



Digital Dangers

Parent Resource Packet

Netiquette and Disinhibition

<http://www.netsmartz.org/Parents>

<http://www.safekids.com/>

Parents Guides – <http://www.connectsafely.org/guides-2/>

The Online Disinhibition Effect (Article) – <http://truecenterpublishing.com/psycyber/disinhibit.html>

Why do people hate other online? (Video) – http://wn.com/online_disinhibition_effect

Anti-Bullying: Cyberbullies and the “Online Disinhibition Effect” – <http://momitforward.com/cyberbullies-online>

[Embrace Civility in the Digital Age](http://www.embracecivility.org/) – <http://www.embracecivility.org/> – Excellent advice from former lawyer and educator Nancy Willard. Ranges from basic tips for kids and parents to law review articles and professional advice for educators.

Cyber-bullying & Harassment

[American Psychological Association](http://www.apa.org/topics/bullying/) – <http://www.apa.org/topics/bullying/> – Advice on how parents, teachers and kids can take action to prevent bullying. Also suggestions on how to respond and a section on cyberbullying.

[ConnectSafely’s Tips to Help Stop Cyberbullying](http://www.connectsafely.org/tips-to-help-stop-cyberbullying/) – <http://www.connectsafely.org/tips-to-help-stop-cyberbullying/>

[Committee for Children](http://www.violencepreventionworks.org/public/index.page) – <http://www.violencepreventionworks.org/public/index.page> – Lots of great resources to promote empathy adding up to what they call a “comprehensive bullying prevention program.”

[CyberBullyHelp](http://www.cyberbullyhelp.com/) – <http://www.cyberbullyhelp.com/> – Resources from leading cyberbullying experts Robin Kowalski, Susan Limber and Patti Agatson. Lots of great resources for parents, teachers and kids.

[Cyberbullying Research Center](http://cyberbullying.org/) – <http://cyberbullying.org/> – The U.S.’s leading research center on causes, solutions and statistics on cyberbullying.

[It Gets Better Project](http://www.itgetsbetter.org/) – <http://www.itgetsbetter.org/> – Inspiring advice for lesbian, gay, bisexual and transgender (LGBT) youth, helping them understand that “it gets better” and to inspire the changes needed to make it better.

[Massachusetts Aggression Reduction Center](http://marccenter.webs.com/) – <http://marccenter.webs.com/> – Lots of excellent resources including free [downloadable parent guides](#) from Dr. Elizabeth Englander.

[National Bullying Prevent Center](http://www.pacer.org/bullying/) – <http://www.pacer.org/bullying/> – The Center “unites, engages and educates communities nationwide to address bullying through creative, relevant and interactive resources.” Offers videos, stories advice and access to additional resources. Check out their [Bullying Info and Facts](#) page.

[Tracy Ludwig](http://www.trudyludwig.com/index.html): <http://www.trudyludwig.com/index.html> – Tracy has written several excellent childrens’ books including *My Secret Bully*, *Trouble Talk*, *Too Perfect* and *Confessions of a Former Bully*. Great resources for kids and families.

[Olweus Bullying Prevention Program](http://www.violencepreventionworks.org/public/index.page) – <http://www.violencepreventionworks.org/public/index.page> – One of the oldest and most respected set of resources for schools to help prevent bullying and violence against youth.

[StopBullying.gov](http://www.stopbullying.gov/prevention/talking-about-it/index.html) – <http://www.stopbullying.gov/prevention/talking-about-it/index.html> – A well curated list of resources from the government on bullying and cyberbullying. It not only defines bullying but has resources on how to prevent bullying, how to respond to it and how to “be more than a bystander.” Be sure to see their resources on [how to respond to bullying](#).

Harmful Content Exposure

[A guide to teaching about sexually explicit content online: The basics](#)

by Erika Owen & L. Kris Gowen, PhD, EdM

<http://www.connectsafely.org/wp-content/uploads/Sexually-explicit-content-.pdf>

[Ryan Klingensmith](http://ryanleeklingensmith.com/) – <http://ryanleeklingensmith.com/> – Speaker, author, consultant, counselor, educator who raises awareness of latest trends and dangers of social media and online use.

Sexting Article - <http://www.safekids.com/2015/09/21/north-carolina-teens-charged-under-child-porn-laws-what-you-need-to-know-about-teen-sexting/>

Digital Predators

[Crimes Against Children Research Center](http://www.unh.edu/ccrc/index.html) – <http://www.unh.edu/ccrc/index.html> – According to the CCRC, its mission is “to combat crimes against children by providing high-quality research and statistics to the public, policy makers, law enforcement personnel, and other child welfare practitioners.” Based at the University of New Hampshire, the CCRC “is concerned with research about the nature of crimes including child abduction, homicide, rape, assault, and physical and sexual abuse as well as their impact.”

[Enough is Enough](http://www.enough.org/) – <http://www.enough.org/> – a non-profit organization dedicated to protecting kids from pornography as well as sexual predators. They tend to take a bit more of rules-based approach than we do, but we respect their commitment to and passion for keeping kids safe and admire their CEO Donna Rice Hughes.

FBI article about Child Predators –

https://www.fbi.gov/news/stories/2011/may/predators_051711/predators_051711

The Dangers Of Social Media (Child Predator Social Experiment) Girl Edition! Coby Persin (Video) –

<https://www.youtube.com/watch?v=6jMhMVEjEQg>

The Dangers Of Social Media (Child Predator Experiment) Boy Edition! Coby Persin (Video) –

<https://www.youtube.com/watch?v=c4sHoDW8QU4>

Digital Obsession & Addiction

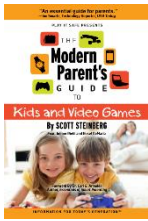
The Center for Internet and Technology Addiction

<http://virtual-addiction.com/>

The Center for Internet Addiction

<http://netaddiction.com/>





Gaming Resources for Parents

The Modern Parent's Guide to Kids and Video Games
<http://www.parentsguidebooks.com/>

Readily available via the Internet, all of the below sites provide the info you need to make informed video game purchases, keep abreast of breaking news and trends, or determine which titles are appropriate for your children.

FamilyFriendlyVideogames.com:

<http://www.familyfriendlyvideogames.com/>

This site reviews games and apps, highlighting games that are fun for families and kids of various ages. The site places special emphasis on games that are fun for families to play together, and offers an easy search function allowing families to find games by platform, gameplay style and age appropriateness.

Get Game Smart: <http://www.getgamesmart.com>

Get Game Smart educates parents on how to setup parental controls, set time limits for healthy playing, and offers tips on how to help kids deal with cyber-bullying. The Microsoft-owned resource also instructs kids on how to report sites with inappropriate content.

GamerDad: Gaming With Children:

<http://www.gamerdad.com/blog/>

GamerDad's website is in blog format and offers a warm personal touch, helping parents who love games share their pastime with their kids, as well as providing hints and tips for healthier gaming habits.

Common Sense Media:

<https://www.commonsensemedia.org/>

Common Sense Media helps parents choose games that are suitable for children by offering detailed game outlines and recommendations. The site also reviews movies, apps, television shows, books, and music.

Parents' Choice: <http://www.parents-choice.org/>

Parents' Choice reviews media that's appropriate for children, and aims to educate parents about the benefits of video games.

Children's Technology Review:

<http://childrenstech.com/>

CTR keeps parents up-to-date with what's going on in the world of kid-oriented media. The site includes information on activities like "AppCamp," a summer program that teaches children how to develop their own games and apps.

EduTaining Kids: <http://www.edutainingkids.com/>

EduTaining Kids features extensive lists and articles that outline the best games and systems for families. It also reviews games that are appropriate for teenagers.

GamerPops.com: <http://www.gamerpops.com/>

Written from the perspective of a couple of dads who are gamers, GamerPops looks at games through the eyes of parents who are themselves huge video game fans.

Family Friendly Gaming:

<http://familyfriendlygaming.com/>

Meant for Christian families, Family Friendly Gaming aims to help parents select titles that are morally appropriate for their children. This site presents readers with a monthly online magazine, and places a heavy emphasis on the Christian aspects of games.

The Media Awareness Network (MediaSmarts):

<http://mediasmarts.ca/>

This website (based in Canada) educates parents on the benefits of sharing game time with their kids.

Plugged In: <http://www.pluggedin.com/>

Plugged In reviews games, movies, and television shows and makes special note of whether or not said entertainment choices are appropriate for kids, teens, and/or adults.

For Information on Parental Controls:

Microsoft Xbox 360 Family Settings

<http://www.xbox.com/en-US/Live/Family>

Nintendo Wii Parental Controls

http://www.nintendo.com/consumer/systems/wii/en_na/settingsParentalControls.jsp

Sony PlayStation Knowledge Center

<http://www.us.playstation.com/support>

Microsoft Windows Family Settings

<http://windows.microsoft.com/en-US/windows-vista/Protecting-your-kids-with-Family->

Safety

Parental Controls and Online Child Protection: A Survey of Tools and Methods

<http://www.pff.org/parentalcontrols>

Guide to Online Safety Technology

<http://www.GetParentalControls.org>

For Online Kids Safety:

OnGuard Online (FTC) - <http://www.onguardonline.gov/>

Web Wise Kids - <http://www.webwisekids.org/>

ConnectSafely - <http://www.connectsafely.org/>

Get Net Wise - <http://www.getnetwise.org/>

WiredSafety - <http://www.wiredsafety.org/>

SafetyClicks (AOL) - http://www.safetyclicks.com/?icid=sc_esrb

SafeKids - <http://www.safekids.com/>

The Online Mom - <http://www.theonlinemom.com/>

Ten Apps Parents Ought To Know

by Megan Maas

1. TINDER

An app that is used for hooking up and dating. Users can rate profiles and find potential hookups via GPS location tracking. 450 million profiles are rated every day. The good news is that this app pulls information from users' Facebook profiles, so it is more authenticated than other apps.

The Risks: It is easy for adults and minors to find one another. Also, due to the rating system, Tinder is often used for cyber-bullying; a group of kids can target another kid and purposefully make his/her rating go down.

2. SNAPCHAT

This app allows a user to send photos and videos to anyone on his/her friend list. The sender can determine how long the receiver can view the image and then the image "deconstructs" after the allotted time.

The Risks: Snapchat is the No. 1 app used for sexting, mostly because people think it is the safer way to sext. However, the "snaps" can easily be recovered and the receiver can take a screen shot then share it with others. Also, a lot of images from Snapchat get posted to revenge porn sites, called "snap porn."

3. BLENDR

A flirting app used to meet new people through GPS location services. Users can send messages, photos, and videos and rate the hotness of other users.

The Risks: There are no authentication requirements, so sexual predators can contact minors on Blendr and minors can meet up with adults. And again, there is the risk of sexting.

4. KIK MESSENGER

An instant messaging app with over 100 million users, Kik Messenger allows users to exchange videos, pics and sketches. Users can also send YouTube videos, and create memes and digital gifs.

The Risks: Using the app for sexting and sending nude selfies through the app is common among youth. The term "sext buddy" is being replaced with "Kik buddy." Kids may use Reddit and other forum sites to place classified ads for sex by giving out their Kik usernames. Also, Kik does not offer any parental controls and there is no way of authenticating users, making it easy for sexual predators to use the app to interact with minors.

5. WHISPER

Whisper is an anonymous confession app that allows users to superimpose text over a picture in order to share their thoughts and feelings anonymously. Although posts are anonymous, the app displays the area you are posting from. You can also search for users posting within a mile from you.

The Risks: Due to the anonymity, kids are posting pics of other kids with derogatory text superimposed on the image. Also, users do not have to register to use Whisper and can use the app to communicate with other users nearby through GPS. A quick look at the app shows that online relationships are forming through the use of this app, but without users knowing the person behind the computer or phone. Sexual predators may use the app to locate kids and establish a relationship. One man in Seattle, Washington, was charged with raping a 12-year-old girl he met on this app in 2013.

6. ASK.FM

Ask.fm is one of the most popular social networking sites that is used almost exclusively by

kids. It is a Q and A site that allows users to ask other users questions while remaining anonymous.

The Risks: Kids will often ask repeated derogatory questions that target one person. Due to the anonymity of the badgering, it creates a virtually consequence-free form of cyber-bullying. Ask.fm has been associated with nine documented cases of suicide in the U.S. and the U.K.

7. YIK YAK

An app that allows users to post text-only “Yaks” of up to 200 characters. The messages can be viewed by the 500 Yackers who are closest to the person who wrote the Yak, as determined by GPS tracking.

The Risks: Users are exposed to and contributing sexually explicit content, derogatory language and personal attacks. Although the posts are anonymous, kids often start revealing personal information as they get more comfortable with other users.

8. POOF

This app allows users to make other apps “disappear” on their phone. Kids can hide any app they don’t want you to see by opening the app and selecting other apps.

The Risks: It’s obvious, right? Luckily, you can no longer purchase this app. But if it was downloaded before it became unavailable, your child may still have it. Keep in mind that these types of apps are created and then terminated quickly, but similar ones are continuously being created. Others to look for: Hidden Apps, App Lock and Hide It Pro.

9. OMEGLE

This app is primarily used for video chatting. With Omegle users do not identify themselves through the service. Instead, chat participants are only identified as “You” and “Stranger.” However, users can connect Omegle to their Facebook accounts to

find chat partners with similar interests. When choosing this feature, an Omegle Facebook App receives the user’s Facebook “likes” and try to match the user with a stranger with similar likes.

The Risks: Sexual predators use this app to find kids to collect personal information from in order to track them down more easily in person.

10. DOWN

This app, which used to be called Bang with Friends, is connected to Facebook. Users can categorize their Facebook friends in one of two ways: They can indicate whether or not a friend is someone they’d like to hang with or someone they are “down” to hook up with.

The Risks: Although identifying someone you are willing to hook up with doesn’t mean you will actually hook up with them, it creates a hook up norm within a peer group. Depending on your sexual values, this might be something you don’t want for your child. Also, because of the classification system, a lot of kids will feel left out or unwanted, which can lead to anxiety and distress.

<http://www.meganmaas.com/blog/10-apps-every-parent-needs-to-know-about>



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Family Media Agreement:

K-5 / 6-8 / 9-12



Family Media Agreement: K-5

I will...

stay safe.

- ✓ I will not give out any private information, such as my full name, date of birth, address, or phone number, without my family's permission.
- ✓ I will keep my passwords private and only share them with my family.
- ✓ I will tell a trusted adult if anyone online makes me feel uncomfortable, sad, or unsafe. I will recognize that my safety is more important to my family than anything else.

✓

✓

think first.

- ✓ I will communicate kindly when I use the Internet or my cell phone. I will not tease, embarrass, or bully others.
- ✓ I know that the Internet is public, and I will respect myself and others when I'm using it.
- ✓ I will not pretend that I created something that's not actually my own work.

✓

✓

stay balanced.

- ✓ I know that not everything I read, hear, or see online is true.
- ✓ I will respect my family's decisions for what I'm allowed to watch, play with, or listen to, and when.
- ✓ I will continue to enjoy the other activities – and people – in my life.

✓

✓

In exchange, my family agrees to...

- ✓ recognize that media is a big part of my life, even if they don't always understand why.
- ✓ talk with me about what worries them and why, before saying "no."
- ✓ talk to me about my interests and help me find stuff that's appropriate and fun.

X

signed by me

X

signed by my parent or caregiver

Family Media Agreement: 6-8

I will...

stay safe.

I will not create accounts or give out any private information – such as my full name, date of birth, address, phone number, or photos – without my family's permission.

I will not share my passwords with anyone other than my family. I will ask my family to help me with privacy settings if I want to set up devices, accounts, or profiles.

If anyone makes me feel pressured or uncomfortable, or acts inappropriately toward me online, I'll stop talking to that person and will tell a friend or family member I trust about it.

think first.

I will not bully, humiliate, or upset anyone online or with my phone – whether through sharing photos, videos, or screenshots, spreading rumors or gossip, or setting up fake profiles – and I will stand up to those who do.

I know that whatever I share online or with my cell phone can spread fast and far. I will not post anything online that could harm my reputation.

Whenever I use, reference, or share someone else's creative work online, I will give proper credit to the author or artist.

stay balanced.

I know that not everything I read, hear, or see online is true. I will consider whether a source or author is credible.

I will help my family set media time limits that make sense, and then I will follow them.

I will be mindful of how much time I spend in front of screens, and I will continue to enjoy the other activities – and people – in my life.

In exchange, my family agrees to...

recognize that media is a big part of my life, even if they don't always understand why.

talk with me about what worries them and why, before saying "no."

talk to me about my interests and embrace my world, including helping me find media that's appropriate and fun.

X

signed by me

X

signed by my parent or caregiver

Family Media Agreement: 9-12

I will...

stay safe.

I know that there are scams online that I can avoid. Therefore, unless I am filling out a trusted form with my family's permission, I will not give out my private or financial information.

I will read the privacy policies of any social network sites or apps that I want to use, and I will pay attention to the types of information these companies can collect about me.

I know that I have a choice in the kinds of relationships I have online. I will stop talking to anyone who makes me feel pressured or uncomfortable, or acts inappropriately toward me.

think first.

I will model kind behavior online. I will not bully, humiliate, or upset anyone online or with my phone – whether through sharing photos, videos, or screenshots, spreading rumors or gossip, or setting up fake profiles – and I will stand up to those who do.

I know that the photos and videos I post, and everything that I write about myself and others online, can be saved and shared without my knowing. Therefore, I will not post anything online that I wouldn't want my family, teachers, college admissions officers, or future employers to see.

When I use, reference, or share someone else's creative work online, I will give proper credit to the author or artist. I also know that I have a right to receive credit for any original work that I share online.

stay balanced.

I know that not everything I read, hear, or see online is true. I will consider whether a source is credible. As an author, I will also contribute information thoughtfully and honestly.

I will be open with my family about how I spend my time with media and show them that I use it responsibly.

I will be mindful of how much time I spend in front of screens, and I will continue to enjoy the other activities – and people – in my life.

In exchange, my family agrees to...

recognize that media is a big part of my life, even if they don't always understand why.

talk with me about what worries them and why, before saying "no."

talk to me about my interests and embrace my world, including helping me find media that's appropriate and fun.

let me make some mistakes and help me learn from them.

respect my privacy and talk to me if they have concerns.

X

signed by me

X

signed by my parent or caregiver

