NOVA
Network of Victim Assistance

24-Hour Victim Support Hotline
1-800-675-6900
Visit our website
www.novabucks.org

CyberSmart
A Guide for Parents and Guardians

Promoting Digital Responsibility, Respect, and Safety
Working together for safer communities and promoting respectful relationships.

Your best online protection is you!

Help your child use technology in a healthy way. Support and develop skills and habits for your child to become a successful digital citizen.

Parenting guidelines for electronic devices.

❶ **AIM FOR BALANCE**

→**There's no single recipe for success, but you'll know it when you see it. Watch for warning signs:**

- Complaining they are bored when they do not have access to technology.
- Harsh resistance to timed screen timed limits.
- Screen time interferes with sleep, school, and face-to-face communication.

→**Be prepared to visit this topic with your child again and again.**

→**Evaluate the quality of your child's digital interactions.**

- Age-appropriate content?
- Are the apps thought-provoking and interactive rather than passive?
- Are privacy settings set to restrict what strangers can see and who can contact your child?

→**Set screen time limits to balance online and offline activities.**

❷ **BE A ROLE MODEL**

❸ **MAKE TECH A FAMILY AFFAIR**

→**Set family rules.**

→**Be involved in your child's tech experiences.**

→**Tailor you approach to each child.**

New York Times/Smarter Living/Melanie Panola

www.nytimes.com/guides/smarterliving/family-technolgy

Questions to ask before sending a message.

➲ How private is the message I am sending? Am I willing to have others read this message or forward it without my permission?

➲ Am I sending or saying anything that could be considered rude, insulting, or controversial?

➲ Do I have permission to forward someone else's messages, photos, or share their personal information?

Online Resources

www.commonsensemedia.org

www.healthychildren.org/English/media/Pages/default.aspx

www.netsmartz.org

www.ikeepsafe.org

www.wiredsafety.org

www.cyberwise.org

www.safety.google/families

www.onguardonline.gov

www.netlingo.com/emailsh.cfm

www.joanganzcooneycenter.org

www.ryanpatrickhalligan.org/resources/resources.htm

THE 5 STAGES OF INTERNET GROOMING

FRIENDSHIP: Flattering a person into talking in a private chatroom where they will be isolated.

FORMING A RELATIONSHIP: Asking what problems they have to create the illusion of being their friend.

RISK/ASSESSMENT: Who else has access to their computer/device, location in order to access the risk of being detected.

EXCLUSIVITY: Building a sense of mutual love/trust, suggesting they can discuss anything.

SEX TALK: Engaging in explicit conversation requesting sexually explicit pictures/ trying to arrange a meeting.

University of Central Lancashire

Promoting responsibility and respect when using electronic devices

A Guide for Students

For Parents and Guardians

If you are cyberbullied: STOP BLOCK TELL

1. STOP! Take time to calm down.

2. Do not respond to any cyberbullying message.

3. Block that person from contacting you.

4. Do not erase the messages.

   Save and print screenshots, emails, and text messages.

5. Tell a trusted adult about the bullying.

   Keep telling until the adult takes action.

   If necessary, use the evidence to report to web and cell phone service providers.

Don't encourage cyberbullies! If someone you encounter online insults you, <u>do not reply</u>. If you refuse to respond there is a good chance they will stop. If a cyberbully harasses you through email or instant messaging, you can also use built-in features to prevent further contact.

If you are not being cyberbullied but you know about the cyberbullying….

Be an UPSTANDER!

This is what you can do!

→ Refuse to pass along messages.

→ Tell friends to stop.

→ Block communication with the cyberbully.

→ Report to a trusted adult.

Some newer apps for 2019.

All of these are free .

It is important to learn what your child may be using.

TikTok (from the creators of Musical.ly) All content that was hosted on Musical.ly is now on TikTok. So if your child had a Musicial.ly account, they will be able to access their content on TikTok. The user has the ability to watch musical clips, create and share 60 second videos with friends, family or the entire world. (Currently in 34 languages with 150 million world users.) When you download the app you can immediately see what others have posted but not able to post until you set-up an account.

www.internetmatters.org

BIGO LIVE—<u>Live Stream</u> (mature content)

HOLLA—Live Random <u>Video Chat</u> (all about connecting with strangers)

LIKE—Magic Music Video Editor (like TikTok allows strangers to interact)

Lipsi—<u>Anonymous</u> "feedba*ck"* app (users can post link on their Instagram profiles so comments appear on their Instagram feeds)

Tellonym—<u>Anonymous</u> messaging app (bullying, ugly comments)

www.commonsensemedia.org

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