PROTECTING YOUR KIDS
ONLINE 2.0

CONNECT

Set some ground rules.

Establish clear guidelines like what types of sites kids can visit, apps they can download, and when they can have access to electronics. Consider "blackout" periods that require disconnection.

Research before you buy.

It's important to learn about a device's capabilities before you buy. Will it allow unknown people to communicate with my child? Will this allow children to make unchecked purchases?

Go beyond safeguards.

Installing monitoring software doesn't guarantee your child will be safe online. Time, attention, and active conversation are the best tools to protect them.

REPORT!

If your kids are dealing with cyberbullies or potential online enticement, report it to the website, cell phone provider, law enforcement, or **www.cybertipline.org**

LEARN

Know the platforms.

Online enticement happens across all platforms, so be aware of the sites, games, and apps your children frequent. Ask them to show you how they use them.

Be proactive.

Teach your kids to spot common tricks used by online offenders. In NCMEC CyberTipline reports, the most common tactics used to entice a child online were:

- Engaging the child in sexual conversation/ roleplay as a grooming method.
- Directly asking the child for sexually explicit images of themselves, or offering to mutually exchange images.
- Developing a rapport with the child through compliments and other supportive behaviors such as "liking" their online posts.
- Sending unprompted sexually explicit images of themselves.
- Pretending to be younger.
- Offering incentives for explicit content.

Spot the Red Flags.

A child who is experiencing online enticement may be:

- Spending increasing time online.
- Getting upset when he or she is not allowed on their device.
- Taking extra steps to conceal what they are doing online.
- Receiving gifts from people you don't know.

ENGAGE

Talk about it!

Your kids might not tell you everything, but ask anyway. Regular conversations about safety can go a long way in increasing trust and communication.
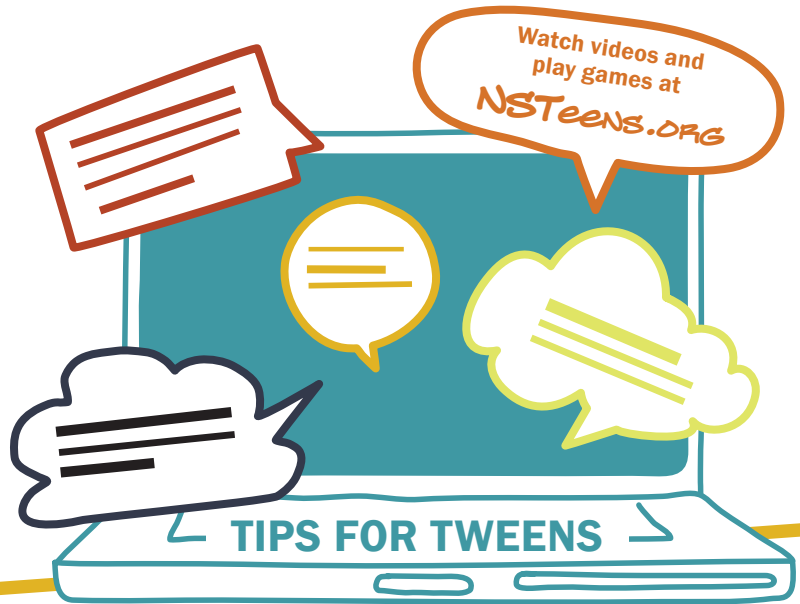
Get involved.

Challenge them to a duel. If you have kids who like to play online games, ask if you can play, too. When you respect their interests, they're more likely to respect your rules.

Don't pull the plug.

Taking away internet access because they may have made mistakes online doesn't solve the problem. Talk to them about protecting themselves and respecting others online.

NetSmartz® Workshop

For more resources visit NetSmartz.org

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YOUR NetSmartz

TIPS FOR TWEENS

CYBERBULLYING

Don't be mean.
Gossiping doesn't make you cool.

Ignore. Block. Tell.
Ignore mean or threatening messages, block the sender, and tell a trusted adult who can help you report them.

Speak up
if your friends are cyberbullying someone.

ONLINE PREDATORS

Recognize the difference between cute and creepy.
An older guy who wants to date someone much younger is just creepy.

Don't just sit there – REPORT
anyone who asks to meet you in person to the police and www.cybertipline.com.

SHARING TOO MUCH

Avoid TMI.
Don't post anything too personal or embarrassing.

Protect your space.
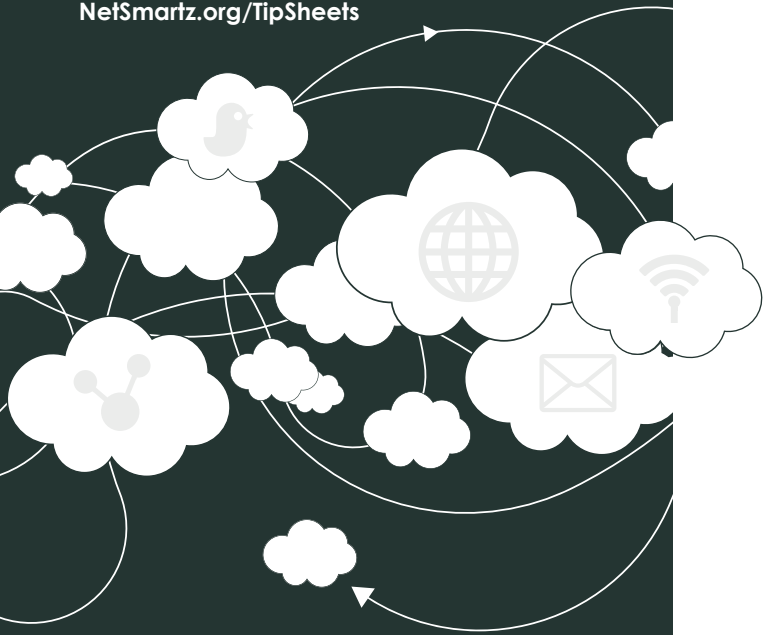Use privacy settings and don't accept just anyone as a friend.

Don't be that kid
who gets suspended for posting something stupid online.

TRUSTED ADULTS

Talk to your parents or guardians
about what you're doing online. They're not as bad as you think.

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Protecting your KIDS on social media

Online social media services aren't new, but many of us are still learning how to use them without getting into trouble – especially children and teens. Use these tips to help your kids safely use any social media service from networking to image posting sites.

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Do you know...

What they're posting?
Check comments and images for personal information, like phone numbers and addresses, as well as inappropriate and illegal content such as hateful or threatening speech and nudity. Delete anything you think is too much information.

How they access social media?
Mobile devices, like cell phones and tablets, let children access social media apps away from adult supervision. Children may post content and even share their locations. Review app settings to help them keep information – like their location – private.

Who they're talking to?
Your child's online contact lists and followers may include people you don't know, or even people your child only knows online. Even if you don't know the contact, make sure you know what images, messages, and other content they're sharing.

What account settings they're using?
This is where you can control who has access to your child's information. Each social media service has a different setup, so take a look at each one your child uses. Always ask yourself – *what* is on the profile and *who* can see it?

Who has access to their information?
Most social media services have ads and applications from 3rd parties, like games and fan pages. If children click on these or add them to their profiles, they are allowing access to their personal information. Have a discussion about what's OK to add and what's not.

Where to report?
If anyone talks to your child about sex, shares or asks them to share sexual images, or is a victim of sexual exploitation, make a report to the National Center for Missing & Exploited Children® at **www.CyberTipline.com** or **1-800-THE-LOST®**.

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?
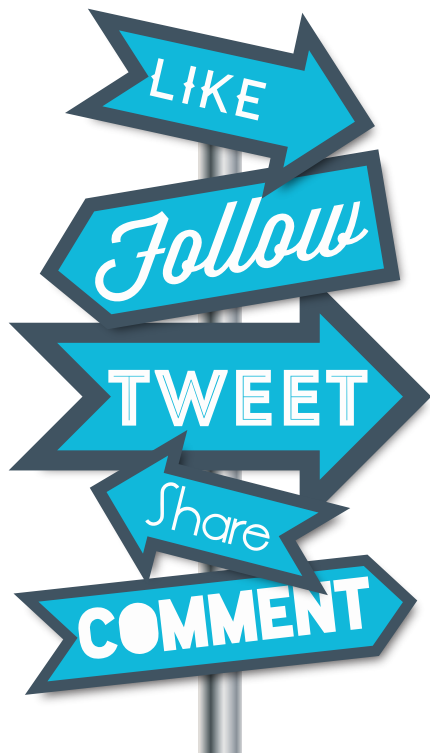
This resource brought to you by

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SAFETY
for TEENS

NetSmartz.org/TipSheets

THE FOLLOWING CHECKLIST CAN HELP YOU TAKE STEPS TO KEEP YOURSELF SAFER ONLINE.

CHECK YOUR COMMENTS AND IMAGES.
Have you posted anything inappropriate or illegal, like threats, nudity, alcohol, or drugs?

TALK TO YOUR FRIENDS ABOUT WHAT'S OK TO POST.
Agree that you won't post embarrassing or hurtful comments or images of each other. Be clear that you'll delete – or if needed, report – any posts that are inappropriate, illegal, or threatening or could get you in trouble.

REVIEW YOUR ACCOUNT SETTINGS.
Go through each option slowly. Always ask yourself – *what* is on my profile and *who* can see it?

KNOW YOUR FRIENDS, CONTACTS, AND FOLLOWERS.
These are the people who can see, share, and comment on what you post so you want to be sure you can trust them. Block and report anyone who makes harassing, threatening, or inappropriate comments.

KEEP AN EYE ON 3RD PARTY APPS.
Some of these apps will give companies access to your personal information. Always read the fine print before deciding to add one.

DON'T FORGET MOBILE.
When you use mobile devices like smartphones and tablets to post something or check in, you could also be sharing your location. Check your settings to make sure you're only sharing what you want to.

REPORT.
You have the right to be safe online. If anyone cyberbullies you, make a report to the website or app. If anyone shares or asks you to share sexual messages or images, make a report to **www.CyberTipline.com.**

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For more resources visit **NSTEENS.ORG**

PARENTS' GUIDE TO SMARTPHONE SAFETY

SMART or SCARY?

Smartphones are essentially little computers, so you might be a little worried when handing one over to your child. Take some time to understand the risks and implement a few safeguards so that you can help your child use smartphones safely.

THE RISKS

- **CYBERBULLYING**
  With the constant connectivity of smartphones, your child may be more susceptible to cyberbullying or have more opportunities to cyberbully others.

- **GEOLOCATION**
  A GPS-enabled smartphone can reveal your child's location through online posts and uploaded photos.

- **INAPPROPRIATE CONTENT**
  With smartphones, your child has mobile access to content you may consider inappropriate, such as pornography or violent videos.

- **SEXTING**
  Your child may use the Internet and social apps to send, receive, or forward revealing photos.

- **VIRUSES & MALWARE**
  Just like a computer, a smartphone is vulnerable to security attacks if your child accesses unsecured websites and apps.

5 WAYS TO BE SMARTER THAN THE SMARTPHONE!

1. **Be a parent and a resource.**
   Establish clear guidelines, including time limits and consequences for inappropriate behavior, but be open so your child will come to you with any problems.

2. **Set up password protection.**
   This will keep everyone but you and your child from accessing personal information stored on the phone.

3. **Update the operating system.**
   New versions often contain important security fixes.

4. **Approve apps before they are downloaded.**
   Make sure you understand their capabilities and approve their content.

5. **Understand location services.**
   GPS features are useful when using maps, but you'll want to disable location-tagging when your child posts anything online.

For more resources visit NetSmartz.org/TipSheets

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