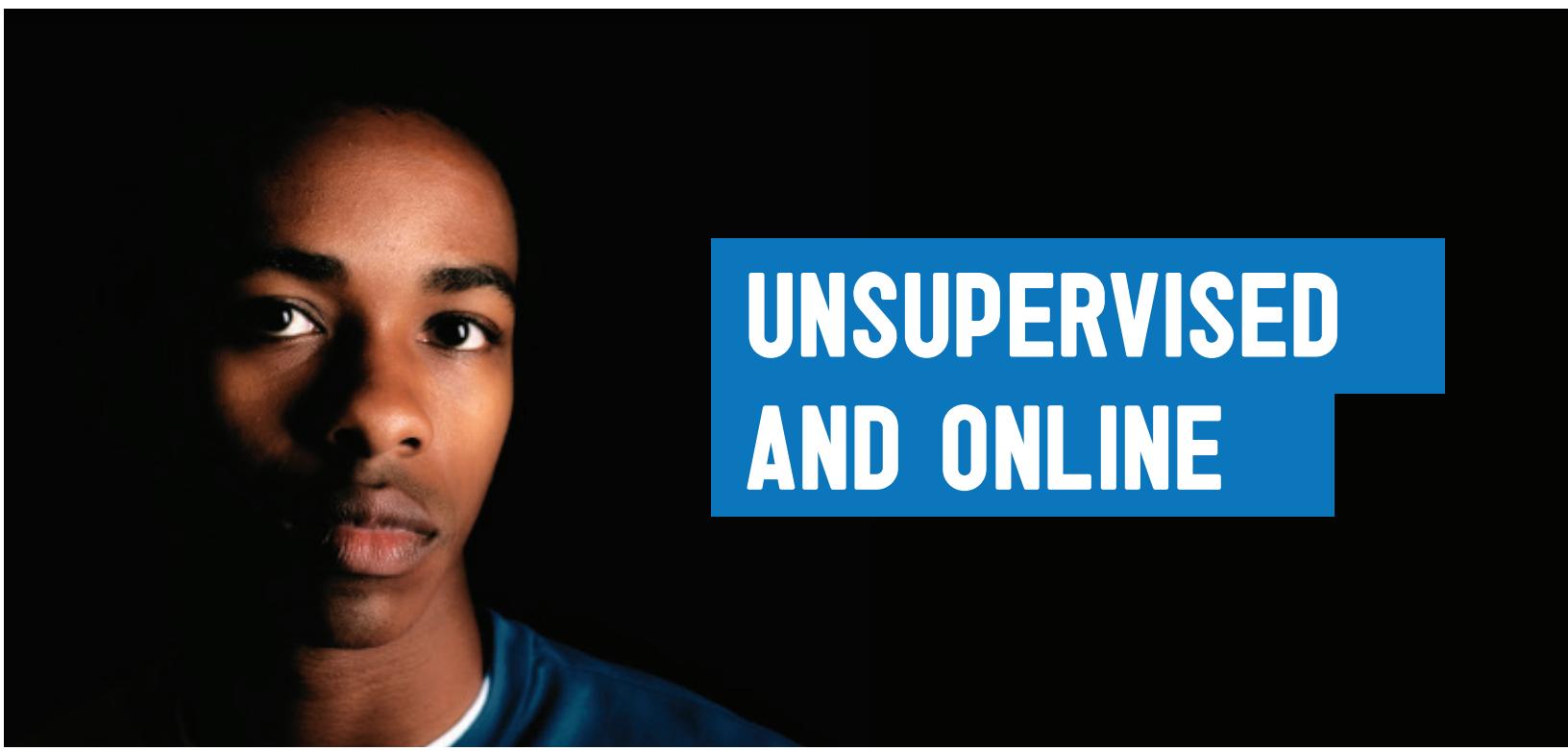


notMYkid®

INSPIRING POSITIVE LIFE CHOICES



UNSUPERVISED
AND ONLINE

**Effective Identification of Negative Online Behavior
and Strategies for Creating a Family Prevention Plan**

Contact us at:

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Follow us on:



Signs of Negative Online Behavior

- Secretive about online activities
- Obsessive about being online
- Gets angry when he or she can't get online
- Receives phone calls from people you do not know or makes calls to numbers that you do not recognize
- Receives gifts, mail, or packages from someone you do not know
- Withdraws from family and friends
- Changes screens or turns off device when an adult enters the room
- Begins downloading pornography
- Complains frequently of headaches, stomachaches, or feeling sick
- Runs away from home
- Loses interest in visiting or talking with friends
- Avoids certain places
- Loses interest in school work or begins to do poorly in school
- Appears sad, moody, angry, anxious, or depressed when they come home
- Talks about suicide
- Feels helpless
- Often feels like they are not good enough
- Suddenly has fewer friends
- Has changes in eating habits
- Hurts themselves
- Has trouble sleeping or has frequent bad dreams
- Uses online accounts belonging to others

Top Monitoring Programs

TeenSafe – Android and iPhone



Mobile Spy – Android and iPhone



MMGuardian – Android, iPhone, iPad

TeenSafe

Mama Bear – Android and iPhone



MM Guardian

SafeEyes – Windows and Mac



My Mobile Watchdog – Android and iPhone

Mama Bear

Net Nanny – Android, iPhone, Windows, Mac

My Mobile Watchdog

Additional Resources

- notmykid.org
- teensafe.com/blog
- teensafe.com/news
- missingkids.org/resources
- netsmartz.org
- helpguide.org
- stopbullying.gov
- internetsafety101.org
- psynow.com

Talking To Teens About Digital Behavior

Here is a list of questions that you can ask your child as an easy way to start a conversation about the internet. They are non-accusatory and open-ended, so you are more likely to start a two-way conversation.

Have you heard of anyone at your school sending "sexts" to another person?
How easy do you think it would be for someone to create a fake social media profile with false information on it?
What kinds of things do you see people posting on social media that might come back to haunt them later?
What are new apps that your friends are using?
Which social media sites are losing popularity?
Do you think that online predators are a real threat?
What would you do if you received a message or friend request from someone you didn't know?

Here are some additional tips on talking to your kids about the Internet:

- 1. Seize the moment.** Take advantage of any opportunity to talk to your kids. Maybe your child will share the story of a student who was caught sexting at school. Or, maybe over dinner one night your child discloses that one of their friends is bullying someone online. Use these moments to talk honestly and openly with your kids about these topics. Ask them open ended questions to foster further conversation, "What do you think of what your friend is doing?," or "What do you think might happen to the student who was sexting?" Kids are curious by nature; allow the conversation to flow freely between you and your child.
- 2. Listen more than speaking.** Encourage your kids to talk to you by listening to them without overreacting when they open up to you. It will help them feel more comfortable talking to you. You may be surprised to find out how much your child already knows about Internet use, alcohol, drugs and sex when you really listen to

them. Be aware of your tone and the length of your responses, your child may perceive a long response as a lecture and not feel comfortable opening up again.

- 3. Ask your child what he or she knows.** Ask questions such as "What have you heard about Internet use from your friends and teachers?" or "I was encouraged to use computer and phone monitoring software at the presentation tonight. What do you think?" Let your child answer the question without interrupting and then acknowledge them for their openness. Take opportunities such as these to start a two-way conversation. Be sure to educate yourself prior to this conversation, so you can answer all of your child's questions accurately. If you don't know an answer, don't guess. Be honest and tell your child you will research the answer or you risk losing their confidence.
- 4. Use current events** such as television shows and news reports, as conversation starters. Share a news story or local incident with your child – a kid being arrested for bullying or for sexting– to start a conversation. Ask your child how they would feel if they were arrested because of bullying or sexting. How would this affect their future? You may want to discuss the risks and possible catastrophic consequences from poor decisions made while using Internet use and or alcohol.
- 5. Give your child words to use** with their friends if they themselves in a difficult situation online. It will be easier for your child to respond if they have a few planned phrases and a strategy for leaving and reporting the situation.

Child Identity Theft

Tips to protect your family

- Keep your child's social security card, birth certificate, and other sensitive documents in a safe place, such as a safe deposit box or a locked, secured area.
- Annually request a credit report on your child, no matter their age. Each of the three major credit reporting agencies will provide one free credit report per year.
 - If your child is a minor, there should be NO credit history
 - If you run a credit report and your child has an established credit history, they are most likely the victim of identity theft. If this is the case, see below for steps to take.
- Shred all documents before disposing of them, including paid bills and credit card offers. Identity thieves are experts in piecing together small bits of information to steal your identity.
 - If your child begins receiving credit card or other offers that would normally be addressed to an adult, their social security number may be compromised. If this is the case, read below for actionable steps.
- Only as a last resort should you give your child's social security number as proof of identity. Most government agencies will accept a birth certificate as proof of identity.
- Check with your child's school administration to better understand what procedures they have in place to protect your child's social security number.
- Identity thieves will also use spyware and malware to obtain sensitive information. Install and update a reliable antivirus and spyware service.
- Teach your family to create strong passwords for computer logins and social media accounts. All passwords should be different and easy to remember. Below is a formula to create a simple and strong password.

Example:

"2012minus2010=2" to create new password for different use simply add the name of the service the password will be utilized for
"2012minus2010=2Facebook"

- Lock your family's credit reports. This can be done by calling the major credit reporting agencies. It is free to lock an individual's credit and \$25 to unlock their credit when they are ready to responsibly obtain credit or a loan.
- This will block anyone from accessing your family's credit without your permission.
- The three major credit reporting agencies are:
 1. Equifax: 800-525-6285
 2. Experian: 800-397-3742
 3. TransUnion: 800-680-7289

If your child's identity is compromised

1. Contact the Social Security Administration Fraud Hotline 800 269-0271
2. After placing report with the Social Security Administration, contact the Federal Trade Administration at 877-FTC-HELP, 877-ID-THEFT or at www.consumer.gov
3. Contact all commercial issuers of credit that are in question, ask for their fraud department and make an official report.
4. Contact your local Police and ask that they take a report of the crime.
5. Record everything you do to repair your child's credit. Make sure to include dates, names, and business or agency you contacted. Include a brief summary of your conversations.

Talking about “Sexting” & “Bullying”

“Sexting”

1. Talk with your kids about sexting. Make sure they:

- Never take an image of themselves they would not want everyone to see. Others may forward it on!
- Never take or forward a sexual image of someone underage. They can be arrested for child pornography, go to jail, and have to register as a sex offender. This includes pictures of themselves.
- If they receive a nude picture, they have two options under Arizona state law. They can immediately delete the picture without showing it or forwarding it on. They can also take the necessary steps to report the image to a responsible adult.

2. Monitor your child’s use of text messaging, camera functions, and instant messaging apps.

3. Research laws in your state about youth sexting. Many states have laws outlining charges and punishments for sexting. Share the information you find with your teen.

Cyberbullying

Can:

- **Be more intense** – Bullies feel as though they can hide behind a screen and therefore do and say things they might not dare to say or do in person.
- **Increase the audience size** – With the click of a mouse or the “send” button, a single message can be sent to thousands or even millions of people
- **Seem inescapable** – Because the victim is accessible at home through their phone and Internet, they lose the sense that they have a place to escape the harassment. The harassment will also often continue at school, becoming 24/7 torment.
- **Escape detection by parents** - Cyberbullying often takes place on apps or social networks that parents aren't familiar with. While physical wounds are visible, emotional and mental ones can remain hidden.

WHAT YOU CAN DO

1. Listen carefully to your child. Be sympathetic and calm.

It can be difficult or embarrassing for kids to open up about being bullied.

2. Provide constant encouragement, and say “I believe you.”

It's important that your child understands you believe him or her and know what's happening is not their fault.

3. Keep records.

Make hard copies of any harassing messages, email or texts. Keep screen captures. You will use this proof if you ever need to confront the bully, their parents ,or bring the case to law enforcement.

4. Understand the Law.

Arizona has specific anti-bullying laws designed to protect the victim and hold the bully and passive school administrations accountable (www.azleg.gov/legtext/50leg/1r/bills/hb2415h.pdf - Item #37, pp. 5-6)

5. Get the schools' cooperation in getting the bullying at school to stop.

6. Get PROFESSIONAL HELP if you think your child needs it.

Guide to Social Networking Privacy Settings

1. Make profiles private

- All social networking sites have privacy settings allowing users to control what information is shared with whom. Your family policy might differ slightly, but some good general guidelines are:
 - Make sure posted pictures and videos, tagged pictures, wall posts and comments, interests and hobbies are set to “Friends Only,” meaning only approved friends can view.
 - DO NOT post contact information like e-mail address, phone number or address. If you must post, have it set to “private” or viewable by “only me.”

2. Become “friends” with your kids so you can see what your child is posting

- Be aware that kids can have multiple social media accounts with or without your knowledge.

3. Block people that leave hurtful or harassing messages on his or her page

- Sites and apps allow blocking other members that are either bullying or sending inappropriate messages. Look through privacy settings to find this option

4. Talk to your kids about what they post

- Once something is posted on the Internet, there is a potentially permanent record of it. Remember the Golden Rule: Don’t post anything you wouldn’t want your parents, teachers or future employers to see.

Frequently Asked Questions

1. My child has received an e-mail advertising for a pornographic website, what should I do?

- Generally, advertising for an adult pornographic website that is sent to an e-mail address does not violate federal law or the current laws of most states. In some states it may be a violation of law if the sender knows the recipient is under age of 18. Such advertising can be reported to your service provider and if known, the service provider of the originator. It can also be reported to your state and federal legislators, so they can be made aware of the extent of the problem.

2. Is any online service safer than another?

- Sex offenders have contacted children via most of the major online services and the internet. The most important factors, in keeping your child safe online, are the utilization of: appropriate blocking software and/or parental controls, honest discussions with your child, monitoring his/her online activity, and creating/following the prevention plan in this packet.

3. Should I simply not allow my child to go online or have social media accounts?

- There is potential danger in every part of our society. It’s important to educate children on how to use technology safely and wisely. Kids will need to learn how to use new programs, apps, and sites to be successful students and future employees, but they need to understand the basic tools to use them safely. Instead of banning them from all apps or sites, ensure they are taking the precautions to be safe while using them. However, it is advisable to forbid the use of apps and sites that are not age appropriate.

4. What about trust?

- Many parents are concerned about violating the trust between themselves and their children when it comes to monitoring technology use. Think of monitoring technology as a report card. When your child tells you he/she got good grades this semester, you trust them but still verify by checking the report card. Likewise, you trust your child to make smart decisions online but you monitor to verify he/she is safe. Trust is earned over time through consistent responsibility and good decision making.

Parent Technology Agreement

- I understand the important role technology plays in the life of my child. I am, therefore, responsible for becoming familiar with all forms of technology my child uses and will ensure my child uses it in a safe and responsible manner.
- I will get to know the services, websites, social networks, and apps my child uses.
- I will set and explain reasonable rules and expectations for technology use, including how much time per day they can use technology.
- I understand that off-line activities are vitally important to the development of my child and will, therefore, encourage my child to participate in different activities.
- I will listen and not overreact if my child tells me about something disturbing that was sent to them or that they found online.
- If my child uses technology in a way I do not approve of, I will calmly explain rules for technology use, the plan for moving forward, and the consequences for the inappropriate behavior. I understand that simply taking away technology will not solve the problem.
- I will spend time each month getting to know my child's friends on social media. This includes, but is not limited to, going through my child's friends list (with them present) and asking who each individual is and how they met them.
- I will do my best to ensure technology stays in open family areas and not in my child's bedroom.
- I will talk to my child about what is permissible on social networks and apps, what is allowed on their individual profiles, who they can talk to, what appropriate language looks like, etc.
- I will learn what options exist for parental controls, filtering, and monitoring software, and make a decision that best meets my family's needs.
- If my child continues to break rules concerning technology after we have discussed and agreed upon them, I will take away their technology until their behavior changes or until a time I deem necessary.

Other: _____

Other: _____

I, _____ agree to the above.

Parent's Signature



Date

Child Technology Agreement

- I will give my parents all of my current user names and passwords to all technology, social media, and applications but will never share them with anyone else. If my user names, passwords, or both change, I will make sure my parents always have the most up-to-date information.
- I will not share my family's, my parents', or my personal information with anyone online. Personal information includes but is not limited to: name, address, phone number, age, name of school, or name of or location of work. Furthermore, I will not include this information in my social media profiles.
- I will have open conversations with my parents about the people I meet through technology.
- I will not accept or answer friend requests, text messages, instant messages, e-mails, or phone calls from people I do not know. If I ever receive a message, picture, video, or any other form of communication that I am uncomfortable with, I will immediately tell my parents.
- I will not call, write to, or meet in person anyone I meet online without my parents' permission and only if they accompany me. Nor will I do what people online ask me to do, without the expressed permission and involvement of my parents.
- I will not send out mean, threatening, or inappropriate messages, pictures, or videos, even if I believe they will not be seen by anyone else.
- I understand that I am allowed to be Online for _____ hours a day and that all technology must be turned off at _____ pm and cannot be turned back on or used again until _____ am. This is not up for negotiation.
- I will help my parents learn about technology, social media, apps, where I go online, and what I do with my technology.
- I understand my parents have the right to monitor my technology use and online activity.
- I will talk to my parents/legal guardians about our family rules concerning technology, including who I can communicate with, what the technology can be used for, and what sites and applications I can visit or use.
- I understand that if I break this contract or any other technology rules my parents set in place, they can take away my technology and institute other consequences until my behavior changes or until a time they deem appropriate.

Other: _____

Other: _____

I, _____ agree to the above.

Child's Signature

Date

Take Action

notMYkid Family Prevention Strategies

Be Consistent:

- Create and follow consistent rules for Internet use
 - Sites they can or can not visit and apps they can or can not use
 - Who they can have as friends
 - Who they can talk to and what technology they can use (i.e. webcams, messaging apps, etc.)
 - How much time can be spent using technology
 - Where they can use the computer or technology
- Model behaviors that you want to see in your child
- Encourage your kids to engage in positive activities such as: exercise, athletics, faith, and constructive hobbies

Communicate:

- Create opportunities for two-way conversations about the internet, apps, and social media
- Share real life examples of inappropriate behavior Online and its consequences
- Listen more than you speak
- Role play difficult situations and give your children ways to remove themselves from the situations
- Teach your children strategies to handle stress in a positive manner. The Internet is not an outlet for stress.
- Communicate openly and regularly. This is not a one time conversation.

Educate Yourself:

- Identify and stay current on online trends, and dangerous websites and apps
- Be able to recognize the signs and symptoms of sexual misconduct and bullying
- Learn terminology, slang, and emojis used online and via text

Be Honest:

- Answer your child's questions about the Internet with honesty and at an age-appropriate level
- Use local news as well as friend and family events as opportunities to discuss choices and consequences

Deter:

- Block access to dangerous websites
- Create a family atmosphere where kids feel comfortable, but not a place to act out online
 - "Friend" your children on their social media accounts, and monitor computer activity to ensure they do not have secret accounts
- Set all social media settings to private

Monitor:

- Place all computers in a public area such as the living room or family room
 - Limit amount of time that is spent online
 - Know your kid's friends' siblings and families. Be aware if there are older children at home.
- Be aware of internet use and what kids are posting and sharing online
- Document and report any online solicitations, cyber-bullying, and suspicious activity
- Discuss your family values with your child's friends' parents

Educate Your Community:

- Educate friends and family members about the dangers of unsupervised Internet and cell phone use
- Elicit the support of your friends, house of worship, Boys and Girls Club, and community to help support and uphold family values
- Encourage members of your community to create an Internet safety plan

Verify:

- Utilize computer, phone, and tablet monitoring software to prevent, and if need be, intervene in a child's destructive behavior
- Make sure that your child adheres to curfew, grades and other household rules / boundaries

Your Family Prevention Plan

Add any additional strategies that will work for your family. Agree, share, and post your prevention plan for all to see.

Be Consistent:

Communicate:

Educate Yourself:

Be Honest:

Deter:

Monitor:

Educate Your Community:

Verify:
