INTERNET SAFETY
Parents • Guardians • Communities
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PART I
WHAT’S NEW IN THIS VERSION?

If you have used previous versions of NetSmartz presentations, you will notice several differences. These edits were made to improve the audience’s experience and give you more flexibility as a presenter. Please note the following changes:

• **Unlocked presentations**
  You will be able to add, remove and change the order of the slides if you wish. You will **not** be able to edit individual slides created by NetSmartz.

• **Shorter presenter’s notes**
  The main points are now outlined in bulleted lists to allow you to personalize the presentation and speak more in your own words.

• **Updated news stories**
  These are now included in separate sections to give you the option of including them or replacing them with local stories.

• **Suggested resources**
  Throughout the presenter’s notes, you will notice sections directing parents to additional resources from NetSmartz and other programs that they can use to further understand the topic or teach their children.

• **Audience handout**
  Parents often request “how to” information, such as how to use Facebook privacy settings or how to use Twitter. Unfortunately, these websites and apps change all the time and children use too many to include in this short presentation. To give parents more guidance, we have included a new handout that lists where parents can go to find this information, including a “how to” video website and various online help centers.

If you use the presenter’s notes, the presentation’s time should run as follows. Please make sure to build extra time into your presentation for Q&A.

**Parents, Guardians, & Communities: 45 minutes**
PART III
FIVE THINGS TO KNOW BEFORE GIVING A NETSMARTZ PRESENTATION

1. **Additional assembly required.**
These PowerPoint presentations contain videos with sound and are meant to be projected on a large screen. In preparation for your presentation, make sure that you have:

- LCD projector
- Projection screen
- Speakers

2. **Familiarize yourself with the latest technologies and trends.**
Explore the latest online applications, gaming systems and cell phones. Consider logging on to popular social networking sites to see how they work.

3. **Understand the risks.**
The following are the three main risks discussed in this presentation:

- Online Predators - Those who express a sexual attraction to minors and try to get them to reciprocate with sexual chats, images and meetings offline for sex. Predators may manipulate and gain the trust of a minor in a process called “grooming.”
- Revealing too much - Personal and private information shared through texts, images or videos may attract unwanted attention from cyberbullies or online predators. This may also lead to serious offline consequences at school and with the law.
- Cyberbullying - The use of Internet technology or mobile technology, such as cell phones, to bully or harass someone.

4. **Localize your presentation.**
This presentation uses real-life examples to describe the offline consequences of children’s online actions. In addition to these stories, consider conducting research on local cases with which your audience may be familiar. If you give a presentation in a school, you may want to find out about the state’s laws and/or the school district’s policies towards cell phones, cyberbullying and sexting.

5. **Include additional NetSmartz resources if you have extra time.**
When presenting to students, consider printing copies of the tween and teen safety tips to hand out. The tips are located at www.NetSmartz.org/Tipsheets.
PART IV
FREQUENTLY ASKED QUESTIONS

Before giving the NetSmartz presentation for parents, guardians and communities, please look over the following frequently asked questions. Please note that the answers below are simply guidelines; ultimately, you should respond according to your knowledge and skill as a presenter.

Q: What software should I install on our home computer?
A: Every family’s needs are different. When researching which software would work best for your family, consider software with monitoring, filtering and blocking capabilities. Also, check with your Internet service provider for free software. And remember, children often circumvent these types of software, so your supervision is still necessary and important.

(Note: NetSmartz does not endorse a specific type of software; however, if you have experience with particular software and are comfortable recommending it, please do.)

Q: How many hours should my children be online?
A: It is up to you to determine the appropriate amount of time for your children to be online and set the rules that work best for your family. Many parents have seen success after setting these rules together with their children.

Q: How safe are sites like Twitter®, Facebook®, Club Penguin®, etc.?
A: All of these sites have some risks, but the risks can be minimized by following some basic rules, such as choosing appropriate screennames, setting profiles to private, and thinking before posting comments, images, and videos.

Q: At what age should I start speaking with my children about Internet safety?
A: NetSmartz materials have been created for children as young as five. However, it is never too early to begin the conversations about how to be safer once a child becomes interested in online technology.

Q: Do you encourage having wireless Internet in the home?
A: Many families are going wireless because of the convenience of being able to access the Internet from anywhere in the house with laptops, tablets, cell phones, iPods® and other wireless devices. However, this may make it more difficult to monitor children’s online activities. To mitigate the risk, set rules for your children; for example, have monitoring software in place for laptops and talk to your cell phone provider about monitoring options on cell phones.
PART V
GLOSSARY OF INTERNET TERMS

Blog
A Web log, or blog, is an online journal or diary where writers, known as bloggers, may chronicle their daily lives or comment on news and popular culture. Blogs can be set up on social networking sites or on separate blogging websites, such as WordPress® and Blogger®.

Chat acronym
An acronym used to communicate, usually through instant and text messaging.

Some acronyms include:
- ASL - Age/sex/location
- BRB - Be right back
- CD9 - Code 9, parents around
- F2T - Free to talk
- IDK - I don’t know
- LGH - Let’s get high
- LMIRL - Let’s meet in real life
- LOL - Laugh out loud
- MorF - Male or female
- POS - Parents over shoulder
- PRON - Porn
- TMI - Too much information

Chat room
An interactive forum where you can talk in real time. The chat room is the place or location online where the chat is taking place. Many chat rooms are established so that people can discuss a common interest like music or movies.

File-sharing program
Any program that allows many different users to share files, such as movie, music, and image files, directly with each other. There may be a risk of illegally downloading materials or downloading a computer virus.

Geolocation services
Users may use these services to share their locations with their friends or with other users. Examples of these services include:
- Facebook® location tagging
- Foursquare®
- Gowalla®

Grooming
This is the process predators use to manipulate minors into sexual relationships or into producing sexual images of themselves. It often includes the giving of compliments or gifts.

Internet predator
An individual who uses the Internet to connect with minors in order to develop a sexual relationship. This may mean getting the minor to meet face-to-face and/or convincing the minor to produce or allow sexual images to be taken of him or herself.

Instant messaging
Through instant messaging (IM), users can quickly exchange messages with other online users, simulating a real-time conversation or “chat.” Messages appear almost instantly on the recipient’s monitor, and anyone designated as a “buddy” can participate.
Sexting
The use of cell phones to send sexual messages, pictures and videos.

Smartphone
Unlike its more basic counterparts, smartphones have operating systems and allow users to run applications similar to those used on computers. For example, users may be able to view, create, and edit documents from a smartphone.

Social media
Internet applications that are used to facilitate communication between users. These applications include:

- Blogs and microblogs such as LiveJournal® and Twitter®
- E-mail programs such as Gmail™, Yahoo!Mail® and Hotmail®
- Picture and video sharing sites such as Flickr®, Instagram® and YouTube®
- Social networking sites such as Facebook® and MeetMe®
- Virtual worlds such as Club Penguin®, Habbo® and Nicktropolis®

Social networking site
An online community where people from all over the world may meet and share common interests. These sites allow members to set up a profile, which may include information such as name, location, phone number, age, and gender. Often users will post pictures and videos.

Webcam
Webcams, also known as “cams,” are video cameras set up on home computers or laptops that can be accessed online.
Want to learn how to check your child’s browser history, use Facebook’s privacy settings or report cyberbullying on Twitter? Check out these websites for information and how-to videos so you can be as tech savvy as your child.

**INSTRUCTIONAL VIDEOS**

  Videos include “How to Use Twitter,” “How to Use Facebook” and “How to Use an iPhone.”

- [www.APlatformForGood.org/parents/tpt](http://www.APlatformForGood.org/parents/tpt)
  Videos include “Reporting Problems,” “Parental Controls” and “Privacy Settings.”

**WEBSITE HELP CENTERS**

- [www.Facebook.com/help](http://www.Facebook.com/help)
  Learn how to manage your child’s account and report problems.

- [support.Twitter.com](http://support.Twitter.com)
  Find out how to use Twitter and protect your child’s privacy.

- [https://support.google.com/youtube](https://support.google.com/youtube)
  Read about YouTube’s safety policies and how to report inappropriate content.

- [www.Google.com/GoodToKnow/familysafety](http://www.Google.com/GoodToKnow/familysafety)
  Browse through videos and articles for advice on using Google’s safety tools and how to manage your family’s safety online.

- [help.Instagram.com](http://help.Instagram.com)
  Learn about the basics of this popular app and get tips for parents.

  Understand how to use the app and what to do if your child is using it inappropriately.

  Read about the app and how to report problems.

- [https://support.Skype.com](https://support.Skype.com)
  Browse articles about securing your child’s account and managing their privacy settings.

  Learn about the new design and how to control privacy settings.

  Find out how to use Pinterest and secure your child’s account.

- [help.MeetMe.com](http://help.MeetMe.com)
  Get answers to your questions about controlling who sees your child’s profile and how to report problems.

  Read about this popular game’s rules and safety features.

Didn’t find the answer to your question? Ask an Internet safety expert at [www.NetSmartz411.org](http://www.NetSmartz411.org)

Copyright © 2013 National Center for Missing & Exploited Children. All rights reserved.
(Introduce yourself.)

This presentation was created by NetSmartz Workshop, a program of the National Center for Missing & Exploited Children. The National Center:

- Helps in the recovery of missing children.
- Assists victims of sexual exploitation.
- Educates communities about personal safety through programs like NetSmartz.

NetSmartz is a safety program that:

- Teaches children ages 5 to 17 about how to make better choices online.
- Guides parents in protecting their children online.
- Offers a variety of free resources, including games, videos, classroom lessons and presentations like this one.

You can find all of these resources at NetSmartz.org.
Throughout this presentation, we’re going to talk about ways you can protect your children online no matter where they access the Internet.

Kids go online from:
• School computers.
• Friends’ computers.
• Laptops and tablets.
• Cell phones.
• MP3 players like the iPod Touch.
• E-readers like the Nook and Kindle.
• Game consoles like the Nintendo Wii U, PlayStation 3 or Xbox 360.
• Handheld gaming devices like the Nintendo 3DS or the PlayStation Vita.

Technology changes all the time and kids are constantly finding the newest websites, apps and gadgets. It’s up to you to teach them the basic rules of Internet safety so that they can use all of these responsibly.

So what are your kids currently interested in online?

(Pause for audience response. If you need to prompt the audience, use the questions below. Take note of their answers and tailor your presentation to their children’s current interests.)

How many of your children like to:
• Post to a social media site like Facebook, Twitter or Instagram?
• Text or play games on your cell phone or their own phone?
• Use Google to help with their homework?
• Play computer games or games on a PlayStation or Nintendo 3DS?
• Play in a virtual world like Club Penguin?
• Download music from iTunes?
• Watch videos on YouTube?
• Download apps from the App Store or Google Play?
The good news is that most children are not getting into trouble online, but there are still risks to consider. The issues we’re going to discuss today are not specific to just one device or website. No matter what your children like to do online, they face the following risks:

- Cyberbullying.
- Exposure to inappropriate content.
- Online predators.
- Posting personal or inappropriate information.
- Sexting.

You might be thinking you don’t have to worry about cyberbullying because you have a younger child, or that your teenager already knows all about online predators. But don’t tune out just because you think the topic doesn’t apply to you. At some point, it will. You should be talking to your child about all of these issues, but you’ll be tailoring the message for your child’s age.

This chart shows how you can talk to your children about all of these online risks in an age-appropriate way. For example:

- You should start talking about online manners, or “netiquette,” with your youngest children so that they have a good foundation for later lessons about issues like cyberbullying.
- You can start talking to your tweens about not posting revealing pictures and evolve that into a frank discussion about sexting when they become teenagers.
- You can talk to young children about not trusting people they meet online. By the time they’re teens, they’ll be ready to discuss the risks of online predators.

The information you learn in this presentation will help prepare you for all of these discussions.
One of the most important discussions you can have with your child is about online predators. This may be the issue you’re most worried about because it’s scary, but it’s important for you to understand the truth about predators so you know how to help your child avoid them.

Here are some common myths about predators:
- They’re all old men.
- They’re pedophiles.
- They pretend to be younger to trick kids.
- They find out where kids live and abduct them from their homes.

This is who they really are:
- Mostly men, age 26 or older - Studies show that 99% of predators are male. Female predators exist, but they are rare.¹
- Generally not pedophiles - Pedophiles are interested in young children, but online predators typically target teens.²
- Rarely lie about being an adult - Studies show that only 5% of offenders pretend to be teens.³
- Usually don’t abduct - Predators and victims discuss their plans online to meet up and have sex. The teens are aware of who they’re meeting and why.⁴
This is what we know about the victims:

- Mostly girls, but 25% of victims are boys - Boys who are gay or questioning their sexuality are particularly at risk because they are looking for affection online that they are unable to get at home or school.
- Ages 13-15 - This is an especially vulnerable time for teens who are exploring their sexuality and looking for attention online.
- Have a history of sexual or physical abuse - Teens with a history of abuse are more likely to seek attention online and take risks.
- Engage in patterns of risky behavior - Certain behaviors make teens more vulnerable to predators, like friending unknown people online and talking to them about sex. The more risky behaviors a teen engages in online, the more at-risk they are of being targeted by a predator.5

The important thing to remember about victims is it’s never their fault. Predators target vulnerable teens and exploit their natural desires for attention and affection.

**Examples from the News**

- A 13-year-old girl from PA ran away with a 20-year-old man she met online. Thanks to an anonymous tip, she was found after just 24 hours, traveling with the man on a bus to DC.6
- A LA man was arrested after he was found in a car with two 15-year-old girls he met on the website, meetme.com. The girls told police they had sex with the man on at least four occasions.7
In this video from NetSmartz, you’ll see how a predator was able to take advantage of one teen’s vulnerabilities. This is the real voice of the victim. Listen as she tells her story in her own words.

(Click to show video.)

Tom was able to manipulate Julie over a long period of time, convincing her that he was the only one she could trust. This is a process known as grooming.

Here are some signs of grooming you should look for. Check if your child is:

- Receiving gifts through the mail, like bus tickets, cell phones and webcams.
- Calling unknown numbers.
- Rejecting family and friends in favor of spending time online.
- Getting upset when he or she can’t get online.
- Minimizing the screen or turning off the monitor when you come into the room.

If you see any of these signs, don’t ignore them. Talk to your children. Check out what they’re doing online and who they’re talking to. Get help immediately if you suspect something is wrong.
There are several things you can do to keep your child safe from online predators:

- Talk to your child about sex and relationships – Talk to them about what makes a healthy relationship. Have an open-door policy so they will not seek answers or inappropriate relationships online.
  - Keep in mind that many teens are flattered by attention from older people. Make it clear that a 22-year-old flirting with them is not flattering; it’s inappropriate.
  - This type of conversation can even start with young children. Talk to them about what is OK for people to talk about online and what is not OK.
- Set a policy about meeting offline for older teens - If you think it’s okay for older teens to meet friends offline, then establish rules to make it safer. Suggested rules include:
  - You have to get my permission before agreeing to meet.
  - You have to go with me or another adult.
  - You must meet in a public place and not leave.
- Know your child’s online friends - Encourage them not to accept friend requests from anyone they don’t already know. Ask questions about the people on their friends list, such as “How did you meet?” and “What do you talk about?”
- Teach your child the warning signs - Talk to them about grooming and ways that predators try to manipulate their victims.
- Above all, call the police if you suspect your child is talking to an online predator to prevent them from finding another victim.
You can also report a suspected predator to the National Center for Missing & Exploited Children’s CyberTipline®. Remember to save any messages or images your child has received and include them in your report. They will review the information that you provide and then send it to the local, state or federal law enforcement agency that can best handle your case.

Contact them if:
• Anyone sends your child photos or videos containing obscene content.
• Anyone speaks to your child in a sexual manner.
• Anyone asks your child to meet in person.

You can contact them at www.CyberTipline.com or 1-800-THE-LOST®.

Another thing you may be concerned about is how much information your children are sharing online. Some examples of things that are probably okay for them to share include:
• Pictures of family and friends - As long as they are posted with permission, most pictures kids post are harmless. Kids love to take and post pictures as a way to express themselves and document their lives.
• Casual conversation in a game - Many kids play computer games or games on a console like Xbox that allow them to talk to other players. For example, kids on Club Penguin can talk to each other, but the website uses strict chat filters and pre-selected questions and answers. Other games, like Call of Duty, allow kids to talk directly to each other on headsets. This kind of casual conversation is usually fine when kids stick to talking about the game.

There are two kinds of information you definitely don’t want your kids revealing:
• Certain kinds of personal information.
• Inappropriate information.
Personal information that your children shouldn’t share online includes their:

- Passwords.
- Location (turn off GPS/location services on cell phones!).
- School.
- Address.
- Home/cell phone number.

Sharing personal information online is a security risk because it leaves your children open to:

- Identity theft - Many identity thieves target children (e.g. steal their SSN, use their name and birthdate) because you’re less likely to notice until your child is older, like when they apply for their first credit card.
- Online scams - Many children, especially young children, fall for tricks like promises of money or prizes, emails that ask for passwords or other information, and links that take them to inappropriate websites.
- Hacking - Sharing passwords and other account details can result in someone hacking into their accounts and pretending to be them, or stealing files and other information you store on the computer.

You might think it’s safer for your child to lie about their name and age online, but that’s not always true. For example, it’s actually against Facebook’s Terms of Service to use a fake name or age. All accounts of anyone under the age of 18 are not open to the public, so make sure they are using their real birthday. If they pretend to be older, their account has less default security restrictions.

**Examples from the News**

- A teen in IN was using her laptop when the screen suddenly went blank and then displayed a warning from what looked like the FBI telling her she was going to go to jail if she
didn’t pay up. Her parents realized it was a scam, but not before the scam artist took control of the laptop to snap a photo of the teen.8

- One online scam lured kids onto gaming and survey websites by promising free stuff like video games. They were able to convince kids to give out their names, email addresses and other personal information.9

Here’s what you can do to help your kids from revealing too much personal information online:

- Establish rules about what they can share and under what circumstances - For example, it’s okay for them to enter their address online if they’re ordering something from Amazon, but it’s not okay to enter their address in a pop-up that promises to send them a prize.
- Learn about the reporting options of any websites and games they’re using - Each website and game will have their own tools to report issues such as stolen passwords or hacked accounts. Get to know them so that you know what to do when there is a problem.
- Check privacy settings - You should help them set up their accounts and check the privacy settings often to make sure they offer the most protection.
- Help them create strong passwords and tell them not to share them with anyone but you - Passwords should be at least 8 characters long. Try using silly words or phrases that are easy to remember. Never use personal information in a password and change them often.
- Talk about friends lists - NetSmartz recommends that children only add friends they know offline, but this may change as they get older. Talk to them about the types of friends you’re okay with them adding.
Suggested Resources

- Parents of younger children can check out the NetSmartzKids e-book, *Delivery for Webster,* that teaches kids about not entering personal information into pop-ups, and the video “The Password Rap,” that helps kids create a strong password. They are both available at www.NetSmartzKids.org.
- Facebook’s Family Safety Center at www.facebook.com/safety is an excellent resource for parents who have questions about protecting their children’s privacy on the site. Other sites and apps that are popular with teens, like Twitter and Instagram, also have their own safety and security pages with tips on protecting personal information.

Inappropriate information that your child shouldn’t share online includes:

- Pranks (e.g. posting about a prank they pulled at school).
- Offensive language.
- Threats of violence.
- Underage drinking or drug use.
- Hate speech.

Posting these things online means your child may:

- Damage their reputation at school, in the workplace or among their friends.
- Be punished at school if what they post breaks school rules.
- Be charged with a crime if they are breaking a law.
- Hurt their chances of getting into college, getting a scholarship or getting a job in the future.

Examples from the News

- A middle school student in MI was arrested after posting threatening messages on
Facebook saying he was going to kill students at his old school. He was charged with felonies for threat of terrorism and using a computer to commit a crime.\textsuperscript{10} A MA high school student posted the password to his English teacher’s web portal online. He thought that kids would go in and post funny pictures, but instead anonymous posters harassed the teacher, posting vulgar, sexual comments that sent her to counseling. The student was expelled and lost his college scholarship.\textsuperscript{11}

In this NetSmartz video for teens, you’ll see how posting party pictures online can not only get a teen in trouble, but can affect his future.

(Click to show video.)

(Video plays.)
Here's what you can do to help prevent your child from posting inappropriate information online:

- **Establish expectations for online behavior** – Let them know exactly what you think is unacceptable. For very young children, this might be limited to what websites they are allowed to go on and for how long, but for older children it might include what websites and apps they can use, how long they can use them, who they talk to, what they post, and more.

- **Set consequences for inappropriate posts** - Remind them that they can also face consequences at school and with the law.

- **Talk about appropriate usernames** - This is especially true for younger children who play in virtual worlds or any children who play games online. Usernames shouldn’t contain offensive language or violate the game’s rules.

- **Review comments and pictures** - Check out what they’re posting and ask them to take down anything inappropriate.

- **Talk about what their friends are posting** - Sometimes what your children’s friends post can reflect poorly on them, too, so look at their friend’s posts and discuss them if needed.
In addition to being careful about the kind of information they post, you want to make sure your children are being careful about the images they share. Sexting is when teens send or post nude or partially nude images, usually via cell phone.

Fortunately, not that many teens are actually sexting:\(^\text{12}\)
- 4% of teens with cell phones ages 12 to 17 have sexted.
- 15% say they have received a sext of someone they know.

Teens sext for a variety of reasons. They may be:
- Trying to be funny and sharing it with friends.
- Trying to impress a crush who may or may not have asked for the picture.
- Sharing sexual pictures with a boyfriend or girlfriend.

One study found that teens who engage in sexting are more likely to be engaged in other risky sexual behaviors, including unprotected sex.\(^\text{13}\) This suggests that sexting is part of a pattern of risky behaviors in certain teens.
Even though teens usually intend for only one person to see these pictures, they don’t always stay private. Take a look at this video to see how one girl’s choice to send a nude picture quickly got out of control.

(Click to show video.)

There are many consequences to sexting, some of which you saw in the video:

- Humiliation at home, at school and online if the image spreads.
- Bullying by peers, sometimes extreme.
- Blackmail by someone threatening to distribute earlier sexting images if they don’t send more.
- Suspension or expulsion from school, or losing a spot on a school sports team.
- Police involvement, which does not usually result in the teen being charged with a serious crime, but may result in mandated education programs or community service.
Here are some things you can do to help prevent your child from sexting and what you can do if you know it’s already happening:

- **Talk to them about the consequences** - They might not realize they can get in trouble at school or with the police. They also might not realize the image can stay online for a long time if it spreads.

- **Tell them never to forward a sexting image** - This could mean big trouble at school and with the police. Plus, it’s a major violation of trust and exposes the person in the picture to potential ridicule.

- **Discuss healthy sexual relationships** - Be open and honest; they should be able to talk to you about sexual things. Make sure they know what’s healthy and what’s not. Emphasize that anyone who pressures them to send a sexual picture is not someone they can trust.

- **Talk about ways an image can spread online** – Even if your child thinks their boyfriend or girlfriend would never forward their picture, there are other ways a photo could spread, such as he loses the phone, a friend borrows it or the phone is stolen.

- **Report it to your child’s school or the police if you know a child is being blackmailed, a photo is being passed around without consent or a child is being bullied.** Ignoring the situation will not help the child in the photo.

**Suggested Resources**

NetSmartz has tip sheets for teens and parents about sexting at www.NetSmartz.org/Tipsheets.
How many of you have heard about cyberbullying? What do you know about it?

(Pause for audience response.)

Cyberbullying is exactly what it sounds like - bullying through technology like cell phones, social media sites and online games. Research tells us that:

- About 32% of online teens ages 12-17 have been cyberbullied.\(^{14}\)
- Girls are more likely to be targeted.\(^{15}\)
- Youth who identify as gay, lesbian, bisexual or questioning are more likely to be involved, both as a victim and a bully.\(^{16}\)

Some examples of cyberbullying include:

- Sending someone mean texts.
- Photoshopping or altering a picture to embarrass someone.
- Creating a fake profile to post defamatory information or images.
- Posting fight videos online to embarrass the person who lost.
- Spreading rumors and gossip online.
- Posting an embarrassing picture of someone with intent to embarrass.
- Sending threatening or harassing comments.

Even young children who don’t use social media or cell phones can experience some form of cyberbullying while playing online games or playing in a virtual world. For example, they might be:

- Exposed to inappropriate language while chatting.
- Taunted by other players.
- Targeted by more experienced players.
Cyberbullying differs from regular bullying in a number of ways. It:

- Often spreads faster than in-person bullying because of instant online communication.
- Has a wider audience because it can easily be sent to a potentially unlimited amount of people.
- Follows children home from school so they can’t get away from it.

All of this can undermine your child’s sense of security. Cyberbullies are usually peers they know, so they don’t feel safe at school because their bully is there, but now they don’t feel safe at home either because it’s happening 24/7 online.

You may have heard a lot about cyberbullying in the news because of highly-publicized teen suicides. It’s important to remember that suicide as a result of cyberbullying is extremely rare.

Researchers have looked at cases of cyberbullying-related suicide and found that:

- Most teens who committed suicide were bullied both at school and online.
- Many of the teens had some type of mental illness, such as depression.

This means that although cyberbullying can be extremely devastating for victims, most teens will not commit suicide solely as a result of the cyberbullying. There are usually other factors at play.

**Examples in the News**

- Ryan Halligan suffered from developmental delays and was bullied at school and online for years. He received homophobic messages and was the victim of a prank when a girl at school pretended to like him online, but copied and
Pasted their private messages to others to embarrass him. He was 13 when he committed suicide.17

- Megan Meier had ADD and battled depression. She had been exchanging messages on MySpace with a boy named Josh Evans, who one day turned on her and sent mean messages. After a heated exchange online, Megan committed suicide, just three weeks before her 14th birthday. Her parents later found out that Josh Evans was never real; he was allegedly made up by Megan’s former friend and her mother.18

- Jessica Logan had sexted nude pictures to her boyfriend, but he forwarded them to others when they broke up to get revenge. Jessica was taunted and harassed by girls at school. Jessica committed suicide at the age of 18.19

- Jamey Rodemeyer struggled for years with his sexuality and sought counseling for constant bullying online and at school. He posted a video to YouTube for the “It Gets Better” campaign to encourage other bullied youth to hang in there. He committed suicide at age 14.20

- Amanda Todd was harassed for years online and at school after a picture of her flashing a stranger on a webcam chat went viral. She suffered from anxiety and depression, and engaged in self harm. Amanda posted an emotional video to YouTube detailing her harassment and bullying, then committed suicide a month later at the age of 15.21
A program of the National Center for Missing & Exploited Children. All rights reserved. Animated Characters Excluding Tad Copyright © 2001-2013 National Center for Missing & Exploited Children and Boys & Girls Clubs of America. All rights reserved.

Let’s take a closer look at Amanda’s story.

(Click to show video.)

(Video plays.)

As you can see, cyberbullying can have a tremendous impact on children. That’s why it’s so important for you to understand the issue. To combat cyberbullying, you need to know who is involved. Here are the major players:

- **Cyberbully** - can be someone who instigates the bullying or someone who joins in.
- **Victim** - the one being bullied, usually both online and offline.
- **Bystanders** - those who stand by and watch the cyberbullying happen, but do nothing.

Your child likely falls in at least one of these categories, sometimes more than one because many children who are cyberbullied also cyberbully others. They have also probably been bystanders at one point or another. Let’s talk about how to address each of these categories.
Because cyberbullying can be so far reaching, it greatly impacts its victims. If your child is being cyberbullied, he or she may:

- Suddenly stop using the computer or cell phone.
- Act nervous when receiving an email, IM or text.
- Seem uneasy about going to school.
- Withdraw from friends and family.

If you see any of these signs, don’t ignore them. Cyberbullying victims need to feel that you are taking the problem seriously and that you are going to do everything that you can to help.

Here are some specific ways you can help if your child is a victim of cyberbullying:

- Save the evidence - Take screenshots and print out any messages. If there is an investigation, you need proof of what was posted.
- Block cyberbullies – Tell your child not to respond to the messages and take advantage of website features that allow you to block any user who is bothering you.
- Set up new accounts - This includes email, IM, social media sites and cell phone numbers. Make sure they only give the new information to friends they trust.
- Talk to the school - Remember, most cyberbullying involves in-person bullying by someone your child knows, usually a classmate. Teachers and administrators should work together on a plan to address the bullying in school, and they may have specific rules against cyberbullying, too.
- Report it to the website or app where the cyberbullying is taking place - You might also be able to report unwanted text messages to your cell phone provider and block certain numbers.

If you feel that any laws have been broken or if your child has been threatened, then contact the police for help.
Sometimes parents don’t find out that their children are cyberbullying others until they hear about it from another parent or from the school. Be proactive and look for these signs.

Your children may be involved with cyberbullying if they:

- Quickly switch screens or close programs when you walk by.
- Use the computer at all hours of the night.
- Get unusually upset if they cannot use the computer.
- Laugh excessively while online.
- Avoid discussions about what they are doing.
- Use multiple online accounts or use an account that is not their own.

If you notice any of these behaviors, get involved and ask them to show you what they’re doing.

To help prevent your child from becoming a cyberbully, you can:

- Establish expectations for online behavior - Make sure your child knows that you think bullying and cyberbullying are unacceptable.
- Set consequences for cyberbullying - This will vary by family, but can include losing Internet privileges or more supervised Internet use.
- Model good online behavior yourself - Children learn from the adults around them, so always be respectful of others online.

You don’t have to tell your children that they have to be friends with everyone, but you should teach them about respecting others. If you find out that your child has already been involved in cyberbullying, be open to working with the school as they look to correct the problem.
Most kids are not bullies or victims; they are bystanders. They are afraid to speak up about cyberbullying because they’re afraid of being targeted next or being called a tattletale. However, information from bystanders is critical if teachers and other trusted adults are to take action.

Talk to your child about not being a bystander. You can do this by:

• Establishing expectations for reporting - Make sure they understand that you expect them to speak up when they see cyberbullying happen because silence only lets it continue.
• Encouraging them to stand up for the victim when they feel it’s safe to do so - That might mean being a good friend to the victim, telling the bully to stop or refusing to join in the cyberbullying. They can also show support to the victim in private.
• Helping them report the cyberbullying to a website where the cyberbullying is taking place or to a trusted adult at school - Bystanders will feel better about reporting if they are reassured they’re doing the right thing, so help them see it through.
You’ve now heard several strategies to help you deal with online predators, revealing too much personal information, posting inappropriate images and cyberbullying. Most of those suggestions have been based on communicating with your children, but I also want to talk about technological solutions.

Here are some options you may want to look into:

- **Filtering and monitoring software** - These can help protect your children from seeing sexually explicit content online and even notify you if they’re receiving inappropriate messages. NetSmartz does not endorse any particular kind of software, but you can go to www.getnetwise.org to search for the software that best fits your needs.
- **Consult your cell phone provider** - They may offer monitoring options for your child’s cell phone.
- **Research options for mobile devices** – Laptops, tablets, handheld games and MP3 players may have built-in monitoring options or software for purchase.
- **Look at the individual apps they’re using** - Many apps have the option to turn off chat features or limit who can see what your child posts within the app.
- **Explore built-in security features for programs and websites** - These often have their own privacy or filtering services. For example, Google has a free SafeSearch option.
But remember, the most important thing is to communicate with your children about what they’re doing online. Start the conversation by asking about their interests.

Ask them questions like:
- What’s your favorite app?
- Who do you talk to when you play games?
- What kinds of pictures do you like to post?

Discuss these things with them regularly so they know you’re available and have an open mind. Kids need to know that you won’t freak out and pull the plug if something happens online. You may not be able to protect them from everything, but you can teach them how to make responsible choices when they encounter a problem.

NetSmartz is here to help you as you establish this open relationship with your child. On NetSmartz.org you’ll find resources for all ages, including:
- Activities.
- Discussion Starters.
- Games.
- Information about the issues.
- Safety Pledges.
- Tip Sheets.
- Videos.

These resources are all age appropriate. You’ve seen some of the teen videos today, but NetSmartz also has materials specifically for tweens and younger children.

Tell others in your community about these resources. Encourage your PTA to set up presentations. You can even talk to your child’s school about using other NetSmartz teaching materials. When everybody works to confront these issues, your children become safer and are more prepared to protect themselves online.
Thank you!

(End of presentation.)
MAC TROUBLESHOOTING FAQS

Q: Why are the videos not playing for me?
A: To play the presentations, you need to have PowerPoint 2008 or 2011. If you are using Keynote or an earlier version of PowerPoint, the presentation will not play properly.

Q: Why did the video stop playing?
A: You may have pressed the pause button or clicked the mouse. Click the pause button or the mouse again and the video will resume.

Q: Why did the screen go black after the video segment?
A: It is normal for the screen to fade to black after the video plays. Advance to the next slide by clicking the mouse or pressing the right arrow key on your keyboard.

Q: Why is there no image on the screen even though I have connected to the projector?
A: You may need to use a keyboard command to tell the laptop that something is connected to its external output port. Look for a symbol of a monitor on your function keys. For instance, on some laptops, the command is “Function key + F4.”

Q: I don’t have PowerPoint 2008 or 2011 on my Mac. Will I still be able to play the presentation?
A: You must have PowerPoint installed on your Mac in order to edit the presentation. If you do not wish to edit the presentation, you can download the “Play Only” version, which will allow you to play the presentation on any machine.

Q: How may I share the presentation files with others?
A: To share the presentation, you just need to save any changes you made to the PowerPoint file and share the file with others. Please note, they will need to have PowerPoint 2008 or 2011 for the presentation to play properly.

Remember, all NetSmartz presentations may be downloaded for free from www.NetSmartz.org.

If your question has not been answered, please email netsmartz_tech@ncmec.org.
Q: **Why are the videos not playing for me?**
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