

Guiding Your Child Online

Kathryn Gorges
Social Marketing Diva
831-325-6158

Key Topics

- **Cyberbullying**

The use of Internet technology or mobile technology, such as cell phones, to bully or harass someone.

CYBERBULLYING

- Never respond to harassing or rude comments.
- Save or print the evidence.
- Talk to your parents or guardian if you are harassed; get help reporting this to your ISP, school, or local law enforcement.
- Respect others online.
- Only share your password with your parent or guardian.
- Change your passwords often.
- Password protect your cell phone.
- Use privacy settings to block unwanted messages.
- Think before posting or sending photos – they could be used to hurt you.
- Contact the site administrator if someone creates a social networking page in your name.

- **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.

REVEALING TOO MUCH

- Once you put something on the Internet, it's out of your control. Forever.
- Talk with a trusted adult about what information is OK to send online or through text messages.
- Be careful about what you share—it could end up anywhere!
- If you get a text, IM, or e-mail that was meant to be private, think before you forward it. Would you want someone to share your secrets?
- Mad at a friend or want to get back at an enemy? Don't do it online. Kids have been suspended and even arrested sending or posting rude and threatening messages.
- Remember, it doesn't take very long for a text message or online content to travel. Something that you regret saying now could be all over your school in a matter of minutes.
- Talk to a trusted adult about any information you receive or see online that makes you scared or uncomfortable.

- **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.”

GAMING

- If you run into a griefer, don't respond. Block them, save any evidence, and report them.
- Choose gender-neutral, appropriate screennames.
- Use voice-mask so other gamers don't know your age or gender.
- Don't share personal information through game chat.
- Don't share your account details, like passwords, with other gamers, or even your friends.
- Never agree to meet a fellow gamer offline if you do not know them in person.
- If something happens that makes you feel scared or uncomfortable, tell an adult you trust.
- Remember, if an advertisement or another gamer offers something that sounds too good to be true, it probably is.
- If you're upset while gaming, take a break and cool off before continuing.
- Respect other gamers online and don't become a griefer yourself.
- Gaming online involves real people. Think about what you say and do!

SOCIAL NETWORKING

- Keep your personal information private.
- Only add friends you know in real life.
- Set your profile and blog to private.
- Use a nickname that doesn't identify your location, gender, or age.
- Never meet in person with anyone you first met online.
- Contact the site administrator if someone creates a social networking page in your name.
- Alter your pictures and videos before you post them to remove identifying information.
- Profile and photo share only with people on your friends list.
- Don't post your plans or whereabouts on your site.
- Ignore harassing or rude comments posted on your profile.
- Think about the possible consequences of the information and photos you post.
- Never post sexually provocative photos.

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

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 Xanga® and Blogger®.

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.

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.

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

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

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.

Web 2.0 – The evolution of the Internet which allows users to create their own content and put it on the Web, in addition to downloading content. Social networking sites, like Bebo®, and video-sharing sites, like YouTube, are both part of Web 2.0.

Webcam – Webcams, also known as “cams,” are video cameras set up on home computers or laptops that can be accessed via the World Wide Web.

143: I love you	N/P: no problem
AISI: as I see it	NTK: nice to know
ASL: age/sex/location	OMFG: oh my f***** god
BF: boyfriend	OMG: oh my god
BRB: be right back	OTP: on the phone
BTW: by the way	P911: my parents are coming
F2f: face to face	PAL: parents are listening
GF: girlfriend	PAW: parents are watching
IDK: I don't know	PDA: public display of affection
IMO: in my opinion	PIR: parent in room
INDB: it's no big deal	POS: parent over shoulder
IRL: in real life	PPL: people
ISS: I said so	S2R: send to receive
JK: just kidding	STFU: shut the f*** up
K: okay	ROFL: rolling on floor laughing
KIT: keep in touch	THX: thanks
LDR: long distance relationship	TTYL: talk to you later
LMIRL: let's meet in real life	TY: thank you
LOL: laughing out loud	WT? what the
M/F: male or female	WTG: way to go
N/P: no problem	WTGP: want to go private?

Resources:

<http://www.netsmartz.org/index.aspx>

The NetSmartz Workshop is an interactive, educational safety resource from the National Center for Missing & Exploited Children® (NCMEC) and Boys & Girls Clubs of America (BGCA) for children aged 5 to 17, parents, guardians, educators, and law enforcement that uses age-appropriate, 3-D activities to teach children how to stay safer on the Internet.

The goal of the NetSmartz Workshop is to extend the safety awareness of children to prevent victimization and increase self-confidence whenever they go online. These goals include how to:

- enhance the ability of children to recognize dangers on the Internet
- enhance the ability of children to understand that people they first "meet" on the Internet should never be considered their friend
- encourage children to report victimization to a trusted adult
- support and enhance community education efforts

- increase communication between adults and children about online safety

The NetSmartz Workshop teaches children three basic rules for online safety.

- I will tell an adult I trust if anything makes me feel scared, uncomfortable, or confused.
- I will ask my parents or guardian before sharing my personal information.
- I won't meet in person with anyone I have first "met" online.

<http://www.nsteens.org/>



NSTeens.org was created through a partnership between Sprint and the Internet safety experts at NetSmartz® Workshop, a program of the National Center for Missing & Exploited Children® (NCMEC). NSTeens resources empower tweens (children ages 8 - 12) to make safer online choices through lessons taught in a series of animated videos highlighting the Internet-related adventures of a diverse cast of teenagers. Educators may reinforce the videos' safety lessons through the use of accompanying activity cards.



The site also houses NetSmartz's Real-Life Stories videos---a series of narratives from teens about real experiences of online victimization. Each of the videos is accompanied by an activity card to facilitate student discussion and understanding. These materials are suggested for youths ages 11-17.

All resources on NSTeens.org are free and offered in both English and Spanish.

<http://www.nsteens.org/Videos/TrackingTeresa> - in 20 minutes - from merely a chat room text message – your child's name, interests, approximate age, family members, phone number, school name and address, home address, and when they're usually home can be discovered by anyone.

<http://www.youtube.com/watch?v=pGkaw44-QI4> Understanding the choice about sexting

Here's a great recent Open Letter to Teens on thinking about your future job search when posting online:

<http://socialmediatoday.com/brandsprout/330622/open-letter-teens-re-social-media>