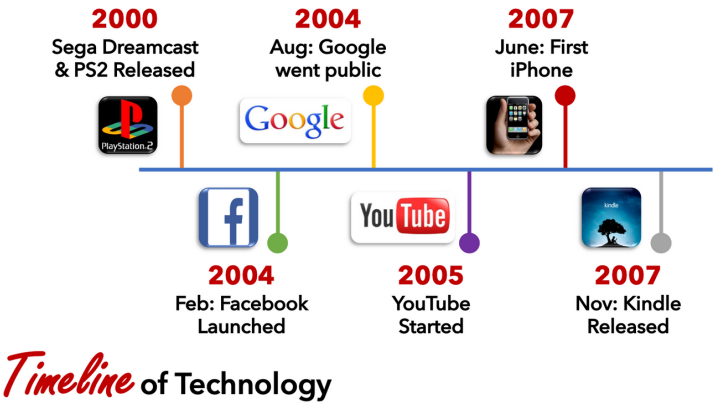
PARENT INTERNET SAFETY

PREVENTION EDUCATION
STREET HOPE TN



Timeline of Technology

Kids are digital natives. There is a huge gap between the technology that has been available during their lives and the tech that was available for parents/caregivers.

According to the American Academy of Child & Adolescent Psychiatry, teenagers spend around 9 hours a day on screens. Elementary aged kids spend between 4-6 hours per day on screens. It is vital that we help our students navigate the digital world safely.

Digital Fingerprint: What we post is public & permanent

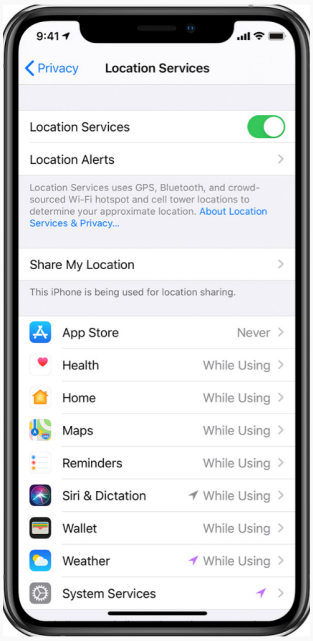
Remind students that what they post online becomes public and permanent, even on apps that advertise posts will disappear.

There were 6 million reports of online sexual exploitation of minors in March/April 2020 (NCMEC). In 2015, 55% of traffickers met their victims online (Thorn). Sex trafficking is not necessarily being grabbed off the street. Traffickers will target minors online, try to build a relationship with them, and then exploit them. They are looking for students posting sexually provocative pics/videos online, history of physical or sexual abuse, those talking about sex online, or posting about being misunderstood or neglected.

Family sharing on Apple devices will allow you to sync your device with your child's device, and helps monitor screen time, app purchases, and pictures.

There are settings on your child's device that will allow you to schedule bedtimes, app, and screen time limits. On Samsung Galaxy this is called "Digital Wellbeing & Parental Controls". The "Google Family Link" app can be downloaded for Android devices. On Apple products these options can be found in the settings on your child's device.

Turn off Location Services in your child's device by going to the Settings on any type of device. Location Services can be turned off for each app. The default setting for all apps is to share locations, so this is a feature that has to be manually turned off as new apps are downloaded.



On Android devices parents can adjust app settings by your child's age in the settings on Google Play Store. This is the Android version of the App Store.

Remember that on iOS14 pictures/albums can be hidden, and apps can be hidden on Android & Apple devices. Check the app store to see what's been downloaded.

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bark

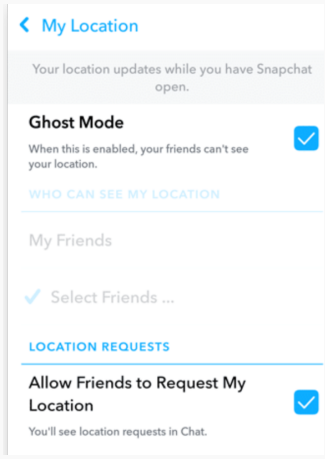
Bark is a monitoring app that can be downloaded on your device to connect with your child's device and offer additional protection. Circle is a device that can be purchased for your home to offer additional firewall protection.

TBI estimates that 50% of teenagers have sent a sext message and 85% have received a sext. Discuss the consequences of sending sexual messages with your kids.

Watch out for internet acronyms that your child may be using to communicate online. You can Google any of these acronyms to find out what they mean!

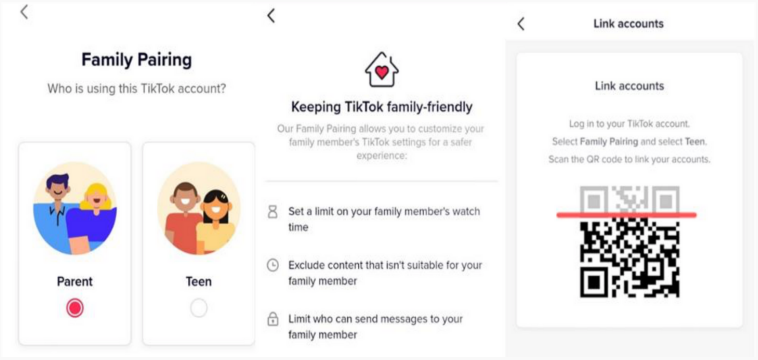
JAMA Pediatrics estimates teenagers spend up to 9 hours a day on social media. Depressive symptoms increase with increased social media use. 59% of teenagers report being bullied or harassed online.

All social media accounts are public by default. Accounts can be made private inside the settings on each app.



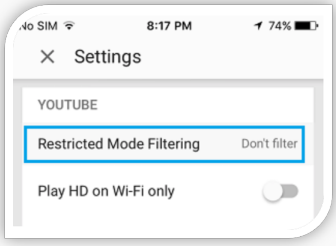
SnapChat advertises that snaps disappear after 24 hours, but there is always a record online. SnapChat provides a real time map to the user's location, so it is important to turn off Location Sharing. This can be done both in the settings of SnapChat (Ghost Mode), and in the settings on the device.

TikTok offers Family Pairing within the app. A parent can create a TikTok account and then sync their account with their child's. This is done in the settings of the app and will help manage some content and app time.



Instagram will share a map to the location pictures are posted from unless location sharing is turned off within the device settings. Making social media accounts private within the account will allow users to filter who has access to their content.

Even with private accounts predators can send direct messages in Instagram. Any links that a student clicks on within Instagram turns the app into a browser, and pornographic and adult websites can be visited without leaving the app. Fake or secondary Instagram accounts are also possible. Parents can see how many accounts are active by logging into their student's account and for a drop-down arrow next to their username.



YouTube will allow some content filtering in the settings of the app.

Chat Room apps are designed to allow users to interact with strangers (as opposed to SnapChat, TikTok, Instagram, Facebook where the platform is generally geared towards users interacting with people they know). Watch out for chat room apps- predators frequent these apps!

Colleges, universities, and employers monitor social media prior to admissions and hiring. Encourage your students to think about the long-term consequences of what they post online, and how these choices can affect their life goals. There can also be legal consequences from posting sexual materials or cyber-bullying.

Most teenagers have access to gaming consoles. Online gaming can allow for interaction with predators. Games like League of Legends, Fortnite, Call of Duty, and Minecraft have hundreds of millions of users. Using headsets can put minors in a vulnerable position as they are distracted by the game and it's natural for predators to ask them personal questions that will later be used to exploit them.

Keeping gaming consoles in central locations in the home helps parents monitor child's gaming activities. Watch out for friends of friends and unknown users that may target your child while they're gaming. Monitor your child's friend list. Privacy settings can be found in the settings of major gaming consoles.

Pornography is a driving factor in sex trafficking. It normalizes violence and sexual assault. Porn is often used by traffickers to advertise their victims, and is also used to erode a victim's boundaries.

Parents can lead by example with their own social media. Having private accounts, refusing follow requests from strangers, and limiting private info that is posted online are recommended. Consider what is being over-shared, and what info about your kids is being posted for strangers to see.

Following your students online, syncing your devices for extra security, checking for hidden utility apps (like the calculator app that opens a social media account), checking the app store for downloaded apps, knowing your student's account passwords so you can monitor activity, and turning off location services are all ways to help keep your students safe online. The best way to keep your student safe is to provide open lines of communication and talk to them about the possible risks they face. We want our kids to know they're loved and we're their best support system!