone, but to life. You are growing up in a fast and ever changing world. It is exciting and enticing. Keep it simple every chance you get. Trust your powerful mind and giant heart above any machine. I love you. I hope you enjoy your awesome new iPhone.

xoxoxo,
Mom