

# ONLINE AND SOCIAL MEDIA SAFETY TIPS FOR PARENTS AND KIDS

## Talk to your child about the importance of their actions online

- ∞ Pictures **NEVER** go away once they are online
- ∞ Things you do and say online can have legal implications
- ∞ Things you do to, or post about others online can cost you money, time, your school and freedom
- ∞ **NEVER EVER** meet somebody in person who you met online – you never know who they actually are or who will be with them
- ∞ **NEVER** solicit nude or 'sexy' images
- ∞ **NEVER** send images of yourself that include duck face, kissy face, finger sucking or biting, or any body shot that shows your shape or a lot of skin
- ∞ Report inappropriate posts, photos, bullying or solicitation to parents or school officials right away

## Cooperate with school officials and law enforcement investigating. Getting evidence from the device is the BEST way to get to the bottom of an issue

- ∞ Typically, we can get evidence or information from a phone and give it back promptly
- ∞ We don't look for evidence of other crimes – only the issue we are investigating

## Set rules for all computer use

- ∞ No computers in bedrooms (keep them in common areas accessible to you at all times)
- ∞ Do not allow your children to set a password that you do not have
- ∞ Set parental controls and a password for downloading applications
- ∞ **NO PHONES IN THE BATHROOM – EVER (this is where most nudes are taken)**
- ∞ Take the phone when your child goes to bed, and return to them in the morning (let them know you may inspect it at any time)
- ∞ Check your child's phone often
- ∞ Do not allow them to download games or applications before you research them
- ∞ Most games have a chat feature which allows users to talk to one another
- ∞ Do not allow your child to have social media accounts that you are not on
- ∞ Inspect social media accounts for friends and inappropriate posts
- ∞ Search online for your child's user names and email accounts
- ∞ Remember – online gaming almost ALWAYS allows people from around the world access to your child



Before you...



# THINK!

- T** = Is it True?
- H** = Is it Helpful?
- I** = Is it Inspiring?
- N** = Is it Necessary?
- K** = Is it Kind?

# Internet and Social Media Resources

<u>Service Description</u>	<u>Number/Webpage</u>
∞ <u>Child Find Hotline</u> (parents reporting lost children)	800-1-AM-LOST (800-426-5678)
∞ <u>Child Find of America – A hotline for victims (and their children) trying to escape domestic violence</u>	800-A-WAY-OUT (800-292-9688)
∞ <u>Child Help USA</u> (for victims, offenders and parents)	800-4-A-CHILD (800-422-4453)
∞ <u>Covenant House Hotline</u> (for problem teens and runaways)	800-999-9999
∞ <u>CyberTipline (to report online victimization of children)</u>	<a href="http://www.cybertipline.com">www.cybertipline.com</a>
∞ <u>National Children’s Alliance</u>	<a href="http://www.nationalchildrensalliance.org">www.nationalchildrensalliance.org</a>
∞ <u>National Center for Missing and Exploited Children</u>	800-843-5678
∞ <u>National Domestic Violence Hotline</u>	800-799-SAFE (800-799-7233)
∞ <u>National Resource Center on Domestic Violence</u>	800-537-2238, 800-553-2508 (TTY)
∞ <u>National Runaway Switchboard</u>	800-621-4000
∞ <u>National Youth Crisis Home (a referral hotline for youth in crisis)</u>	800-HIT-HOME (800-448-4663)
∞ <u>Operation Lookout, National center for Missing Youth (for missing child emergencies and sightings)</u>	800-782-SEEK (800-782-7335)
∞ <u>The National Coalition Against Domestic Violence</u>	303-839-1852
∞ <u>Prevent Child Abuse</u>	312-663-3520
∞ <u>National Council on Child Abuse and Family Violence</u>	<a href="http://www.nccafv.org">www.nccafv.org</a>
∞ <u>Teenline</u>	TEXT TEEN to 839863 <a href="https://teenlineonline.org">https://teenlineonline.org</a>
∞ <u>Suicide Prevention Line (24/7)</u>	<a href="http://www.didihirsch.org/spc">http://www.didihirsch.org/spc</a> 877-727-4747 -OR- 800-784-2433
∞ <u>California Youth Crisis Line (24 hr)</u>	800-843-5200
∞ <u>Trevor Line</u> (crisis line for LGBT youth)	800-850-8078
∞ <u>Stay Safe Online – Resources for Parents</u>	<a href="https://staysafeonline.org">https://staysafeonline.org</a>
∞ <u>Parent Guide to Internet Safety</u>	<a href="http://www.ncpc.org/topics/internet-safety">http://www.ncpc.org/topics/internet-safety</a>

☺ *Most social media sites and applications have a ‘Frequently Asked Questions’ or Parent information section*



# Family cell phone, computer, electronic devices and internet safety rules and usage contract



*Before you get started read these 3 statements out loud and initial them.*

- \_\_\_\_\_ 1. I am being trusted to be a responsible young adult and act in manner that would make my family proud
- \_\_\_\_\_ 2. Nothing on the internet is private and will get passed around
- \_\_\_\_\_ 3. People online are often times NOT who they say they are
- \_\_\_\_\_ 4. People are not always truthful online

I understand that using the computer, cell phone, internet and/or other electronic devices is a privilege that I will NOT misuse AND is subject to the following rules:

- \_\_\_\_\_ I will allow my parents to set my privacy settings and parental control settings on all of my accounts and devices.
- \_\_\_\_\_ I will not bring my phone or device into the restroom or into my private bedroom at any time. I understand that my parents can inspect my phone or device at any time.
- \_\_\_\_\_ I will give my parents my passwords for all of my devices, user accounts and social media accounts.
- \_\_\_\_\_ I will ask my parents' permission before joining any group, social media site, or other online forum.
- \_\_\_\_\_ I will not send or take embarrassing photos of myself, my family, friends or others.
- \_\_\_\_\_ I will stop what I am doing and immediately get my parents or an adult, I trust, if someone asks to meet me in person. **(\*This is a very serious matter and is NOT to be taken lightly.)**
- \_\_\_\_\_ I will stop communicating with someone if the conversation gets uncomfortable, or if crude or inappropriate language is used.
- \_\_\_\_\_ I will NOT lie about my age online.
- \_\_\_\_\_ I will NOT click or remain on a page that says it is for people older than my current age (e.g. 'for 18 years old or older only'.)
- \_\_\_\_\_ I will NOT give my passwords to anyone other than my parents.
- \_\_\_\_\_ I will NOT post or share: my name, age, address, phone number, school, interests, or other personal information, without my parents' permission.
- \_\_\_\_\_ I will NOT post or share photos of me, family or friends without my parents' permission.
- \_\_\_\_\_ I will NOT post or share offensive or inappropriate images, language, video, or other content.
- \_\_\_\_\_ I will NOT allow my phone, tablet or other devices to interfere with sleep, school work, and face to face relationships.
- \_\_\_\_\_ I will NOT meet anyone in person who I have met online, even if they are friends of friends.
- \_\_\_\_\_ I will NOT engage in person to person, cell phone or any form of online bullying including leaving unkind comments on others' posts or photos.
- \_\_\_\_\_ I will let my parents know if I am a victim or witness of online bullying.
- \_\_\_\_\_ I will never upload or download pictures, games, music or videos without parental consent.

## Consequences

I understand that I risk the following consequences for violating any of the above:

- 1. My phone, internet, and non-school access to electronic devices will be eliminated until my parents say otherwise
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

I, \_\_\_\_\_, agree to the above conditions for using social media. I also understand that my parents are setting these conditions because they love me and want to keep me safe.

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Parent Signature: \_\_\_\_\_

Date: \_\_\_\_\_