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.

NetSmartz® Workshop

For more resources visit NetSmartz.org

A program of the

NATIONAL CENTER FOR MISSING & EXPLOITED CHILDREN®

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®.

Lancaster County C.A.S.E.
www.LancasterCountyCASE.org

C.A.S.E.

Cyberbullying Unplugged

Cyberbullying is the use of technology to tease, humiliate, threaten and/or harass someone. It can take place through text messaging or social media. Cyberbullies might send mean comments, post embarrassing photos, or share private information about someone to humiliate or mock them online. Even if your child isn't being cyberbullied, remind them that it is everyone's job to prevent bullying and encourage them to take a stand.

Spot It
A child who is being cyberbullied may

- Avoid using the Internet
- Seem stressed when getting an email, instant message, or text
- Withdraw from family and friends
- Resist attending school and social events
- Show signs of low self-esteem like depression or fear
- Have declining grades
- Stop eating or sleeping
- In serious cases, consider suicide

Deal With It
If your child is being cyberbullied, teach them to

- Not respond
- Save the evidence
- Report it to the website or app

*If your child is being cyberbullied, **you** should*

- Meet with school administrators to discuss a plan of action and their bullying/cyberbullying policy
- Talk about the situation with the bully's parent or guardian

Stand Up To It
*If your child sees someone being cyberbullied, tell them to*

- Not forward embarrassing photos or messages
- Not comment on insulting or harassing posts
- Report it to the website or app
- Tell a teacher at school if it involves a classmate
- Support the victim by being a good friend and showing the cyberbullies they won't join in

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NetSmartz.org/TipSheets

C.A.S.E.

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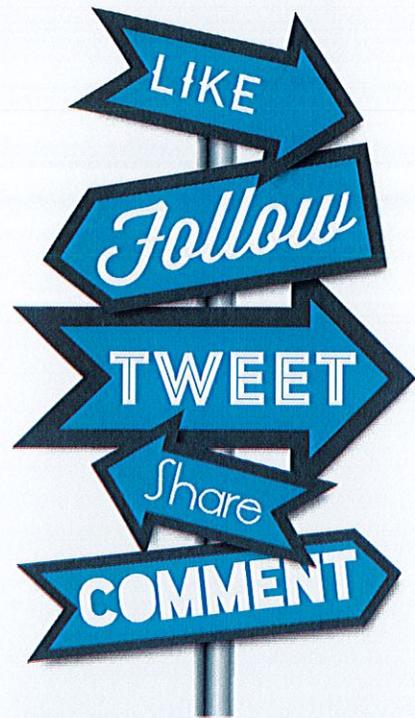
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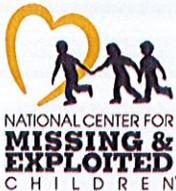
THE FOLLOWING CHECKLIST CAN HELP YOU TAKE STEPS TO KEEP YOURSELF SAFER ONLINE.

○ **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, threatening, or could get you in trouble.

○ **REVIEW YOUR ACCOUNT SETTINGS.**
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 AND CONNECTED APPS.**
Some of these will allow you to log into one app using account information from another. Be careful, as this may allow the company access to your profile information.

○ **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 CyberTipline.org.

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For more resources visit **Missingkids.org/NetSmartz/Resources.**

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 **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.

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