

Cyber Safety Workshop

Cabin John Middle School

May 10, 2016

Overview

- Cyber Issues Youth Face
- How/Why Is This Happening
- Negative Outcomes
- Advice For Parents
- Parental Resources
- Questions

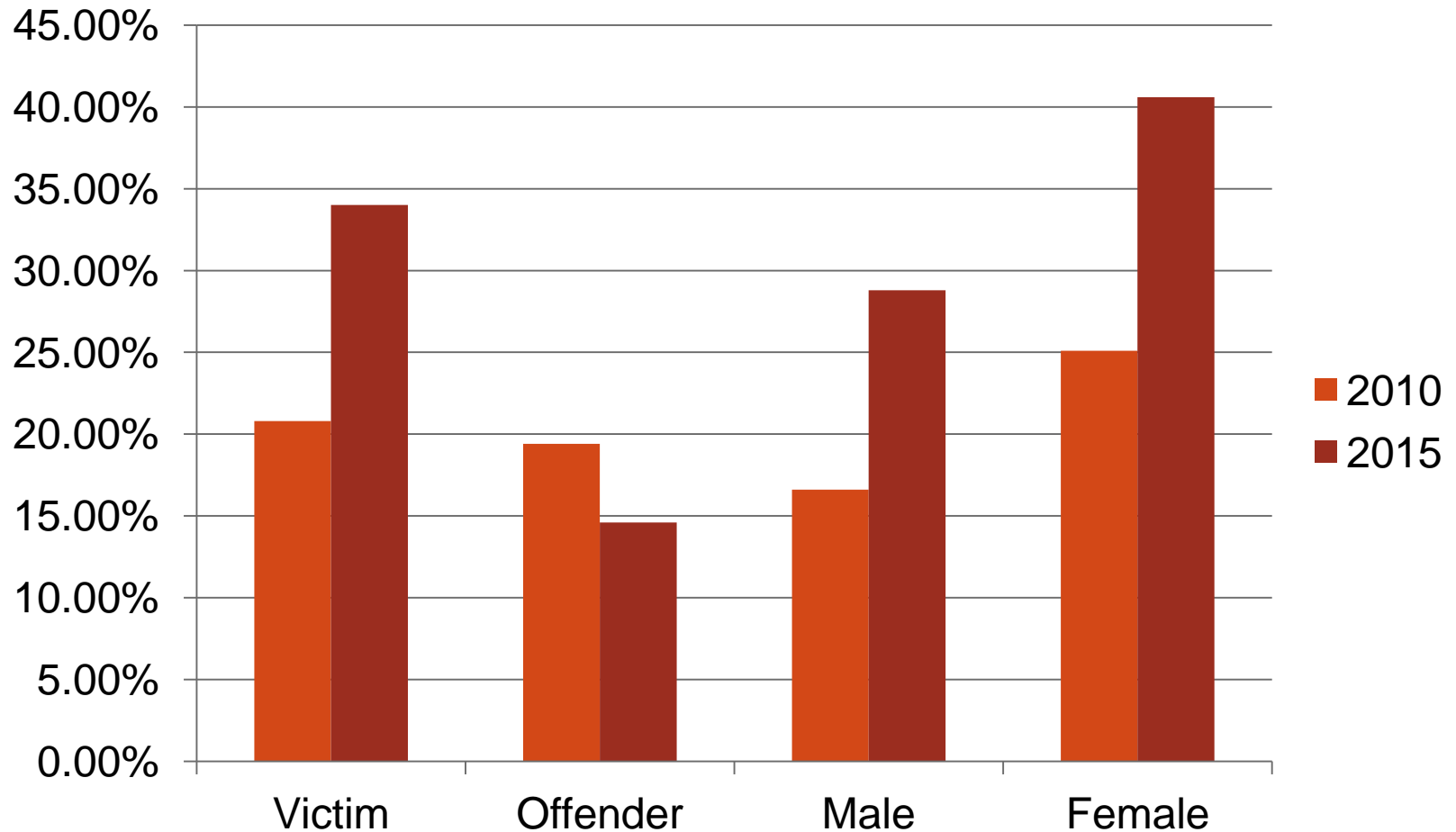
Defining the Problem

- What is Cyberbullying?
 - Cyberbullying is bullying that takes place using electronic technology
- What is Sexting?
 - Sexting is sending sexually explicit messages via mobile devices such as Smartphone's

Understanding the Problem

- 34.4% of students surveyed were cyberbullied at least once
- 14.6% of students surveyed cyberbullied other students
- 40.6% of female and 28.8% of male students surveyed were cyberbullied at least once
- 54% of students surveyed received a sexually explicit message
- 26% of students surveyed sent a sexually explicit message

Increasing Trend of Online Bullying



How is this Happening?

- Increased access to mobile devices
 - 73% of teens reported having access to a Smartphone.
 - 87% of teens report having access to a computer, and 58% have access to a tablet.
- Increased Internet access
 - 92% of teens report going online daily, including 24% who go online almost constantly.
 - 56% of teens report going online several times a day.

Why Is This Happening?

- Irresponsible use of technology
- Prevalence of social media
- Fear of missing out
- Internet taken at face value
- Lack of critical thinking
- Era of “No Filter”

Digital Reputation

- 93% of recruiters will review a candidate's social profile before making a hiring decision
- 40% of undergraduate admissions officers visited applicants social media accounts
- 12% of college applicant were rejected due to content on their social media accounts

Communication is Key

- Digital Citizenship
- Media Literacy
- Keep the lines of communication open
- Go online with your kids

Know Your Kids Digital Footprint

- Messaging
 - WhatsApp, Jott, Snapchat, Skype
- Social Media
 - Twitter, Facebook, Instagram, Vine, Snapchat, Tumblr
- Anonymus Messaging
 - Yik Yak, After School, Kik, Whisper, Blindspot

Digital Monitoring

- Parents more likely to use hands on approach, less likely to use technology based tools
- 39% of parents use parental controls to block, filter, or monitor kids online activities
- Digital monitoring is automated, saves parents time, and provides privacy

Set Screen Time Limits

- Move beyond “screen time”, ask why/what they are doing online
- Using technology to learn and share is a good use, using it to disengage and bully is not
- Set aside screen time during week and weekend
- Take “tech breaks”
 - Place devices in shoebox during family time (parents included)

Privacy Precautions

- COPPA laws
- Set profiles to “private”
- Only accept friend requests from those you personally know
- Turn off social media location services
- Never post information about family travel
- Do not share passwords

Be the Example

- Parents need to model respectful tech use
- Behave online as you would in public
- Watch your words
- Be mindful what you post online
- Know when to turn off your devices

Parental Resources



Resources for parents and educators understand online safety, digital citizenship, online privacy, reputation management, and more

<http://cyberwise.com>



Family
Online Safety
Institute

GOOD DIGITAL PARENTING

Advice, tips and tools empowering you to confidently navigate the online world with your kids

<https://fosi.org>

What Is PocketGuardian?

- 1st parental monitoring service to actively analyze your child's digital footprint while protecting their privacy
- Monitors social media, messaging apps and pictures sent/received to mobile devices
- Alerts parents to inappropriate content
 - Bullying
 - Sexting
 - Nude images
- 7 day free trial, cancel anytime
- <https://gopocketguardian.com>

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 - <https://twitter.com/PocketGuardian>
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 - <https://www.facebook.com/GoPocketGuardian>

Questions?

References

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