

Hello, I'd like to welcome everyone to our session today, "Technology and Keeping Your Kids Safe," certainly a timely and needed topic for us. So we're glad that you're listening in whenever it is that you're listening in to today's session.

I want to mention a couple quick housekeeping items, and then I'm going to go ahead and introduce our presenter to you today. First, if you take a look at the left-hand side of your screen, you're going to see a couple of different options. One of those is an Event Resources section. We've uploaded a copy of the presenter slide deck, so you can download that. I know she's got a lot of great resources and tips, and you probably want to have a copy of that. You can download that from the Event Resources section.

We also have an FAQ section, Frequently Asked Questions. As you're getting this started, you may have a question about an attendance certificate or some technical issues. Take a look in that FAQ section.

Finally, we have a box titled "Ask a Question." I'll share a little bit more about that at the end; but after we've gone through this, if you have a particular question on this topic, you're more than welcome to type that in that Ask a Question box and click Send. We'll receive it via email, and usually within a couple of days, we'll be able to get back to you via email on your question. But again, know that your EAP is here 24/7, and we'll tell you a little bit more about that at the end as well.

We are very pleased for today's topic to have Joni Wright as our presenter. Joni has a master's degree in education, concentrating on grades K-12

curriculum, instruction, and assessment. She is also a youth leader and mentor, as well as a teen dance leader for her church. Her passion is advocating for youth and teens. She also has some kids of her own, which I'll share about in a minute; so she's a perfect fit for today's topic. Her master's thesis was on diversity in teaching, with a focus on being flexible in training styles and technologies 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, 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's stationed in Japan, and reading by herself or to her 2-year-old.

Joni, we're thrilled to have you here for today's topic. I know you've got a lot of great information for us, and I'm going to go ahead and pass it to you to get us started.

Hello, everyone. Like Katie said, my name is Joni. Like you all, I go through growing pains; and I have battle scars with teens and technology. So therefore I can relate to what you guys are going through. Therefore, I have some battle scars from my 20 year old—not many battle scars with him, but my 17-year old and 13-year-old, I have some battle scars; so I can help you along the way here.

In today's society, all of us likely use the Internet for one thing or another. But do we know how to use it in the ways that our children do? Because it's

totally different. Can we tell when our children are doing something that we wish they wouldn't, or if they are safe doing what they're doing? Today we will discuss a variety of communication tools available to our children.

The Internet is also a great means for education, communication, exploration, and so much more; and there are so many good things that come from using the Internet. But there are also some dangers, so therefore we will go through understanding both the benefits and risks associated with the devices children use. We will also discuss the good uses for the Internet, as well as all types of things that kids do every day that you may not be aware of or even know exist. So therefore we will also identify the tips that we as adults can help to keep our children safe and be in control.

Moving on, the big question is: Why is the Internet so popular; what can the Internet offer?

First, it offers free expression and the capability of being anonymous. One of the founding principles in the United States is what? Freedom of speech. When you think about it, what better way to exercise the freedom than online? The number of people that can be reached by your words is so much greater than if you wrote a newspaper article or made a speech, because everyone taps into the Internet, and it's all over the world.

We all use the Internet as a means to express ourselves with little or no repercussions; that's one of the issues. If you see in the news today or tweets, and you see celebrities, they have little to no repercussions of what's said—what they do say over the Internet.

The second one is opportunities to meet people from all over the world. If you remember when you were a child in school, especially in high school, the only way we met a friend or from another school is through an extracurricular game, if we worked outside of work, or when we went to college is when we met someone from another school community. However, now children can meet students from another school at the drop of a dime—just typing in and they're connected. Therefore, they have so many ways of connecting to people from different school communities, across the country—so an opportunity to meet people from all over the world.

Also, research and homework help. With my master's program, I learned that teachers now are being prompted to use technology within their curriculum. Therefore, since technology is used outside of schools, they ask that teachers start to use it within the school as well, within their curriculum. Therefore, we will also discuss the different apps that teachers use within research and homework help; but we all use the Internet for research as well as far as for fact finding, how-to instruction, how to do recipes, how to fix up your home. Therefore, it's a great hub for research and homework.

Also communication and socialization. For many, social media has now become the best way to share parts of our lives. It's an easy way to communicate and update others on what we are doing, who we are dating, and really anything that matters to us. While being online has become an easier way for people to communicate, in some situations individuals can feel uncomfortable in real-life, face-to-face interactions. Therefore, being

able to be online and, like we said, anonymous is a whole lot easier for them in interaction; and they believe they can be themselves also online as opposed to face-to-face. In some cases, someone can feel different face-to-face. You know the school environment may be able to shield themselves behind the computer; so therefore, it gives them that sense of being themselves.

Recreation. Recreation can be from the social media as far as like the Facebook, Instagram. You also have the games that you play. I know a lot of people have the games on Facebook. I'm so not into the games, but Bedazzled, Bejeweled—they have different games that are out there for recreational purposes as well. Children today start using the Internet in child care and elementary school before they can even read or write, and it is now widely used as, like I said before, an educational tool in classrooms and child care centers, not to mention in our homes.

The key to remember in the Internet itself is it's useful and even great, but those using it may not be. We need to protect our children and ourselves from the dishonest and harmful people that are on the Internet looking to harm others. Unfortunately, the negative aspect is Internet usage gets much more press than a positive. But that's OK; as long as we are able to see through to the good, that's all that matters. And now we'll begin to discuss the risk of Internet usage.

First, we will do a survey. Katie will inform you of how to go through the survey.

Thanks, Joni. I'm going to go ahead and send the survey out to everyone. I know Joni is getting ready to share about some of the Internet usage risks. So take a moment to reflect on this question: If you had to select one, which of the following Internet usage risks are you the most concerned about with your kids? We've got about half a dozen options here for you. Are you concerned about privacy concerns, cyberbullying, depression or mental health issues, breaking the law, accessing inappropriate material, accessing information on drugs?

Take a moment; you can click on that. Even though this is not a live session, it does keep track of everyone who has voted and listened to the session up to this point. So when you close out the survey, you'll be able to see where other participants have ranked these concerns, these Internet usage risk concerns.

All right, I'm going to go ahead and end that survey and then pass it back to you, Joni.

Thank you.

While you're doing the survey, just note that at any rate, all of these concerns are great. Not one of these concerns are greater than the others; they are all great in concerns with your children. And all of these listed on the slide are dangers that can be encountered while using the Internet.

Children in particular may not be aware of the dangers associated with giving out personal information on the Internet. But you have the Internet risks, which are cyberbullying, "catfishing," loss of privacy file sharing,

illegal activity, putting others in jeopardy, inaccurate information, inappropriate material, drugs and other substances.

And the personal information of the Internet—the promise of a free iPad. You've probably seen those pop-up ads that come up on the computer: Win a free iPad or a gift certificate or get this \$20 gift certificate if you can complete this form or you complete the survey. The one time that you do say, "Well, why not? Let's try," and then you get all these other ads that come up and all these other things, and you get a hub of emails and spam emails. And if you put your telephone number, you can start getting phone calls as well.

Just know that you should never give out personal information or even respond to those. I would just exit out, just delete those, and inform your child to not indulge in those free iPads or gift certificates, because 9 out of 10 it leads to other things and they want your personal information; and your personal information should *never* be given out.

Also, protect the privacy of yourself and your loved ones when you go out of town. Inform your children not to tell anyone on social media, "Yeah, we're going out of town." Or, if you're out of town, don't post pictures if you're away, because they do have the location if your property setting isn't set where you're allowing people, you're inviting people, "Oh, yeah, we're out of town. Come and enter our home; it's free." Therefore, the information would help someone to rob you; therefore, when you're away don't inform anyone that you're away at that time. Post pictures afterwards; that's fine too. But you don't have to post them while you're gone, because that's

giving anyone free rein to come in and say, "You can come and rob our home."

So inform your children not to let anyone know when you're away. Even if they're away and you're home, there's still a safety precaution. Tell them do not inform anyone that they're alone, because that's also a safety hazard.

The Internet can also be used in negative ways that result in cyberbullying, lawbreaking, and even putting the safety of others in jeopardy.

"Catfishing" refers to individuals who create a fake account or pretend to be someone they are not. I just found out last night from my daughters when I was chatting it up with them that now they call it Instagram, when they can create a fake account to just, as I call it, stalking—when you're stalking someone else, trying to see what someone else is doing, or just monitoring someone else's account but you don't want to be seen doing it. But they call it now Instagram. But it is called catfishing as well. As you know, MTV has a show called "Catfishing."

Also, inaccurate information is another risk. Acting on or learning false information is not productive and can even be counterproductive. When I say "counterproductive," this way of spreading rumors or gossip by giving incorrect information online can be counterproductive, because it could be possibly true but it can also be false. But that could also harm other parties as well as a repercussion from the person who is sending out the information, so that could also lead to cyberbullying.

Therefore, it could be a full circle around. Inaccurate information could have a domino effect of, I would say, different counterproductive ways of how it could lead to something negative.

So the one thing that all parents are worried about is that their children would be seeing things that they do not want them to see or inappropriate to them. Predators often show kids things that they should not see, such as nude photos; and that is something that parents should be vigilant in preventing. We will discuss ways that parents can track, monitor, and block children from going to certain sites or sites with questionable content.

Along those same lines are drugs and other substances. The exchange of this information is available online; and kids use it to learn techniques, combinations, and even how the drugs are supposed to make them feel. And remember, this is the information highway; therefore, everything is available. They even have—if you YouTube it, you can see how it actually affects someone. Not only reading on it, but they actually see how it affects; and it's available there free of charge. All you have to do is type in some words, and it's there available to them.

You may have noticed two things about these risks. Your child either goes looking for them or they find your child, unfortunately. When you teach your child safe Internet usage, he or she will be much less likely to be found by the dangers we have just discussed. We will be discussing what your children need in order to stay safe, but first we are going to discuss in more detail the tools available to your children on the Internet.

And what better way of what I was speaking of earlier: social networking sites?

Social network is the hub of socializing, meeting people, keeping in contact with your family; and these can all be set up by anyone for no charge.

Personal websites can be set up at no charge to anyone, including your child. In fact, your child may already know how to do this or may already have one. The danger associated with this is the information posted can be viewed by anyone that comes across the Web page. He or she may also post information that is copyrighted, which is illegal and punishable by law.

I don't know if you all are on social media, like Facebook or Instagram, and if you've noticed that when music is playing in the background, there is— one caption that people are starting to use is "I do not own the rights to this music," to prevent copyright law and also be punished. Therefore, they do post that now, "I do not own the rights to this music," in the caption because they are playing music in the background. If they're on Facebook Live or Instagram Live, they do have that information in that little caption there.

If you know your child has a web page, we ask that you monitor it carefully, and make sure that you know the URL web address and check it for inappropriate materials, including personal information. If you are not sure your child has a personal web page, you can do a search with your favorite search engine. Mine is Google. If you do a Google search, you can type in your child's name or any phrase that your child may have used to create a page.

For instance, my 17-year-old, her nickname used to be "Skittles," if I were to search "Skittles" to try to see if I could find her web page. Now since she knows that, she has changed it now to "ArielK." So she changes it once she knows I'm hip on something; she'll try to change it. So be cautioned of that too, that she will try to change it.

If you have another child in your home, like I do, my 13-year-old may tell on the 17-year-old, what she's doing; and the 17-year-old may tell on the 13-year-old, what she's doing. And I don't say anything until I just start saying little subliminal messages, and then they tell on themselves.

Also, social networking sites give children the opportunity to share pictures, stories, videos with friends and acquaintances. As with anything on the Internet, a major risk here is that your child may post personal information, that they can also meet people through these networking sites. That is always a risk. Even if a particular site has an age limit, children can get around that and post their information anyway.

Like I was saying before, my 13-year-old previously was not supposed to be on the social media; and she ended up being on—what is it?—Musical.ly when I want to say she was in fifth grade. And I was just like, "What is this thing?"

She's just talking; and I'm like, "Well, how did you get around the age limit, because you have to be a certain age. So what are you doing?"

And she would tell me, "I use my date of birth date, but I use your year that you were born, Mom." So she uses her date, and then she uses my year of birth; and that's how they find a way around it. So be cautious of how

they're doing it, because kids are smart. Kids are smarter than you think they are. Therefore, they will find there are ways around it.

Finally, information once it's put on the Internet, it's out there for good. As they say, "It's in the clouds." It cannot be taken back. Children and adults should always think about what they put and what they post on the Internet before posting it, because it can have a repercussion on what you've put out there. And like all things, and like I always tell my kids, you never know who's looking. Once you're starting to look for a job, prospective employers look at your social media page.

Also I always say to my kids—because we always have high expectations of our children—“What if you want to run for office one day? They can find past pictures of you being in an inappropriate manner.” Therefore, be cautious of what you put on the Internet.

The next slide will be "Social Networking Sites and Applications." If you look at all these, we have Twitter, Tumblr, FaceTime, YouTube, Instagram, Snapchat, Google+, Facebook, Musical.ly, Dubsmash.

You've probably heard me within the past previous slides state some of these, like YouTube and Instagram, Google+, Facebook, Musical.ly. We will just dive in a little bit. I won't go into detail, but I will touch on them just briefly, because there is no one-stop shop anymore for social media. Additionally, as a parent, you don't have to know *all* about these apps; but it's good to know something about them and know that they're out there.

On the next couple of slides, we're going to look at some helpful information for these currently-being-used social networking sites.

We have Twitter. Twitter is a microblog of short 280-character tweets. As you know, everybody does tweet. There's no age limit on who uses Twitter more. As you know, celebrities use it a lot, especially as a marketing tool. And we all know one particular person that's using the Twitter a lot now to get their point across.

Also you have Tumblr. Tumblr is a blog plus Twitter. It does short blogs, pics, videos, and short clips. Also, they can share it with their friends; but it's mainly some offensive content that can be found easily—such as porn, hurting themselves, violence—that can be found on Tumblr. Normally, the age range of using Tumblr is, it's primarily used with teens 17 years old and older who are the ones who are using Tumblr.

Then you have FaceTime. FaceTime is available on all Apple devices; unfortunately, Android users, it's not. I'm an Android user but also use the Apple too, so therefore I'm on the fence of both. But FaceTime is phone calls, instant messaging, sharing your screen. Do tell your children, "Don't put personal information on through FaceTime, and don't reply to someone you don't know, and don't open shared files."

There you have Skype. Skype is a site that can be used on any device. There's a parental control on Skype called Skype Veto. It also lets you approve all contacts, but it does have a parental control tool on that particular app.

Then you have YouTube. We all know what YouTube is: a video-sharing website. You can find all types of information and how-to on YouTube. You can find also inappropriate material content on YouTube. One idea for

parents is to make a game of watching and selecting videos together with your kids. Also, check the history of what they have been watching on YouTube, because you're able to block people but you're not able to block videos that they see on YouTube.

Then you have Instagram. Instagram is photos and short videos. You can view comments, make comments, and edit photos with fun effects. It's a tool for popularity. As my 17-year-old stated yesterday, she's Instagram famous. So it's pretty much on how many likes you can get is what Instagram is mainly about, and you can make your account private, and you can also block on what it uses on Instagram. Instagram can also be linked to Facebook. Therefore, once you post a picture or a comment or a video on Instagram, you can link it to your Facebook. I do believe you can link it to your Twitter as well. Therefore, it can be linked to other social media apps.

Then you have Snapchat. I like Snapchat because of the filters that give you long eyelashes. This app is for messaging, pics, and videos; and it only displays for a short period of time. However, now they have where it can be on their page for an infinite amount of time, as long as your child has the app open. So as long as your child has the app open, they can view the picture; however, once your child closes the app, the picture is gone. But this allows a person to potentially take a screen shot before it gets closed. Therefore, kids do take screenshots. As we know, predators are out there; and they can also Photoshop pictures. Therefore, keep track of that; and let them know to be mindful of that.

And we have the next page, which is Google+. I mentioned Google+ before. Google+—normally the kids don't really dab into Google+, because it's mainly an educational app that the teachers use because they can't give out personal information, so therefore they use Google+. Also in Google, you have the Google docs that most teachers ask that they use when they're doing papers. But they do have the Hangout chat feature, and then you have the circle of friends. But mainly, the target advertising base is on activity. But like I said before, Google+ is mainly used for teachers for the educational opposed to recreational.

Then you have the infamous Facebook. Facebook is a social networking site not as popular with teens as it is with adults, but it's still being used by the youth today. And my children say that we old-schoolers have taken over Facebook; but they still use Facebook. And Facebook is also easily hacked, as well as Instagram too, because people can use Instagram. They can create another profile of you on Instagram and Facebook, so therefore that's something to be cautious about. And they do have ads and spam as well.

Then you have Musical.ly. Like I said before, my daughter when she was in fifth grade was using Musical.ly. Normally, Musical.ly is a video social media networking popular with teens. It's more for lip synching to famous songs. It's important to keep up with what information is being shared, as popular music has swearing and sexual content within it. The age group that normally uses Musical.ly is ages 10 to 11, and the older kids from 13 to 17 normally use Dubsplash or SoundCloud.com.

Then you have Vine Camera, which is a short, 6-and-a-half-second moving videos that create fun and thought-provoking with their friends. Lots of inappropriate videos, like nudity and drugs, again. They do have a public default and may share videos of parents' behavior or goofiness for others to see. It's not as popular anymore, but it's still out there.

How are these kids using all these social media sites? The majority of time, they're not using it on your desktop at home or your iPad. But the majority of the time, your child has a phone. Am I correct? Yes. All these apps have the capability to be downloaded on their phone, which we'll go into a few words about mobile phone safety.

Most people use, or know someone who uses, a smartphone. It's important to note that even if the phone doesn't have cell phone service, as long as they have Wi-Fi capability the phone can be used. And that goes with my 7-year-old. She has a phone. I took her phone that was with the service away because she wanted to use—I had gotten her a Moto Z. Well, she wanted an iPhone; but I'm not buying no iPhone. The Moto Z was cheaper, so therefore, “You're going to get what I give you.” She didn't want to use it, so I turned it off.

She has a friend that gave her *her* old iPhone. She uses that; however, it doesn't have service. However, she can still use it because she has Wi-Fi. If you know, they have free phone apps within the apps on the phone; so therefore they can have phone service that is free. Katie will tell you how to get to the handout, but it's mainly a handout to help you with tips on how to keep your kids safe with mobile phones, because a lot of parents may ask, “What age is appropriate for a child to have a mobile phone?”

Well, there really isn't an appropriate age, an exact age. It's strictly dependent upon where your child is age-wise, personality, maturity, and the family circumstances. So it's really dependent upon the mother and the father, or the guardian of the child, to really determine if that child is needing a phone.

For instance, my 20-year-old—at the time, he didn't get a cell phone until he was a freshman in high school. He didn't have one before while he was in middle school. Then even so, when he was a freshman in high school I actually took it away because he wasn't using it. He wasn't answering the phone when we called, so therefore I took it away. The maturity level was not there; therefore, by the time he was a sophomore, I gave him a phone back. Therefore, it all varies; depending on where your child is maturity-wise is depending upon when you should give your child a phone.

It's also good to keep track of your child's phone, know what they're doing, use photo and video sharing with care. Don't stand for mobile bullying, and use good judgment with mobile social networking. Once again, I will let Katie tell you where you can find the handouts for these particular tips on helping your kids be safe with mobile phones.

Thanks, Joni.

Again, in that Event Resources section, which everyone should see on the left-hand side of your screen, not only do we have a copy of the slides that Joni's using, but we also have that "Help Your Kids Be Safe With Mobile Phones" handout. We encourage you to go ahead and download that as an additional resource.

OK, also one of the tips within the handout that you will see will be texting. Texting is one of the major things that people are doing with their phones. A lot of people like to text as opposed to call and speak to someone verbally. I am guilty of that. I will text someone before I will make a phone call. It has to be really important for me to make a phone call; but other than that, I would go ahead and send you a text message. And like teens today, teens like to text. If they have an iPhone, they will FaceTime you. They will call you on FaceTime.

When I say "texting," which brings us to our next survey: How familiar are you with texting lingo: [A] very familiar; [B] somewhat familiar; [C] not familiar at all? I will pass the survey over to Katie.

Thanks, Joni. Once again, I've opened up this survey. As Joni said, take a moment and think about with the different texting lingo, how familiar are you. So take a moment and select that option. Once again, everyone's who's listened to this session up to this point, when you click out of the survey you'll be able to see kind of where the audience has been related to this topic of texting lingo.

I'm going to go ahead and close out that survey; and we will pass those slides back to you, Joni, to tell us a little bit more about texting and some common texting lingo that's out there right now.

Thank you, Katie.

First we're going to do texting and emailing. Texting is similar to email but a whole lot faster. Texting is close to real time, and you can use the computer or a mobile device to do so, because you can also use email to text

someone. As long as you have a telephone number, plug in the last little bit, the "carrier.com," and you can send them a text that way as well.

But there are also dangers in texting—texting and driving. "It can wait" is the slogan that is today, and the communication with strangers, because you really don't know who you're talking to. It's the idea of do you really know who you're talking to, and not usually anyone there to monitor the activity. So texting is very similar to instant messaging. I was going to say Instagram, but instant messaging. It can be done on a mobile device as well as on a computer. As I was saying before, you can email someone. As long as you have the telephone number and add their carrier.com, you can send them a text message. It is easier; it is faster than email, as it's close to real time. And it is a one-on-one experience; however, you can do a group chat on texting as well.

On our next couple of slides, we're going to talk about the lingo and how familiar you are as a parent with the teen lingo today. Let's dive into email.

Email is probably the type of online communication that all parents are aware of, as we normally use it in our everyday life, because normally that's what we use as far as communication in our job. But there are two dangers when it comes to children using email. Someone may try to communicate with your child that your child does not know. This could be very innocent, or it can also be the form of spam or solicitation.

Predators may try to connect to your child via email; so be sure that your child does not have a signature on the email that gives out personal information, such as an address or a phone number. Also, monitor your

child's email if you can. If you have a Gmail account, you can add your child's Gmail account under your Gmail account as well; so therefore, you can have multiple accounts under yours, but you can add your child under your Gmail account as well if they have a Gmail account.

Install software that will not allow certain topics to be set or accepted by your child. Explain the importance of only opening an email from people that they know, and never click on any links within an email message, because they could possibly receive a virus.

Also, most kids and teens don't normally use email to communicate. They have to create an email address. If they have a smartphone, they have to have an email address to plug in, in order for the phone to work properly as they want it to work. Also, you need an email address with most social media accounts. Therefore, they will set up an email to be able to access the mobile device and also to set up a social media account. So look out for those.

Know the lingo. Ask your child what abbreviations mean if you're not quite sure. When you start monitoring their phone and you're starting to look at abbreviations, ask them what it is. Also, you can also check websites for information, definitions of texting lingo at www.netlingo.com. I always say, once you're monitoring and you see an abbreviation and you ask them what it is, the majority of the time if they pause for a second, go to NetLingo and see what it is, because 9 out of 10 it may be something they shouldn't be seeing in the first place.

We are going to go into examples of texting lingo. We are all familiar with BFF/BRB, be right back/best friends forever.

GTS—go to sleep—you may see that on their texts.

IKR—I know, right? We, as adults, use IKTR—I know, that's right. We try to use proper grammar when we're doing things; however, teenagers don't use the proper grammar. They just go out there, and they know what they mean.

Then, also, predators are used to their lingo as well, especially WYA, where you at? and WYD, what you doing? Normally, if they're using that type of abbreviations, they may be somewhat younger. Also, the abbreviations that I'm getting ready to discuss now are not on the phone; however, you may write them down. But if you see any of the abbreviations that I'm getting ready to quote off in a second, these are commonly profanity abbreviations.

Therefore, if you see any of these, red flag to come up and just ask them. If they pause, 9 out of 10 it's something that is inappropriate for them to be using, like WTH or WTF. You have AF. Then you have SMDH, STFU. Then you have ASH; then you have ASAB, and then you have LMFAO. Normally we use LOL, laugh out loud. But normally if they're using any of those, I can guarantee that is something inappropriate that they are saying. These have come from a trusted site, because as Katie mentioned before in my profile, I like to chat with my girls. I like to keep up with what's going on. Therefore, they are willing to give me information. They'll give me

information before they give Dad information. Therefore, just be up on what they're saying.

Instant messaging and chatting is a way to talk in real time or close to real time—streaming conversations. There are also dangers in those: disclosure of personal information and predators. I know you have heard me say "predators" a lot, but that's mainly what we're trying to keep our children safe from, is predators. And as we said before, our children may not be looking for it; however, it's looking for them.

Instant messaging is very similar to chatting. It is done one-on-one instead of a group chat, and it's sometimes considered a bit faster because of that. But if your child is IM'ing a stranger, the danger is still there. And unlike chat rooms, there is no outside moderator of the conversation; and these exchanges or conversations are generally only viewable by the sender and the receiver of the conversation.

My kids like to say, "Well, they left me open," in instant messaging. When you're instant messaging, especially on, let's say, Facebook Messenger, you can see when the person actually received the message and hasn't just ignored you. So for parents, if you're using Facebook and your child is not responding to you and you need to know if they got your message, if you see their picture or their icon by your message, they saw your message and they're ignoring you. But if it's a check or open check, they haven't read your message yet. But if their picture or their icon is there, they have seen your message; so say something about, "Why are you ignoring me?"

Chatting is another of communication for children and teenagers. These are virtual rooms where all types of people can meet and talk from different parts of the world. They don't have to be in your local area. The important thing for kids to remember when in a chat room is that it is a public place, and you never really know who you are talking to. It's easy to believe what you are all told in these rooms—that you're all knowing each other. But it's often children and adults that can also get in trouble in giving current information.

So therefore, tell them to be mindful of the information that they say, because sometimes the chat rooms can get a little chatty. We know how we say female chatter can be—and also males, they're starting to chat too—but information can be given incorrectly, which can have a counterproductive result. Therefore, be aware; and tell them to be cautious of what they put into chat boxes, because it could lead to different things.

I have an example for that of my oldest daughter being in a chat room with other females at her school. Things had escalated to a counterproductive situation where they ended up coming to my home, because one of the girls was actually a friend of my daughter at the time, so she'd been to our house. But one day the two girls skipped school. My daughter at the time was at home; she was out of school at the time. But while I was away, they came to our home; and they wanted to approach my daughter because of what was going on in the chat room at the time. Therefore, they tried to come and they tried to beat up my daughter at her home.

Therefore, that's one example of be very cautious. Inform your children not to indulge in conversation within the chat that is incorrect information. Or, if

it is in current information, don't indulge in it, because even if your child doesn't say anything, she's there. Therefore, what is that then? She's a suspect; you're in the midst regardless if you said anything or not. You still were in that situation, and it could come out not very good. So therefore, watch out for that.

Also, if your child is chatting in a chat room and someone asks them to do a private message, inform them to decline it. They can accept it or decline it. If it's actually their friend, their friend knows their telephone number, so they can text them a private message. They don't have to chat outside of the chat room. Therefore, tell them to be cautious of that. I know my 13-year-old daughter was saying, "Somebody just asked me for a private message, but I declined it." So be cautious of that, because you never know.

That moves us to "Technology Moves Very Fast." Technology is now said to change every 6 months or so. It is important to keep up with technology so that you can keep up with your kids. However, I'm not saying to go out and get your child the new iPhone X. I think it is the X10 or the iPhone 10. I'm not saying to keep up with every phone technology; however, keep up with every new app, every new social media site, every social media networking app. Keep up with the software technology—not so much the technology, because all family circumstance are different; and if we kept up with technology, we'd be buying a phone every 6 months.

Also, lingo changes as well every 6 months. You've probably heard your children use the word "fleek." That was just a couple of months ago, correct? Well, it's changed. That word is not popular anymore; and when I

used it, my children looked at me like, "What are you using? That was so 3 months ago." Therefore, technology lingo changes every 6 months or so; so be in the know.

You can take action to keep your kids safe: Teach your kids to guard their privacy. Set rules and limits. Create parent-child contracts. Use online parental controls. Do your research.

Remember that being diligent in protecting your children and making sure that they are aware of what you're doing and why you're doing it is the best way to protect your family, because *you* are the first source of protecting your family. While you may feel that banning the Internet altogether is the best approach, there really isn't a best approach. I can say this: If you ban Internet at home, they're going to have access to Internet at school. Also, your child has a friend who has a phone and has Internet capabilities. That friend is going to let your child use their phone for a certain period of time. Therefore, banning it altogether is not really banning it altogether, because your child has a friend who has Internet; and that friend will let your child use the Internet. So be cautious of that.

Your child will need to know how to use research papers as well.

Therefore, they will use it in school and use also other technologies in school as well. The Internet is a great tool for all people to use, if used appropriately.

We have mentioned privacy settings several times through the session. This is one of the main dangers of using the Internet for conversations and meeting others. It is pretty simple to protect yourself. Never give out

anything that might identify you. Never give out user names and passwords, phone numbers, addresses, or names.

I can tell you, preteens and teens give out their user names and passwords to their best friends or their so-called boyfriend. They'll give out their user name, so therefore their friends have access to their social media site. So they have access to Instagram or Snapchat. I have to constantly tell them, "Stop giving out your user name and password. Would you give out your debit card information? Would you give out your Social Security information? Giving out your user name and password is giving out your identity, and do not do that."

Teach your children to guard their privacy as well, as I said before. Inform them of that. Tell them, "Would you give out your Social Security card numbers, your bank card number? No, because you don't want nobody to take your money; so you don't want anyone to take your identity as well."

Also, be aware that while some sites may have age requirements to sign up, there's really no way of knowing whether or not the users are being truthful, as I said before. They can use their month and day, February 12th, but use your birth, 1973. Therefore, it's there. So just be in the know of what your child is doing on different websites, because the site can be legit and you know they're legit. However, children can find ways around it.

In the next couple of slides, we will talk a little more in-depth about setting rules and limits, creating parent-child contracts, and using online parental controls. Setting rules and limits allows time for Internet technology use

each day. Keep the computer in a common area. Check Internet history. Monitor your child's usage, and consider a contract.

Many families choose to limit the time their children can use the Internet each day or week. This is a great way to monitor the usage. Parents can also check the Internet history of their children and use parental controls to prevent children from viewing or receiving questionable materials. It is also a great idea to have one computer for family use and to keep it in a common area. If you do this, be sure to watch occasionally, and let your child know that you are monitoring him or her.

Rules of computer usage in your home—computer usage and phone usage in your home—should be clear and simple. They should apply to all people in the household; therefore, there are no excuses for breaking the rules. So if one rule is for my 20-year-old, it's the same as for my 13-year-old, the same rules for my 13-year-old, the same rules that my husband has to abide by, too, or myself has to abide by it. Because we all know they say, "Well, such-and-such did it." And back in our time when we said that, our parents would say, "Because I said so." These days our children ask the question of "why," and we tell them that they should ask why. They shouldn't just accept an answer; they should ask why. Therefore, it's a hit and miss there.

Contracts also are a great way to put in writing to agree to the rules of the Internet and also for their phone usage in the household and outside the household. I know the schools that my children go to, they have to sign a contract, as well as the parents have to sign a contract, in technology use, because during downtime they do allow their children to listen to the phone

if they have earbuds. But we have to sign a contract, as well as the child has to sign the same contract.

We as a parent should also have a contract. If you don't abide by this rule, if you use the phone, if you don't give me the phone, if you use the phone after a certain hour, your phone will be taken for a certain amount of time. If you don't do this, your phone will be taken.

Chores. Phones aren't free. "If you don't complete your chores, your phone will be taken away. If we find you using inappropriate language, your phone will be taken away. If I find any nudity pictures on your phone of you, your phone will be taken away and it's indefinite, so I can't give you an answer." Therefore, there are consequences to breaking the contract; but either way, be sure to continue to monitor your child's and your teen's Internet usage and phone usage. If you need to update the contract, do so, because as your child gets older, the contract may need to be changed.

And we go to online parental controls: Restrict which types of sites your child can view. Allow parents to choose the child's Internet activity. Decrease Internet abuse. And it can be adjusted as your child grows older, as I mentioned before. With contracts, as your child grows older, the contract changes. Just as well the parental control changes. As your child grows older, you can see what fits your child, and therefore you change it to that age range.

Some of the parental control options that are out there are Net Nanny, CyberPatrol, CyberSitter, We-Blocker.

If you choose to use online controls, remember to actively monitor your child's activity. Also, as far as physically grabbing the phone in your hand or looking at the desktop and actually monitoring as well, if you decide to use one of those. If you decide not to use one of those options, continue to monitor your child's activity. You can do it monthly. I wouldn't suggest weekly, because they will know. They will start getting hip, and they will start deleting some items. Therefore, you'll think, "Oh, they're not doing things, because there's nothing here." But you know that your child has used the phone.

And my husband—we play good cop/bad cop. He's the one who checks the phone. We're standing there and he'll go by and he'll just out of the blue—we could be sitting there watching TV. "Let me see your phone." And they put up a fight. And if they put up a fight, obviously something we always say, "Obviously, you're doing something that you shouldn't be doing; so why do you not want to give us your phone?"

So when he takes the phone, he goes through the phone; and he does it maybe once a month. He may do it every other month; therefore, just to keep them off the timer, because you know kids. They will do a timer. "It's almost about time for him to check the phone, so therefore we'll remove some stuff." Therefore, he does it when they don't expect it. When they least expect it is when he does it. Normally he does it once a month or every other month is when he does it. He did it last month, so therefore he hasn't—he did it in July. He hasn't done it yet, so 9 out of 10 he'll probably do it in September, because he leaves, and therefore he'll probably check it before then. So therefore, he's going to check it in September.

Therefore, that's how we normally do it; and it works. It really works, because the majority of time, there is not a lot of inappropriate materials; or we may see some of the profanity abbreviations. But luckily, it's on the other end and not our child; however, our child does do some. My 17-year-old does, and we have to get on her. Once again, her phone was taken away that we pay for; and then we'll take away her iPhone too that she got from a friend. So therefore, she gets it taken away. She suffers the consequence, and we all live—I wouldn't say "merrily." However, if you have teens in your home, it's never a "merrily" time; however, we make the best of what we have. And they'll get over it. We're not here to be your best friend; we're here to be your parents, and we're looking out for your safety.

So we go to safety: "Staying Safe and More Tips." Keep phones in a central location in the home overnight. If their lights-out time is 9 o'clock, we take the phones at 9 o'clock. For mobile phones, pay for the monthly family safeguards and controls. I know we have Verizon, and we pay for safeguards. They're also a family locator/tracker; however, the phones that I bought, because they were free, they don't have the family tracker, the locator accessibility. Therefore, we couldn't get that part. We can do the safeguards. We can track the text messages and the emails, things of that such. But as far as the location tracker, we can't do that, because the phone doesn't have that capability. So when you're looking for a phone for your teen for their use, make sure that they have all of those capabilities for family safeguards.

Talk to your child about Internet dangers, including cyberbullying.

Know what sites and apps your kids are using, and do your research on those sites and apps. If you don't know, just ask them; they'll tell you what it is. When you ask them, just say it in a nicely manner as if you want—you know, you want to be up in times too, because they swear up and down that we're old and we don't know anything.

Also, know that your kids can also access the Internet through gaming devices like PlayStation and Xbox 360.

Use the CyberTipline at 1-800-843-5678 to report pornography and online enticement.

They were getting hip by starting to delete conversations.

We will move on to the mental health and emotional health of using social media and their misuse, because it can lead to low self-esteem; negative body image; depression; Internet addiction; risky behaviors; less connectivity in real life.

The verdict is still out, and more research is needed to confirm any mental or emotional negative [inaudible]. However, the items listed here are some concerns, such as low self-esteem. The negative body images that they see on their body. Just like the Internet, in general there are positives to social media. But for example, socialization as well as support of marginalized groups, such as the LGBTQ teens and also those struggling with mental health issues—therefore there's good and there's bad to

Internet. Like most things, there's always the good and there's always the possible things.

So what can parents do?

Just like with many areas of your child's teen life, watch for behavior changes. And ask and check what they do online. I'll give you an example. My 13-year-old, she's normally always positive; she's generally the positive person. And she's good about her image, what she wears and how her hair looks and things of that nature. She normally does not *ever* say anything negative about how she looks. However, a few months ago, she was stating, "I'm fat; I need to lose weight."

Now, this child is skinny. She doesn't have any fat on her at all, and she states that, "Well, my hair is short." Her hair is like midway down her back. All teenagers go through puberty, so they have a little acne; therefore, she's being very cautious. She's downing her looks; she's downing herself. And I'm like, "Madison, where is this coming from?"

And she's not saying anything; she's just like, "No."

And I'm like, "Who are you talking to on the Internet, or what are you looking at on the Internet, because I know you're not getting this on TV, because you're looking at the Disney channel. So it's coming from somewhere." So I'm asking, "Well, where is this coming from? Well, let me see your phone."

So I see her phone, and of course you know they have the social media on Instagram. They see different pictures. And you see celebrities; they're

skinny, they have no marks on their bodies, their hair is all the way down to their butt, and they're flawless. But we also know that pictures can be airbrushed. Therefore, she was comparing herself to what they looked like—like the teenage celebrities look like to what she was looking like. So therefore, we did take her phone for a while. We took her phone for like a month or two to get her out of that, and then we started talking; and now she's fine. She's fine as far as how she looks. She doesn't go to those extremes anymore, because I'm like, "You're made perfectly. You're not those people, and they're airbrushed."

So just letting them know—talking to your child about the misuse and the dangers of social media. And letting them know, especially like we were stating before on Twitter, it's part of their marketing tool to get more people to like them, to get the likes, to get more money. Therefore, just ask and watch out for behaviors.

With that being said, you can always contact your Employee Assistance Program to get that help if you find that your child is going through behavioral issues and it's kind of resulting from what they see on the Internet, because it can cause a bad effect if they look at it too long, if they're on it too long. That's why we're saying to have a limit as to how much time they can have on the phone, because the majority of time it's the phone, not the desktop. We do have normal hours where you can be on the desktop. And they don't like that big desktop, and then everybody can see. Therefore, they like the phone, because it's more privacy.

Therefore, if you're finding those issues, you're finding those concerns with your child, please contact your Employee Assistance Program to find

those. You can also check out the helpful websites:

www.onguardonline.gov and www.stopbullying.gov, because cyberbullying is a big issue as well. Like I said before, your EAP is there when you need it for counseling, resources, and referrals for your local area if you're needing additional help to guide your children.

Once again, I thank you all for joining us in "Technology and Keeping Your Child Safe." I hope that you received much information from the material today. Once again, continue to monitor your child's activity on the Internet. Know what's the "in" thing as far as networking apps. Know what the new technology—well, I wouldn't say the new technology, because everybody knows what the new technology is; but you don't have to keep up with the new technology. Just keep up with the social networking apps that are out there and the lingo that is out there as well.

Thank you so much, and I will pass it over to Katie for questions.

Thank you so much, Joni. Thanks not only for walking us through a lot of great resources and information and tips for parents and loved ones of teens and children, but also for sharing just some real-life examples and things that you've learned as a parent of several kids along the way. So thank you.

Thank you, everyone, for listening in. A couple of quick items to wrap us up: As we mentioned earlier, we do have a copy of these slides with all the resource links on the left-hand side of your screen in Event Resources. That's where we've also put that "Mobile Phone Safety Tips" handout for you, so two things you can download there.

We also do have that Ask a Question box. If you have a question, you're welcome to type in Ask a Question and then send it to us. We do receive it via email. It typically takes maybe a couple of days to get back to you, depending on the nature of your question. But as Joni said, just remember your EAP is there. We're here for you 24 hours a day, 7 days a week. So if you have an urgent question or would like some additional resources or assistance on a number of issues, including this topic about keeping your kids safe using technology, feel free to call your EAP 24/7. If you do not have our contact number, you can go ahead and reach out to your Human Resources Department for that.

Thank you, everyone.

Thank you, Joni.

We certainly wish you well. Take care!