

Their World....

- There is an obvious lack of boundaries in many of our examples.
- Our intent is not to offend or scare you – we want to **motivate and equip** you to talk with your kids about internet safety.
- We need to be aware of what is going on in the “CyberWorld”...so we know what **conversations** to have and what **boundaries** to set.

YOU KNOW YOUR KIDS BEST....SOME STEER CLEAR OF INAPPROPRIATE AND SOME DO NOT....

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Internet Safety

Adults Need to Be Involved

Extreme Mean by Paula Todd

“We need to step up as adults, and clearly label what is and isn’t acceptable conduct online..... We need to have **open dialogue**, acknowledging their skills and their need for on-line approval” – page 248

“...salvation lies with the people...the Internet is a **communication device**, not the devil incarnate”

The teen brain does not fully develop until 25. They operate very emotionally....**boundaries** help keep them in situations where their brains work the best. **Spot checks** by parents help to ensure they are behaving the way we expect them to.

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WHAT ARE YOUTH DOING ONLINE?

MAIN CONCERNS –

- **WHAT** are they exposed to?
- **WHO** are they speaking to?
- **HOW** are they being treated?
- **HOW** is their character development being influenced?

“And shall we just carelessly allow children to hear...tales which may be devised by casual persons, and to receive into their minds ideas for the most part the very opposite of those which we should wish for them to have when they grow up?” – PLATO 347 B.C.

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Do Your Homework

Google: Parental Concerns with ... , Top 10 social media apps

Check out HighTechDad reviews.

Kidshealth.org – social media, internet safety tips

Commonsensemedia.org – parental reviews

Cybersafetylady.com.au

Bewbsmart.com

Do spot checks, respect suggested age use rules.

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Who Owns The Internet?

No one owns the internet

Each country has the responsibility to create laws to help protect their citizens online...

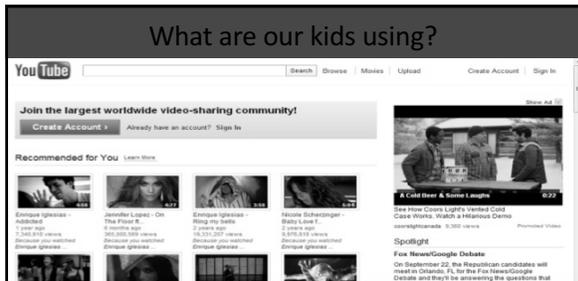
But there are no standard rules and limits

An ISP connects you to the internet but is not required to regulate it.

- Our **ISP** are required by law to archive all of our internet activities, whether it is on a computer, ipod, gaming console.....
- Cell phone providers** in Canada are also required to keep a copy of our usage for the same reason.
- Your ISP can have **filtering services** where you can block certain types of sites.

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What are our kids using?



Youtube & Video Streaming

Footage of sexual assaults. How to self harm.

Footage of beatings. How to sext the "right" way.

<https://www.yahoo.com/tech/10-ways-to-make-youtube-safer-for-your-kids-100430137814.html>

<http://www.brightpips.com/kid-safe-ipad-iphone/>

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Posting to YouTube

Things to consider....

- Your age!
- Why does YouTube have a minimum age of 13?
 - Disable the comments
- Consider a private account that only invited friends people can see.
 - Settings - USE THEM!

Who can watch this video?

- Anyone - Allow anyone to see this video.
- Only me - Make this video visible to me and no one else.
- Only people I follow - Make this video visible only to those I follow.
- Only people I choose - I select people with whom I want to share this video.
- Only people on a password - Protect this video with a password.

Where can this video be embedded?

- Anywhere - Allow anyone to embed this video on any website.
- Nowhere - Do not allow anyone to embed this video.

Who can comment on this video?

- Anyone - Allow anyone to leave comments on this video.
- No one - Do not allow anyone to comment on this video.
- Only people I follow - Allow only people I follow to comment on this video.

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Posting to YouTube continued

- Allows exploration of digital media and the work that goes into designing videos.
- Powerful way to share positive messages.
 - Creative!
- Want to protect identity...shoot in locations that are general
 - Set to PRIVATE OR UNLISTED
 - Consider:
 - Not shooting your whole face
 - Using a pseudonym
 - Not giving out any personal or location information

BIG Issue...Responsibility vs Maturity

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GOOGLE



<https://www.google.com/safetycenter/families/start/>

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using privacy settings in minecraft

About 865,000 results (0.48 seconds)

Troubleshoot Changing Online Safety or Privacy Settings or support.xbox.com/en-CA/xbox-one/security/cannot-change-my-privacy-setti
You're signed in to the console using an adult account. Children and teens are responsible for their own privacy and online safety settings.

How Parents Can Change Child's Privacy and Online Safety
<https://support.xbox.com/en-CA/xbox-one/.../error-child-trying-to-access-setti>
How a parent can change the privacy and online safety settings for a child account on the Xbox settings page.

Xbox One online safety and privacy settings - Privacy at Microsoft
<https://privacy.microsoft.com/en-us/xbox-one-privacy-and-online-safety>
Find out how to change the privacy settings for Xbox One... (if you're changing the settings for a child, sign in using an adult's account.) Scroll left on the Home...

Understanding Your Privacy Settings on the iPad - YouTube
<https://www.youtube.com/watch?v=maQyqyNjX6Y>
Nov 4, 2013 - Uploaded by rmsinc
How to understand and set your privacy settings on the iPad.

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Kiddle Search Engine



Kiddle lists search results in the following order

- safe sites written specifically for kids and handpicked by Kiddle editors (results 1-3)
- trusted sites that are not written solely for kids but chosen by editors (results 4-7)
- and the rest comes directly from Google Safe Search.

<http://www.itimes.co.uk/kiddle-aims-be-google-kids-7-features-every-parent-should-know-1556687>

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Messaging for Tweens



Marimba Chat
Age 8+ ★★★★★
Kid-safe chatting with tight parental controls.

Parents need to know that Marimba Chat is a messaging app designed by a father and his 8-year-old daughter to give kids a safe way to chat with friends and family while providing parents options to set safe limits. To register, parents create an account with their own birth date, address, and full name. Identity is verified through a national consumer database, and then parents can create accounts for their kids, approving both incoming and outgoing friend requests. Parents can set restrictions on chat hours, monitor chats live, and review messages. It's possible that kids could post inappropriate content but highly unlikely, since kids' accounts are completely accessible to parents. Ultimately, it's up to the parent to monitor and communicate with the kid about anything questionable.

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FACEBOOK – 13+



Facebook Mobile
Keep up with friends wherever you are. Available on 7000+ devices.
Get the App

WHAT'S NEW
A faster Facebook for iPhone
Now you can keep up without slowing down. Learn more.

Keep in mind:

- Someone you're having a conversation with could choose to show it other people or take a screenshot of it
- New friends can be added to group conversations, which allows them to see all previous messages in the conversation

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INSTAGRAM – 13+



Meet Instagram
It's a free, powerful camera app to share your photos with friends and family. Snap photos, add fun filters, and share them with your friends. It's so easy, it's addictive.

- Use the available privacy settings.
- Only allow followers you know.
- Check out who your child is following.
- Do not allow KIK access. "kik me at...."

- Photos of your child...or photos of other things...
- Turn OFF location settings
- Now allows private messaging that your i-phone can't track.
- Direct messaging allows your child to delete a message and all related posts...this is good and bad!

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Musical.ly – 16+



Check out commonsensemedia.org:

- Creative, BUT....
- Sexually suggestive videos and lyrics
- Sexualization of men and women
- Hashtags in the comments that are links to porn
- Privacy settings, but can search anything
- The rating system can be addictive
- Does not allow a search of foul words, but will respond to the first 3 letters...
- Can livestream with followers and fans using live.ly app

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Fanfiction



Outlet for writers to imagine, write, publish their work and have it read by others.

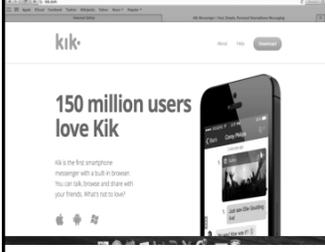
- Can read work that is written by peers.
- WATTPAD is free ☺

Concerns?

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KIK – 17+



At first glance, Kik is just another free messaging app for smartphones.

Anonymous...easy for predators to lie about age, lots of sexual interaction

For 17+

No way for parents to monitor – if you log into it with your child's info from a new device it erases everything.

DO NOT pair with Instagram (public photos on Instagram, private messages on KIK)

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KIK - Groups

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KIK Conversations: Racial slurs, emoticons, invitations to kill yourself, sexual invites

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SNAP CHAT – 16+

1. Where do the pics go?
2. Can manipulate the pics / videos with art or fun editing features.
3. **Pics can be copied or "screen-shotted", 3rd party apps save info**
4. The pics seem temporary but aren't but can be saved and uploaded to websites where they are permanent.
5. Potential bullying / extortion or inappropriate content.
6. Mspy.... parental monitoring... price

When things go wrong....

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SNAP CHAT Gone Wrong

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Tinder – 18+

tinder

Anonymously like or pass on each suggestion

If two people happen to like each other...

"a mashup of traditional online dating, GPS targeting, and instant messaging"

"Every person I know who has Tinder has been asked for sex." – 16 year old.

"Teens [use it] to find other teens who are interested in getting physical without an emotional connection." – Anonymous teen.

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Tinder, Bumble – 18+

Dating Apps

- Photo and message dating app
- Allows connection with people near by
- Reputation as a place to find casual sex
- Promotes judging people on appearance
- **DISCUSSION POINT – SAFE DATING RULES**
- Can use a tracking app like mSpy

- The girls chase the boys – only girls can start the conversations.
- Pressure to respond within 24 hrs before match disappears forever
- Set up for same sex attractions as well
- Displays age and vocation

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ASK.FM



1. A question and answer site.
2. Questions can be from someone you know or from anonymous user.
3. Full of blatant bullying and sexual innuendos, and worse.

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LIVE STREAMING SITES

Live streaming sites are sites where you can not predict what is going to happen because it is all live....

- These sites can not be regulated because no one knows what is going to happen.
- Users can be “kicked off” the site for short periods of time based on their behaviour.
- Most of these sites activate your webcam as soon as you agree to their terms of service and then you are connected with no idea of what you are going to see....

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Omegle and chatroulette



Chatroulette : 1 in 8 spins on this site resulted in a meet-up with someone who was naked or engaged in a sexual act.

Psychiatrist Dr. Keith Ablow advised that “Parents should keep all their children off the site because it’s much too dangerous for children. It’s a predator’s paradise.

Emie Allen, president of the National Center for Missing and Exploited Children, told CBS’ The Early Show that the site was the “last place parents want their kids to be. This is a huge red flag; this is extreme social networking. This is a place kids are going to gravitate to.” [20]

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From Social Media to Porn

Our kids need to know that pornography is harmful and addictive.

They need to know that words and conversations can be pornographic, and not just pics and videos.
They need an exit strategy.

When do we talk about it?

All 8 year olds we talk to who use Instagram have seen images of naked people...

<https://vimeo.com/188956393>



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Porn and Relationships

- Porn misrepresents real people – no flaws, no opinions, no needs, no feelings – sex “to”, not “with”
- People are objects (many are drugged to perform what is filmed)
- Creates false expectations
- Porn is causing ED in teen boys
- Porn hurts your partner – models abusive behaviors
- Porn leaves you lonely – no relationship with objects



“adolescent viewer’s brain is being wired to expect that sex and relationships are separate from one another, and that men and women’s bodies should be sexually exaggerated as they are in porn—which can lead to shame about one’s own body as well as failure to be aroused by the bodies of others”.

<https://www.psychologytoday.com/blog/sex-lies-trauma/201107/effects-porn-adolescent-boys>

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WHAT IS ONLINE GAMING?

Online gaming does not mean you are playing with a computer generated character, you are playing against actual people. Often times when people play online they do not know who they are playing with or against. ALL GAMES CAN BE PLAYED OFF-LINE AGAINST THE GAME.

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"All elementary students we meet who play games online have been sworn at and called names."
 – Saffron Public Educator

CAUTION

WITHOUT PARENTAL SETTINGS

Without Parental and or Privacy Settings children can be subjected to profanity, innuendo, racial slurs, sexual harassment, and bullying.

Without settings in place youth can voice or text chat with random people of all ages.

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ONLINE GAMING

Where to start Parental Control

- Choose age appropriate games
- Implement parental controls and privacy settings
- Play with your kids
- They can play offline against the game.



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Privacy Online Gaming



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Gaming Concerns

- Age appropriateness
- Contact and conversations with strangers
- Misplaced trust
- Violence, sexualization of female characters
- Addictive
- Location settings need to be off
- Desensitization to violence, crude talk

Does meet the social needs of those who are shy or like team play.



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Each console has safety settings

See Handout

Microsoft (Xbox 360, Xbox One)

<http://support.xbox.com/en-US/my-account/privacy/xbox-one-manage-privacy-and-online-safety>

<http://support.xbox.com/en-US/xbox-one/privacy/default-privacy-settings>

Customer Service Number 1-800-642-7676

Sony (PS3, PS4, PSP, PS Vita)

http://faq.en.playstation.com/app/answers/detail/a_id/143/-/sub-account-parental-controls

http://faq.en.playstation.com/app/answers/detail/a_id/149/session/1/2F1eVdG1z8NDQyMDA2Mjg0L3NpZC95eDhVnR3BQz3D3D3D

http://faq.en.playstation.com/app/answers/detail/a_id/169/original/article/143/related/1

http://faq.en.playstation.com/app/answers/detail/a_id/169/original/article/143/related/1/session/1/2F1eVdG1z8NDQyMDA2Mjg0L3NpZC95eDhVnR3BQz3D3D3D

Customer Service Number: 1-800-345-7669

When parents are the sole account holder on the console they control what their kids play and who they have contact with.

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PARENTAL AND PRIVACY CONTROLS

See Handout

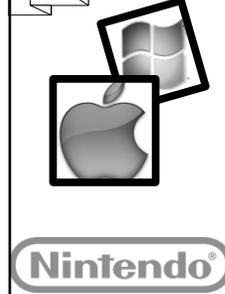
PC and Mac

www.digitaltrends.com/computing/best-free-parental-control-software

Nintendo (Wii, WiiU, DS Lite, DSI, 3DS)

www.nintendo.com/consumer/info/en_na/parents.jsp

Customer Service Number: 1-800-255-3700



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CELL PHONE PARENTAL CONTROLS

See Handout



<http://politeia2.org/how-to-monitor-my-child-android-phone/>

https://www.webwatcher.com/android-monitoring?cid=CjwKEAjwpuSuBRD5kaes4OasuEESJACfwlc_aJqT_r1TtV5POw37UMcj6U4g-ieDwpHcBjxVFGmHxoCA1Xw_wcB



An easy way to set up parental controls on your iPhone, iPod, or iPad is to make an appointment with an Apple Store employee.

<http://www.imore.com/how-use-parental-controls-iphone-and-ipad-ultimate-guide>

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Protecting our kids



MSP \$99.00
Amazon

Protect your kids online with KidsWif

Plug in and protect. It's that simple.




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Parental Controls Software

NET NANNY HAS GREAT INFORMATION

Parental Software Reviews

REVIEWS & COMPARISONS
Software / Security & Privacy / Parental Software Review

1	2	3	4	5	6	7	8	9
CS38.53	CS132.83	CS26.38	CS66.44	CS53.15	CS92.96	CS53.09	CS46.50	CS104.99
Visit Site								

Overall Rating: Filtering & Blocking, Recording Capabilities, Installation & Management, Compatibility, Help & Support

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THINK ABOUT THIS...

- Think about how our own children may act if they have no boundaries on the internet. THINK "LORD OF THE FLIES"!!
- Think about the long term IMPACTS of what youth are posting and what it could mean to their future. **Discuss the longevity of their posts.**
- Many youth think that what they do on the internet is not "real" and therefore they are not accountable for their actions. We know that is not true....
- Real Life or "RL" vs In-Person...a **NECESSARY conversation to have!! Being on-line IS real life.**

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Facebook Experiment

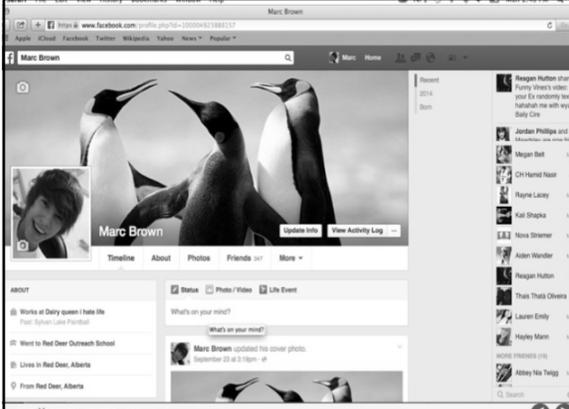


WHO ARE WE TALKING TO ONLINE?

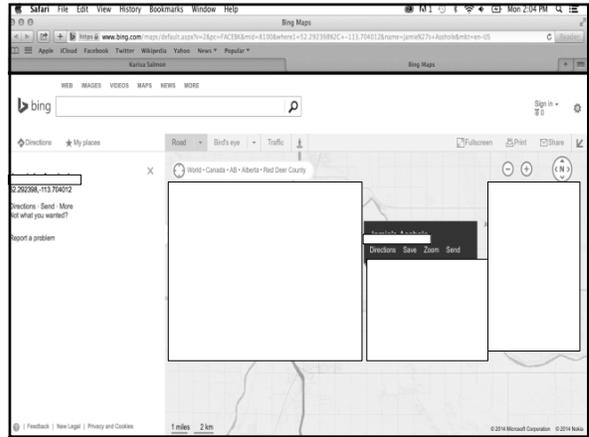
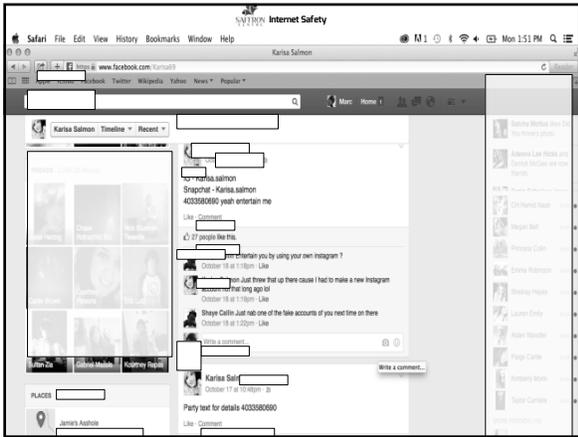
Defining who we "know".

Many students will accept a request from a "mutual friend", especially a cute one!

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Pros and Cons Of SOCIAL MEDIA

<p>PROS</p> <ul style="list-style-type: none"> • Social Interaction - legitimate • Stay in touch with friends and family far away • Difficult subjects easy to talk about • Information easily available • Can rally community help • Spread messages/news quickly • Encouraging messages brighten days 	<p>CONS</p> <ul style="list-style-type: none"> • We can put our safety at risk by posting too much information too often. • Impersonal - eg.. Breaking up with someone on FB • Shallow conversations • People easily can lie about who they are and what they are doing and what their motives are...your child can do this too. (Your child could be lying or be lied to). • Messages can be mis-interpreted • Bullying is common and severe. • Addictive - 24/7 • Exposure to swearing, name calling, naked pics....and it all seems "normal".
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PRIVACY CHECK!

1. Check that they are using privacy settings on EVERY APP!! Restrict who can see their info.
2. Keep the friends and followers lists up to date. Who do they really know? Mutual Friends? THEY NEED YOUR HELP WITH THIS WELL INTO HIGH SCHOOL
3. Make sure LOCATION SETTINGS are off! Check Instagram map.
4. Don't leave device open for friends to access.

MOST ADULTS ARE NOT USING PRIVACY MEASURES!!!

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Can you be found on Instagram?

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When location services are on, GPS coordinates are embedded in the photo and the photos show up Instagram maps. BUT there's more....

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Without privacy settings anyone now has access to your profile.

We scrolled through 16 pictures and 30 seconds later we have access to this family's address and the full name of 2 of the kids.

Account User name

User name

Full name

Address

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Simple fix! Privacy ON Location OFF.

To remove the photos from your photo map, tap edit in the top right corner of the screen. Then tap on the group of photos you'd like to remove and tap edit again.

Done

Cancel

10 POSTS

Edit Zoom

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Boundaries

- Most youth relax their boundaries on-line. **WHY?**
- Internet and Cell Phone Contracts - outline the rules and consequences for breaking them
- What kind of info shouldn't be shared?
- Talk about **Healthy Relationships, Empathy**, protecting **reputation of self and others, respect** for self and others
- Talk about your expectations in terms of sexting. Your body is your body. TALK TO YOUR BOYS and GIRLS!!
- Define "Inappropriate" online material.
- High emotions? Do not engage on-line!
- Include how you will spot-check their activity.

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Boundaries

- Privacy rights are earned, **whereas dignity is deserved...**it's a fine line for parents. Too much privacy for someone not behaving responsibly on-line is dangerous.
- Have your child's **passwords**. They must give them out to no one but you!
- **Delay** giving them social media – follow age rules.
- Spot checks!
- Track their phone and conversations if need be
- Many teens may not even realize they are in over their head.

The Username Is: Laurita_pink_95

Password : p@55w0rd

Instagram

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Teach your kids red flags

- If someone asks them if they have their own computer, i-pod, or phone that they can send pictures or videos with?
- Offering them bribes or gifts or jobs
- Giving a lot of compliments
- Claim to be in an emergency situation and need their help immediately
- Try to threaten or intimidate – define these words, show examples
- Gradually introduce sexual content
- Asking them to send private information, pictures and videos...

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Talk about SEXTING by age 10, 11

The term "Sexting" refers to sharing naked/semi naked photos via cell phones and other electronic devices, such as iPods, laptops, Nintendo DS and PSP hand held games

If you are under the age of 18:

If you take a naked pic of you or someone else

If you send the naked pic

If you keep a naked pic

You could be charged with producing, distributing, possessing child pornography – a Criminal Code Violation (Criminal Code Section 163.1 and Bill C-13)

Talk to your **sons** and your daughters.

Why would someone ask for a naked pic? The reason is quite selfish.... Personal pleasure. These pics **do not** further a relationship...

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Stats

- 39% of teens and 59% of young adults have sexted at least once.
- Approximately 25% of girls and 33% of boys report seeing naked images on other peoples cell phones, 17% forward them.
- More girls than boys have sent naked pics.
- 71% of teens said they understood that "Sexting" can have major negative consequences, but many said they had done it anyways.

WHY SEND??

- To be romantic with a current partner.
- Hoping to start a romantic relationship.
- To keep a partner.
- To fulfill a dare.
- To outdo a friend.
- Because it's risky!
- Because it's not risky.
- To stop harassment.**

WHY ASK??

- EXPECTATIONS
- NORMALIZED
- PORNOGRAPHY
- PEER PRESSURE

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Talk About....

- Protecting **reputations** now and in the future.
- What does your **request** say about you? Does it consider the other person's future/reputation?
- Sexting is **not** a safe substitute for sex.
- Long-term personal **consequences**? What are the school and community consequences?
- Location services**?
- Do you know that these images can be copied and posted on other sites, like porn sites, without your permission and knowledge?
- Emotional trauma, on line bullying, blackmail, family stress
- Job and college applications

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Send This instead

Too dark?

I can't send you nude photos, but I'll forward this to my dad and you can try asking him for some.

Imagine how lonely that thought must have been in there.

Of course I'll marry you, Brad Pitt!

Sorry, I too was trying to type out my unreachable fantasies.

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If you need help...

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On-line Bullying

- Ask your kids if they have ever been unfairly treated on-line.
 - Ask if they know anyone who has been bullied.
 - Ask how they think it should be dealt with.
 - Talk about how it feels to be bullied.
 - STOP. BLOCK** the bully. **TELL** an adult.

TYPES OF BULLYING

<p>PHYSICAL: Threatening or causing injury to person or property</p>	<p>VERBAL: Teasing, insulting, ridiculing, humiliating</p>	<p>SOCIAL: Rejecting, excluding, teasing, treating inferior</p>	<p>CYBER: Using digital medium to purposefully harm someone</p>
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ON-LINE BULLIES

- Freedom to express anger by kids who are hurt, angry, quiet, bullied, non-empathetic
- No adult supervision, bad examples set by adults
- It could be your kid...being the bully or being bullied
- Bullies are fueled by the on-line responses, more than their feelings about the target
- Remove their audience by blocking when you witness or experience it.
- Tell an adult.

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Bullying is Arrogance in Action

○ Bullying is about **CONTEMPT** – a powerful feeling of dislike or disdain toward someone considered to be worthless, inferior, underserving of respect.

○ Lack of compassion or sympathy

○ Begins with dehumanization of the targeted person, making that person an “it” deserving of mistreatment

○ This justifies the bullying

○ No understanding of the **WE** in community

3 Advantages that Breed Contempt

1. A sense of **entitlement** – any right to control and abuse – is bred when there are groups in any community that are seen as superior.
2. An **intolerance** toward differences. Tolerance is not enough; it leads to bigotry and contempt. The opposite of tolerance is caring deeply for others.
3. A liberty to **exclude** Groups and cliques that regularly exclude others because they are less than.

○ Bullying is a conscious, willful, deliberate, offensive, malicious, or offensive activity that is intended to humiliate and harm the target while providing pleasure in that person’s pain and misery

○ Marked by:

1. Imbalance of Power
2. Intent to harm – relationally, emotionally, physically
3. Threat of further aggression
4. Terror – systematic violence to intimidate / scare the target and audience into powerlessness.

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The Masquerade of Deception

Individual acts of verbal, physical, or relational bullying can appear trivial.

• Adults often incorrectly label, minimize, or dismiss bullying

• Adults do not see much of the bullying

• Underestimate its seriousness, its cumulative effect

• We often blame bullied child. . . .

• Punish bullied child for fighting back, for snapping



Story of 8 year old Meghan – finding the truth takes time.

Watch for:

1. Imbalance of power
2. Intent to harm
3. Threat of further aggression
4. Creation of atmosphere of terror (a child who won’t talk about it)

Bullies take advantage of the **human need** for acceptance and relationship.

Bullies dominate, use people, have one perspective, not concerned with needs of others, sneaky

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The Bullied

Bullied kids are different in some way. Have you heard?

- Weak
- Pathetic
- Frail
- Insecure
- Loners
- Ask for it
- Deserving
- Annoying
- Too emotional
- Immature / Lack of Social Skills
- **The Provocative Kid**
- **The Ancient Child**
- All kids want to belong...



Bullies *see these qualities as vulnerabilities to be exploited. No one deserves to be bullied.*
Tim Fields www.BullyOnline.org

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Warning Signs Your Child is Being Bullied



1. Abrupt lack of interest in school.
2. Refusal to go to school.
3. Suffers a drop in grades.
4. Withdraws from family and friends, wants to be left alone.
5. Hungry after school.
6. Taking parents’ money
7. Beeline to bathroom after school, bladder infections.
8. Angry, sullen after a text, phone call, or online time.
9. Fear response, refusal to tell.
10. Does something out of character.
11. Derogatory, demeaning language about peers.
12. Stops talking about peers and everyday activities.
13. Disheveled, torn, or missing clothes.
14. Physical injuries, poor explanation.
15. Headaches, stomachaches, flus, panic attacks.
16. Change in sleep patterns.
17. “Dark art”
18. Self Harm
19. Bullycide – suicide due to bullying

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Why Bystanders Stand By

They reinforce the bully 81% of the time when they would not instigate bullying.

- Afraid of getting hurt
- Afraid of becoming the new target
- Afraid of making the situation worse
- Does not know what to do – does not have the tools or the care to stop it – becomes **APATHY**

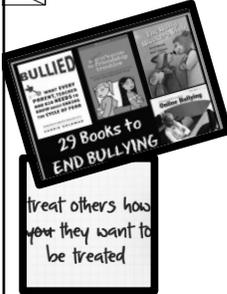


- The bully is my friend
- Not my problem, not my fight
- “She/he’s not my friend” (bullies choose targets with few friends)
- He’s a loser
- She deserved it/asked for it/so annoying
- This will toughen him up
- Code of silence – no tattling (immorality of silence in face of malice?)
- I’d rather be in the in-group
- It’s too hard to weigh pros and cons – too much tension

I see it all the time, but I never know what to do.

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Teaching Empathy



- Normal kid stuff involves laughing “with” not at other people.
- Teach the difference between taunting and teasing
- Create opportunities for kids to learn about differences – multiple intelligences tests?
- Role plays using communication skills that are civil!!
- Talk about the impacts of exclusion
- Team play, community activities with others of varying abilities
- Use **4th R Four Corners Activity** to teach about differences

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Standing Up For Others



"Bullying isn't just the mean things you do, its all the nice things you never do on purpose." Jodee Blanco

- Recognizing hurtful behavior
- Empathy and sympathy is taught at home.
- First responder vs Follower
- Creating a school team to look out for students, to intervene and to include
- Buddy Benches, Buddy Tables – focus on creating conversation to draw lonely students in
- If suspicious, let an adult know who you are worried about.
- Anonymous reporting systems in schools
- REFUSE, DELAY, DISTRACT
- Interrupt, remove audience of bully
- Surround and Retreat
- Peer Education Teams

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We are all Daniel Cui



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Keep the "we" in community

- We're dealing with children!
- True bullying is devastating and we owe it to our kids to help.
- Bullying is learned...it can be examined, it can be changed.
- Parents and schools can work closely to teach empathy and inclusion of others
 - It's not complicated
- It does require adults who are willing to spend some time being creative.

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Reword Chrome Extension

INTERNET AWARENESS



Testing by headspace has shown that 79% of young people were willing to reword after seeing the red line. With 46.6% of students reporting having been bullied, according to headspace, developers are hoping Reword will be installed on school and company computers to help students learn good social media etiquettes.

The free tool is available for anyone to download and use on social media like Facebook, Twitter and YouTube. Reword developers are encouraging people to contribute insights to help build the database of recognized negative terms to make the tool more intuitive.

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WHAT CAN YOU DO?

Talk to your kids

Let them know you know what is happening online, and your expectations for their behavior when accessing the privilege of technology. Talk to them about healthy relationships

Listen to what is happening

When your child is talking to someone else, or to you about something that is happening online – get involved in the conversation or pay attention.

Don't Be Afraid to Intervene

If you see something that you don't like happening – speak up, let them know you are paying attention, or you are there to help or listen. They are more likely to share if they know someone cares or is interested.

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WHAT CAN YOU DO?

Set an Expectations and Boundaries

Let your kids know early on that you will monitor their use of the internet and smartphones and follow through! The internet is a privilege not a right and should not private for youth.

Set Aside Tech Free Time

Ask your kids to turn in their phones at night, and keep them in your room. This is when a lot of the problems are happening, and it also gives them a better chance at a good nights rest.

Familiarize Yourself

Research the Apps you hear your kids talking about, if you are worried about their usage, block it, or monitor it.

Think About the Age You Give Them Their First Device

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ITS NOT ALL BAD

- Exposure to new things
- Enables discovery and learning
- Prepares them for the future
- Develops skills to navigate the internet and engage in Social networking
- Allows young people to "fit in" and a feeling of belonging
- Provides information and resources regarding uncomfortable issues
- Opportunity for support
- Easier to ask for help when you are not face to face

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TAKE HOME MESSAGE

Social networking can be fun and helpful, but positive human interaction is always the best

Let's teach them how to be social AND how to disconnect

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