



## Technology and Keeping Your Kids Safe

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### Presenter



#### Joni Wright

Joni Wright has a master's degree in education concentrating on grades K-12 curriculum, instruction, and assessment. She is a youth leader and mentor as well as a teen dance leader for her church. Her passion is advocating for youth and teens. Her master's thesis was on diversity in teaching with a focus on being flexible in training styles and technology to be able to reach each student.

Outside of work, Joni is a mother of four beautiful kids (and a cat and a dog) — a 20-year old Marine son (Oorah!), 17-year old and 13-year old daughters, as well as a 2-year old son. Additionally, she and her husband love to travel and cruise with the family at least twice a year. When she's at home, Joni loves baking, chatting it up with her teen daughters, talking to her son via Messenger where he is stationed in Japan, and reading by herself or to her 2-year old.

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### Learning Objectives

- Discuss the variety of communication tools available
- Understand both the benefits and risks associated with the devices children use
- Identify tips that keep the adult in control

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## What Can the Internet Offer?

- Free expression and anonymity
- Opportunities to meet people from all over the world
- Research and homework help
- Communication and socialization
- Recreation



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## Survey

Which of the following internet usage risks are you the most concerned about with your kids?

- A. Privacy concerns
- B. Cyberbullying
- C. Depression or mental health issues
- D. Breaking the law
- E. Accessing inappropriate material
- F. Accessing information on drugs

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## Internet Use Risks

- Cyberbullying
- "Catfishing"
- Loss of privacy
- File sharing
- Illegal activity
- Putting others in jeopardy
- Inaccurate information
- Inappropriate material
- Drugs and other substances



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## Social Networking Sites

- These can be set up by ANYONE for no charge.
- These are a means to meet other people and share pictures, videos, etc.
- Dangers:
  - Disclosure of information can lead to predatory behavior of others
  - Loss of privacy
  - Copyright infringement




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## Social Networking Sites and Applications

- Twitter
- Tumblr
- FaceTime
- YouTube
- Instagram
- Snapchat
- Google+
- Facebook
- Musical.ly
- Dubsmash




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## Social Networking Sites/Applications

Site/App	Description	Be aware of . . .
Twitter	<ul style="list-style-type: none"> <li>• Microblog of 280 characters</li> <li>• Friends, news, celebrity tidbits</li> </ul>	<ul style="list-style-type: none"> <li>• Instant updates</li> <li>• Marketing tool for celebs</li> <li>• If public post, can spread around the internet</li> </ul>
Tumblr	<ul style="list-style-type: none"> <li>• Short blogs, pics, video and audio clips</li> <li>• Share with friends</li> </ul>	<ul style="list-style-type: none"> <li>• Offensive content easily found</li> <li>• Publicly viewable by default</li> </ul>
FaceTime	<ul style="list-style-type: none"> <li>• Similar to Skype</li> <li>• Make video and audio calls</li> </ul>	<ul style="list-style-type: none"> <li>• Can be hacked</li> </ul>

Adapted from Elgersma (2018)

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### Social Networking Sites/Applications cont'd

Site/App	Description	Be aware of . . .
YouTube	<ul style="list-style-type: none"> <li>• Video sharing</li> </ul>	<ul style="list-style-type: none"> <li>• Inappropriate content</li> </ul>
Instagram	<ul style="list-style-type: none"> <li>• Pics and short videos</li> <li>• View, comment, and edit photos with fun effects</li> </ul>	<ul style="list-style-type: none"> <li>• Publicly accessible by default</li> <li>• Popularity tool</li> <li>• Inappropriate content</li> <li>• "InstaFollow" parental tool</li> </ul>
Snapchat	<ul style="list-style-type: none"> <li>• App for messaging</li> <li>• Photos and videos display for short time</li> <li>• Share funny and embarrassing pictures with friends</li> </ul>	<ul style="list-style-type: none"> <li>• Even though the content "disappears," it never truly disappears</li> <li>• Sexting (sending sexually explicit photos or messages)</li> </ul>

Adapted from Elgersma (2018)

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### Social Networking Sites/Applications cont'd

Site/App	Description	Be aware of . . .
Google+	<ul style="list-style-type: none"> <li>• Social network</li> <li>• Video chats in Hangouts</li> <li>• Primarily used for school</li> </ul>	<ul style="list-style-type: none"> <li>• Different circles with different content for each</li> <li>• Targeted advertising</li> </ul>
Facebook	<ul style="list-style-type: none"> <li>• Social networking</li> <li>• Live streaming</li> <li>• Instagram post can be shared through Facebook</li> </ul>	<ul style="list-style-type: none"> <li>• Shareable information</li> <li>• Publicly accessible by default</li> <li>• Hacking</li> <li>• Ads/spam</li> </ul>

Adapted from Elgersma (2018)

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### Social Networking Sites/Applications cont'd

Site/App	Description	Be aware of . . .
Musical.ly	<ul style="list-style-type: none"> <li>• Video social network</li> <li>• Video sharing</li> </ul>	<ul style="list-style-type: none"> <li>• Songs and videos containing swearing and sexual content</li> <li>• Sharing of information to get approval</li> </ul>
Vine Camera	<ul style="list-style-type: none"> <li>• Short, looping videos</li> <li>• Fun, creative, or thought-provoking content</li> </ul>	<ul style="list-style-type: none"> <li>• Lots of inappropriate videos</li> <li>• Publicly accessible by default</li> </ul>

Adapted from Elgersma (2018)

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A Few Words About Mobile Phone Safety



Seven horizontal lines for writing.

Survey

How familiar are you with texting lingo?

- A. Very familiar
- B. Somewhat familiar
- C. Not at all familiar

Seven horizontal lines for writing.

Texting and Email

- Texting is similar to email, but faster.
- Texting is close to real time.
- A computer or mobile device can be used.
- Dangers:
  - Texting and driving: "It can wait"
  - Communication with strangers
  - Not usually anyone there to monitor the activity

Seven horizontal lines for writing.

## Know the Lingo

- Ask your child what abbreviations mean.
- Check websites for information and definitions of texting lingo: <http://www.netlingo.com/>.



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## Examples of Texting Lingo

- |                                     |                                     |
|-------------------------------------|-------------------------------------|
| • <b>BFF</b> = Best Friends Forever | • <b>MCM</b> = Mancrush Monday      |
| • <b>BRB</b> = Be Right Back        | • <b>NVM</b> = Never Mind           |
| • <b>GTS</b> = Go To Sleep          | • <b>RQ</b> = Real Quick            |
| • <b>HBU</b> = How About You        | • <b>SMH</b> = Shaking My Head      |
| • <b>HMP</b> = Hit My Phone         | • <b>TBH</b> = To Be Honest         |
| • <b>IKR</b> = I Know That's Right  | • <b>TMB</b> = Text Me Back         |
| • <b>IDC</b> = I Don't Care         | • <b>WCW</b> = Womancrush Wednesday |
| • <b>IDK</b> = I Don't Know         | • <b>WYA</b> = Where You At         |
| • <b>LOL</b> = Laugh Out Loud       | • <b>WYD</b> = What You Doing       |
| • <b>MBN</b> = Must Be Nice         |                                     |

What about common profanity abbreviations?

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## Instant Messaging (IM) and Chatting



- Way to talk in real time – or close to real time
- Streaming conversations (chatting) that often happens in “rooms”
- Dangers:
  - Disclosure of personal information
  - Predators

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### Technology Moves . . . Fast!

- Technology is said to now change every 6 months or so.
- It is important to keep up with technology so that you can keep up with your kids.
- It also helps you to monitor them more effectively.



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### You Can Take Action to Keep Your Kids Safe

- Teach your kids to guard privacy.
- Set rules and limits.
- Create parent-child contracts.
- Use online parental controls.
- Do your research.



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### Setting Rules and Limits

- Allow limited time for internet/technology use each day.
- Keep the computer in a common area.
- Check internet "history."
- Monitor your child's use.
- Consider a "contract."



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### Online Parental Controls

- Restrict which types of sites your child can view
- Allow parents to choose their child's internet activity
- Decrease internet abuse
- Can be adjusted as your child grows older or as you see fit to change
- Some Options:
  - Net Nanny
  - CyberPatrol
  - CyberSitter
  - We-Blocker



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### Staying Safe – More Tips

- Keep phones in a central location in the home overnight. For mobile phones, pay for the monthly family safeguards and controls.
- Talk with your kids about internet dangers, including cyberbullying.
- Know what sites and apps your kids are using, and do your research on those sites and apps.
- Know that your kids can also access the internet through gaming devices like PlayStation and Xbox 360.
- Use the CyberTipline **(800) 843-5678** to report pornography and online enticement.

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### What About Mental/Emotional Health?

Concerns related to social media use/misuse include:

- Low self-esteem
- Negative body image
- Depression
- Internet addiction
- Risky behaviors
- Less connectivity in real life



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## For Further Assistance

Check out these helpful websites

- [www.onguardonline.gov](http://www.onguardonline.gov)
- [www.stopbullying.gov](http://www.stopbullying.gov)

Contact your Employee Assistance Program



## Thank You

## Questions?

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