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**SST 2017**

# The Internet, Social Media and Digital Parenting

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@samjingfors**



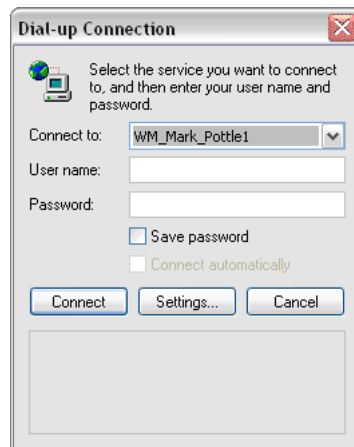


## Who are we?

1. An organization that delivers school safety related trainings across North America to school staff and police officers
2. Responsible for the ERASE Bullying Strategy in BC
3. Present to Students and Parents
4. Social Media Specialists



## The Year 2001



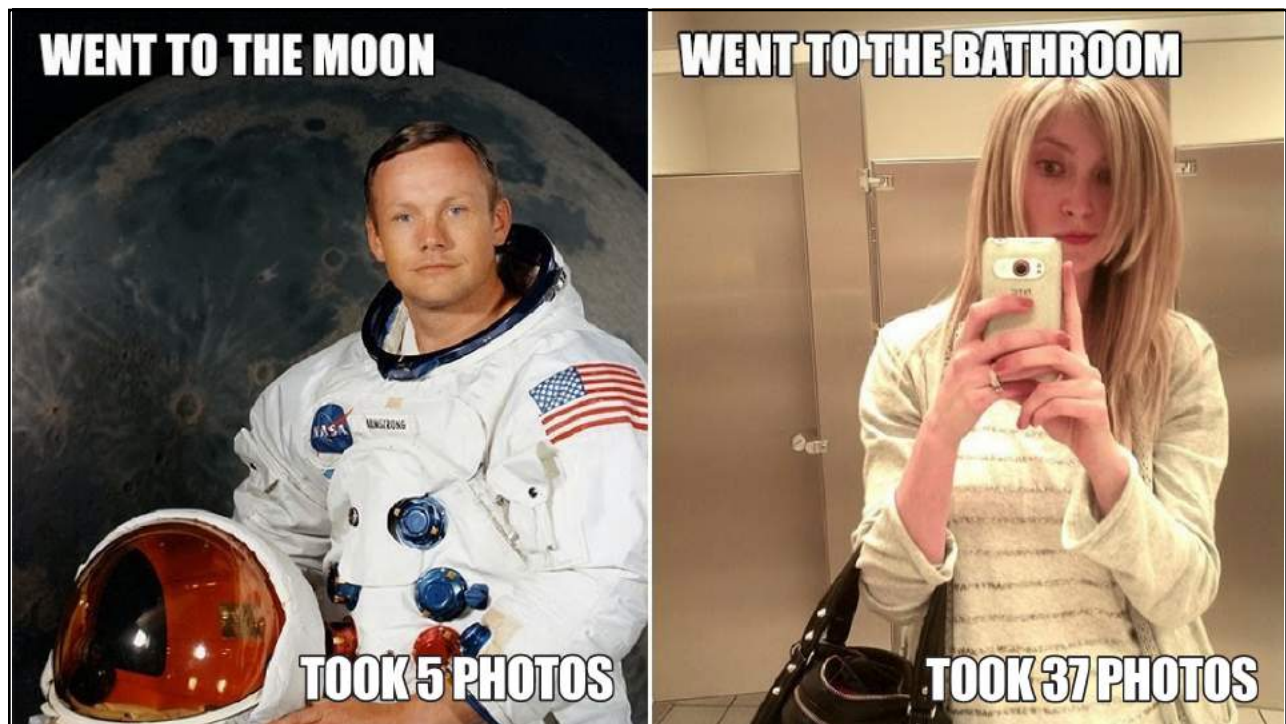
# Agenda

Part 1: Technology & Privacy

Part 2: Current Research

Part 3: Cyber Safety & Online Risks

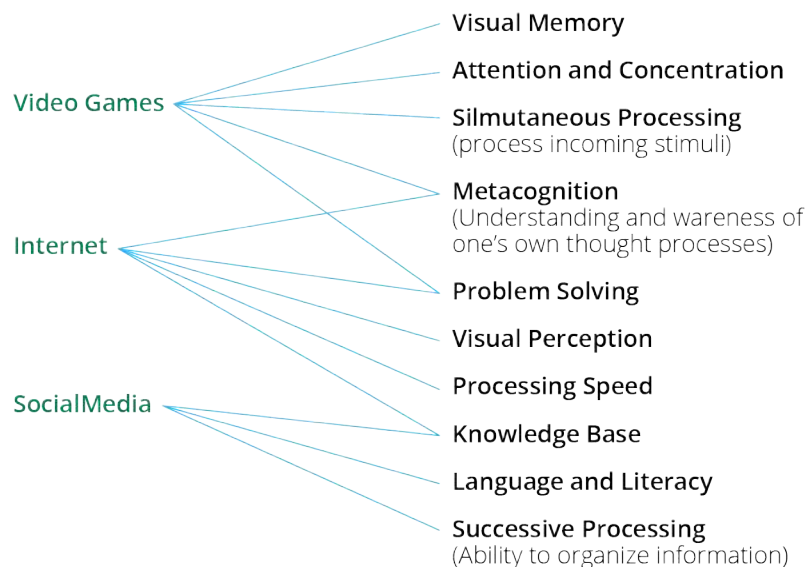
Part 4: Digital Parenting



## Benefits of Youth Media Use

- Connect with friends
- Broaden community
- Enhance creative thinking
- Foster sense of identity
- Supplement learning
- Increase access to information

## Cognitive Impact of Digital Technology

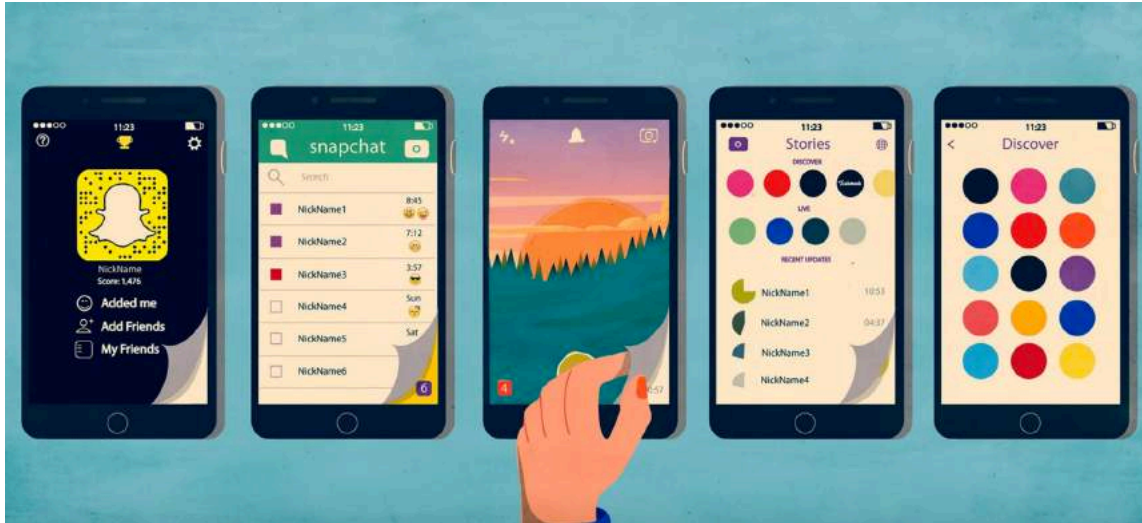


## Family Rules: Suggestions

- Family meeting
- Technology limits
- Parental controls / Restrictions
- Make technology a privilege not a right
- Risk-taking is fundamental to child development
- Educate yourself about Social Media, but manage the behaviour!



# Find Your Way Around



Delete photo and start again

Add to "My Story". Will now be viewable for 24 hours by all contacts

Save photo to camera roll or snapchat cloud

Write messages/text on the photo

Draw on photo

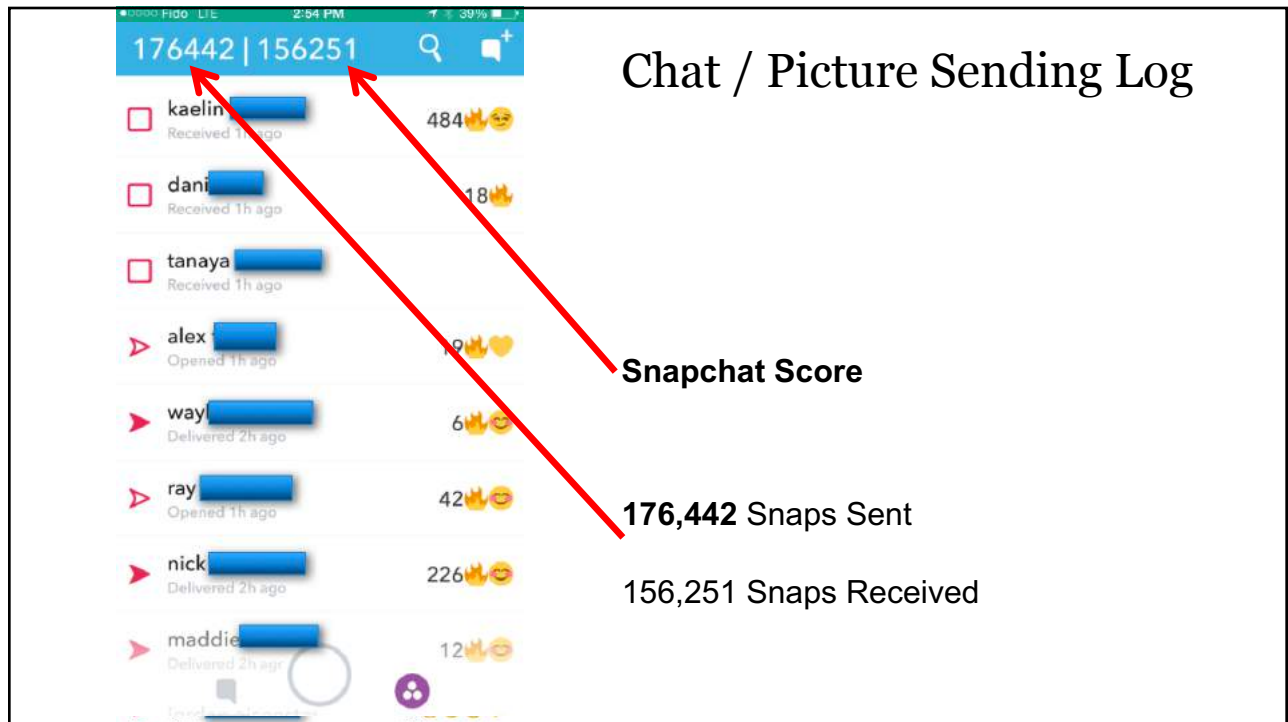
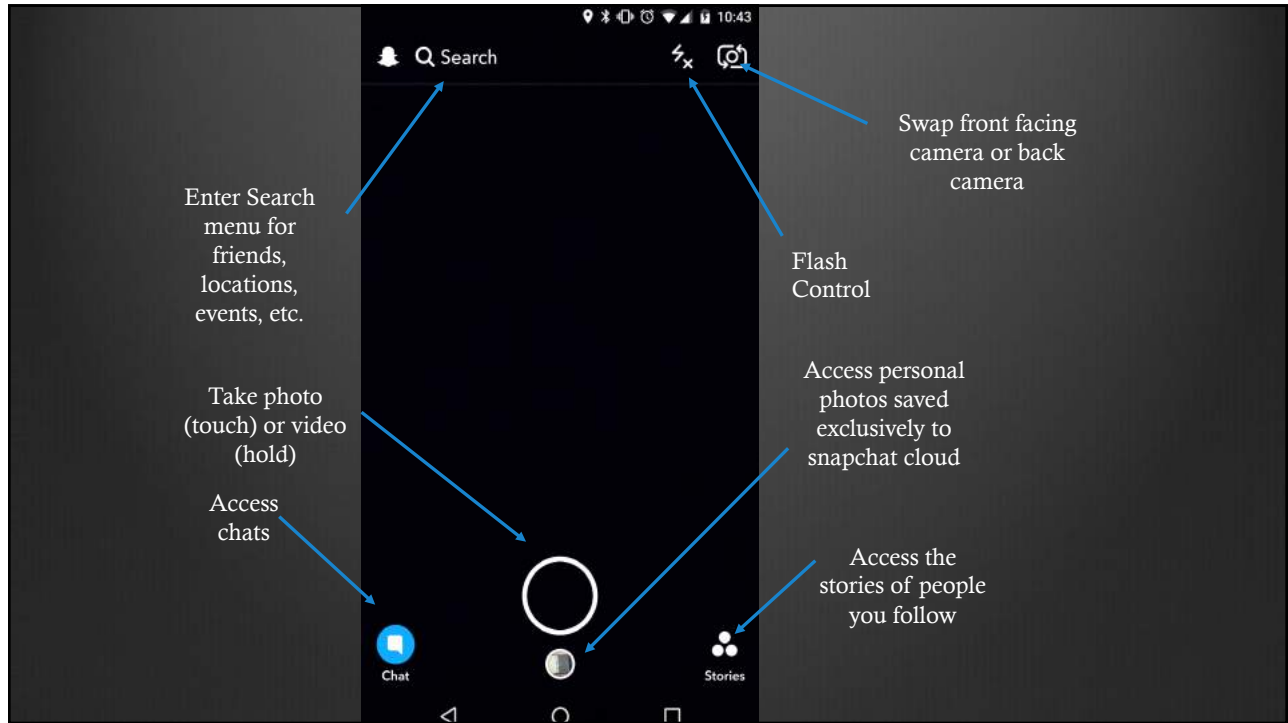
Add stickers/emojis

Create custom stickers

Attach Website to the snap

Select how many seconds the recipient can view the picture (1-10, or infinite)

Send photo or video to chosen contacts



- 👉 Gold Heart: You are Best Friends – You send the most Snaps to this Snapchatter, and they send the most Snaps to you too.
- ❤️ Red Heart: You have been each other's #1 Best Friend for at least 2 weeks.
- 💕 Pink Hearts: You have been each other's #1 Best Friend for at least 2 months.
- 😬 Grimace: You share a Best Friend – Your best friend is also this Snapchatter's best friend.
- 😊 Smile: One of your Best Friends – This is a Snapchatter you send a lot of Snaps to (but isn't your best friend).
- 🕶️ Sunglasses: You share a Close Friend – One of your best friends is also one of this Snapchatter's best friends.
- 😏 Smirk: You're their Best Friend, but they aren't your Best Friend – You're someone they send the most Snaps to, but they aren't someone you send Snaps to the most.
- 🔥 Fire: You're on a Snapstreak! – You and this Snapchatter have sent Snaps back and forth for this number of days. Note: If you don't communicate for 28 hours you will lose your Snapstreak!
- 👶 Baby: You just became friends!
- 👁️ Replay: One of your friend's Snaps was replayed by you or another Snapchatter within the last 24 hours!





CNET > Tech Culture > Teen on Snapchat crashed car at 107 mph, lawsuit claims

# Teen on Snapchat crashed car at 107 mph, lawsuit claims


Technically Incorrect: A teenage girl crashes a Mercedes while using a Snapchat filter that records speed. The victim, an Uber driver, is suing her and Snapchat over life-altering injuries.



Christal McGee was behind the wheel of her father's white Mercedes, 18 years old and on her way home from work on a Thursday night in September 2015, when she pulled out her phone and opened the app.

Snapshot has a filter that allows users to record their speed of travel, and she wanted

#### STORY TOOLS

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Font: [A](#) [A](#) [A](#) [A](#)

#### SPOTLIGHTS

- Follow The Province on social media: Facebook, Twitter, Google+, YouTube and more
- Download The Province app for iPhone, iPad, Android and more
- Send us your news tips, photos, videos, eyewitness accounts





## Don't blame Snapchat's Snap Map, it's up to parents to keep their children safe online



OPINION

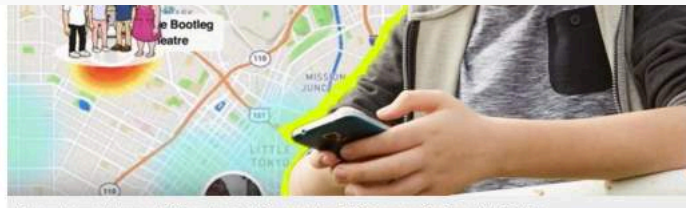
Catherine Phillips for Metro.co.uk Friday 7 Jul 2017 2:01 pm

## Snapchat acquires social map app Zenly for \$250M to \$350M

Posted Jun 21, 2017 by Josh Constine (@joshconstine)



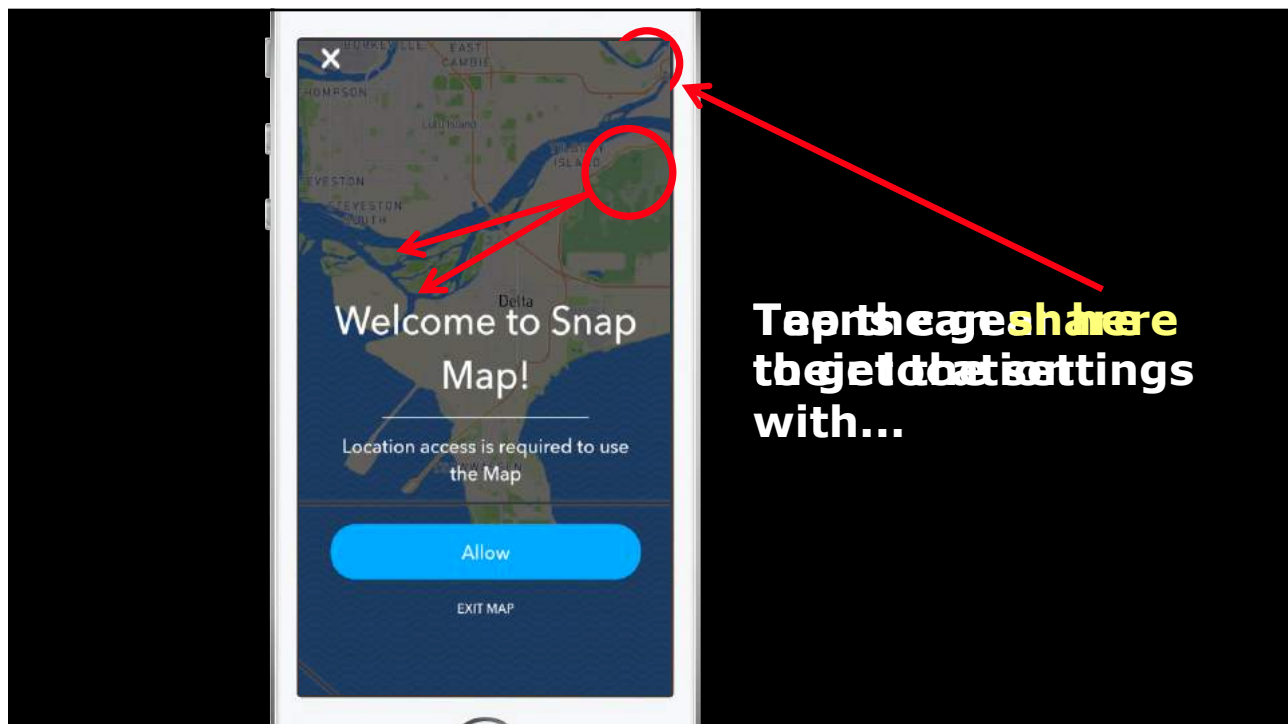
Next Story



Do you know what your child is up to on their smartphone? (Picture credit: Snapchat, Getty)



## How To Turn Off Snap Map





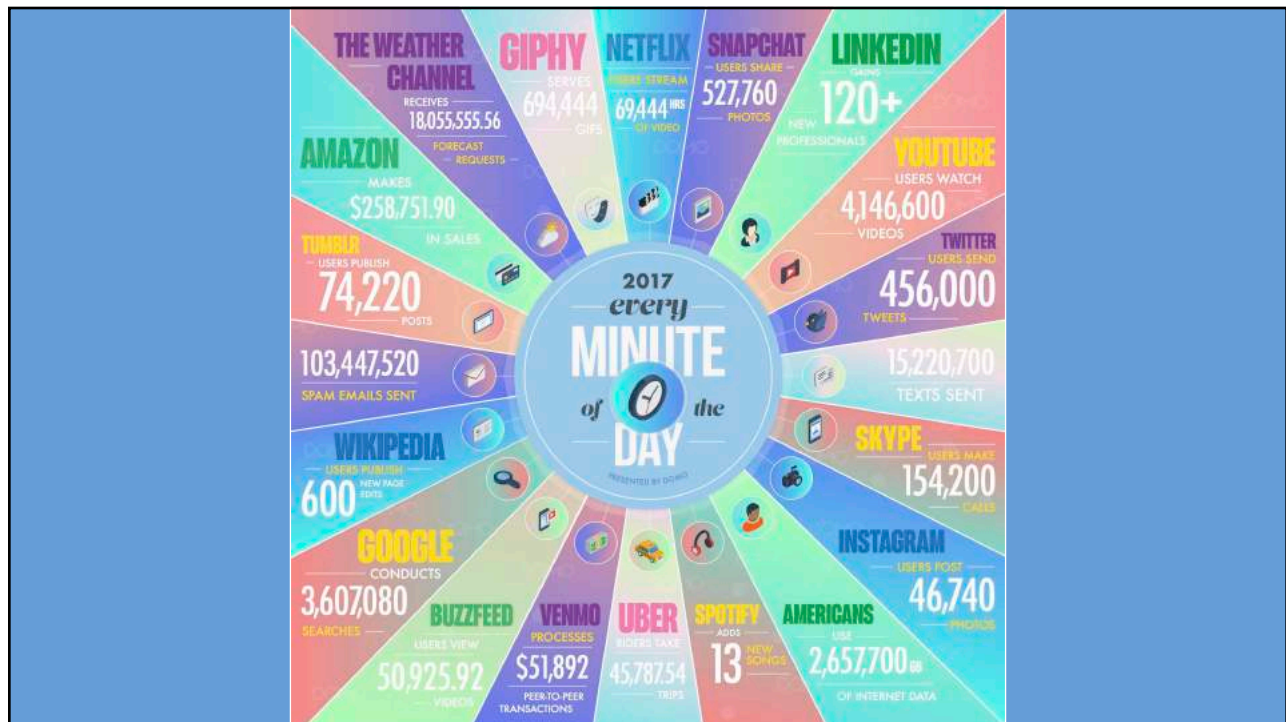
## Snapchat Privacy Policy

temporarily stored on the devices of recipients. Once all recipients have viewed a Snap, we automatically delete the Snap from our servers and the Snapchat mobile application is programmed to delete the Snap from the recipients' devices. **We cannot guarantee that deletion always occurs within a particular timeframe.** We also cannot prevent others from making copies of your Snaps (e.g., by taking a screenshot). If we are able to detect that the recipient has captured a screenshot of a Snap that you send, we will attempt to notify you. In addition, as for any other

## Snapchat admits it's possible to recover deleted photos

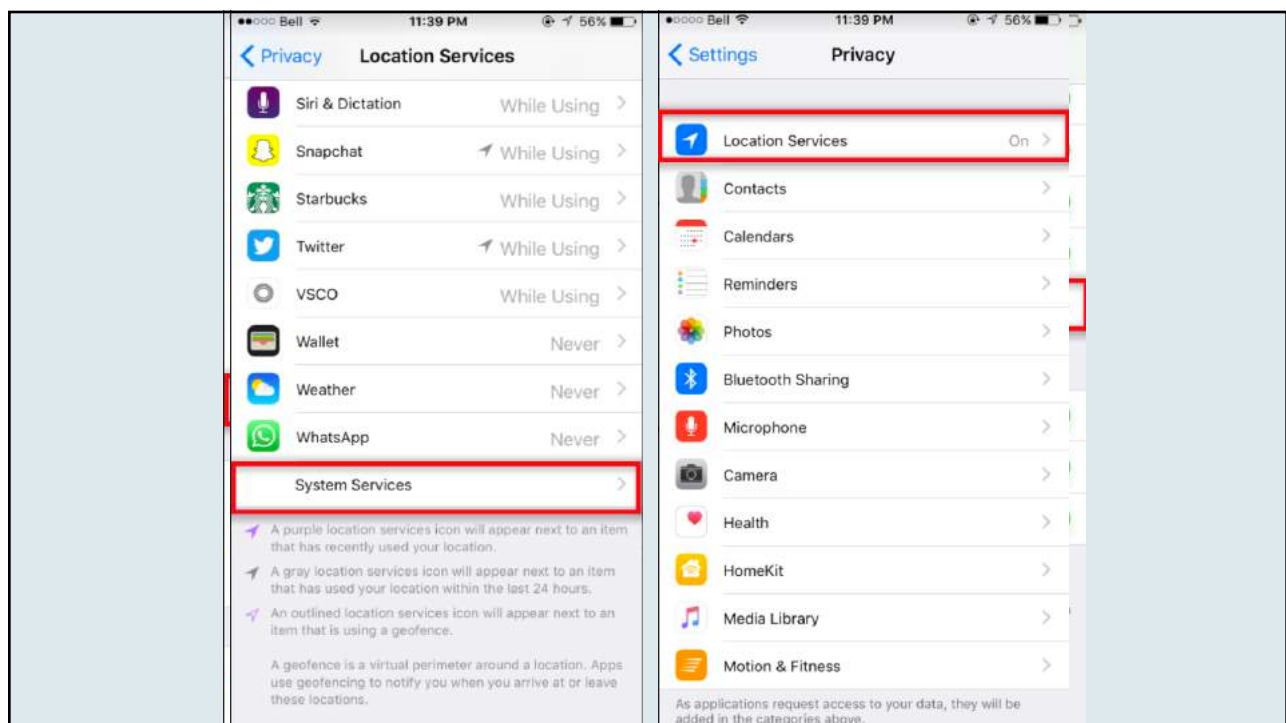
Photo-sharing app Snapchat admits it's "sometimes possible" to recover deleted photos -- including saucy snaps.

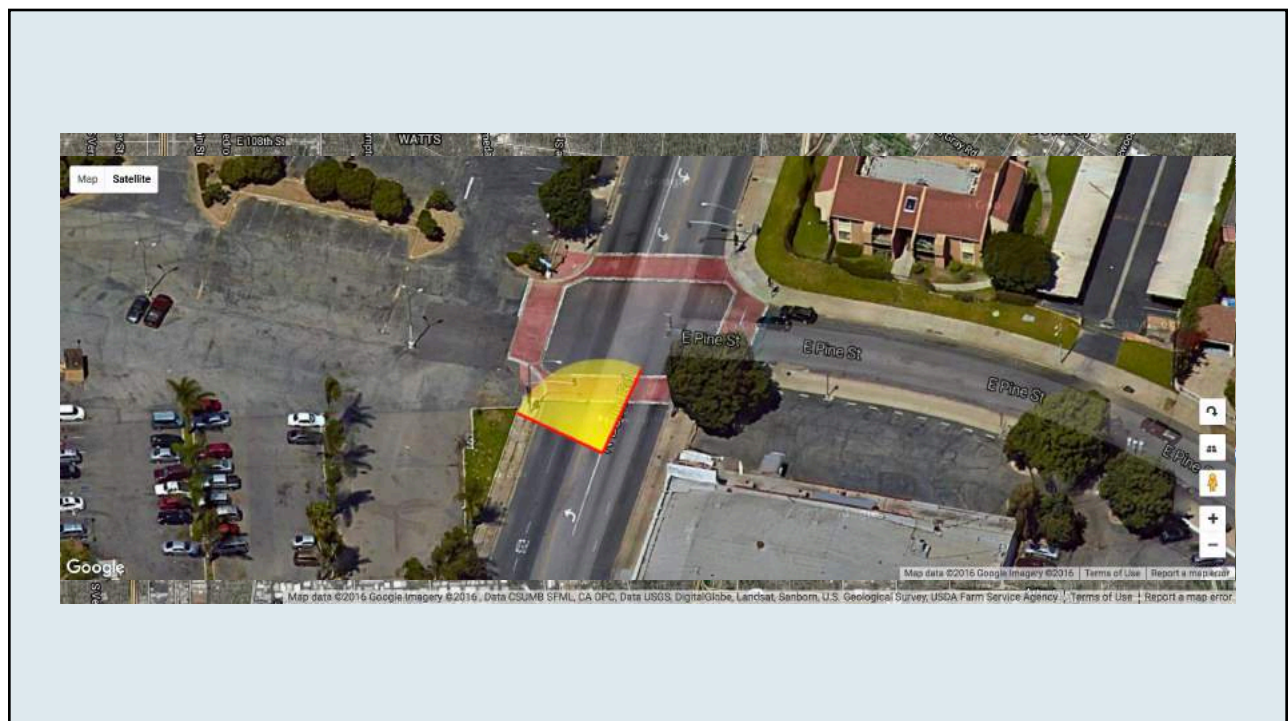
# Part 1: Technology and Privacy

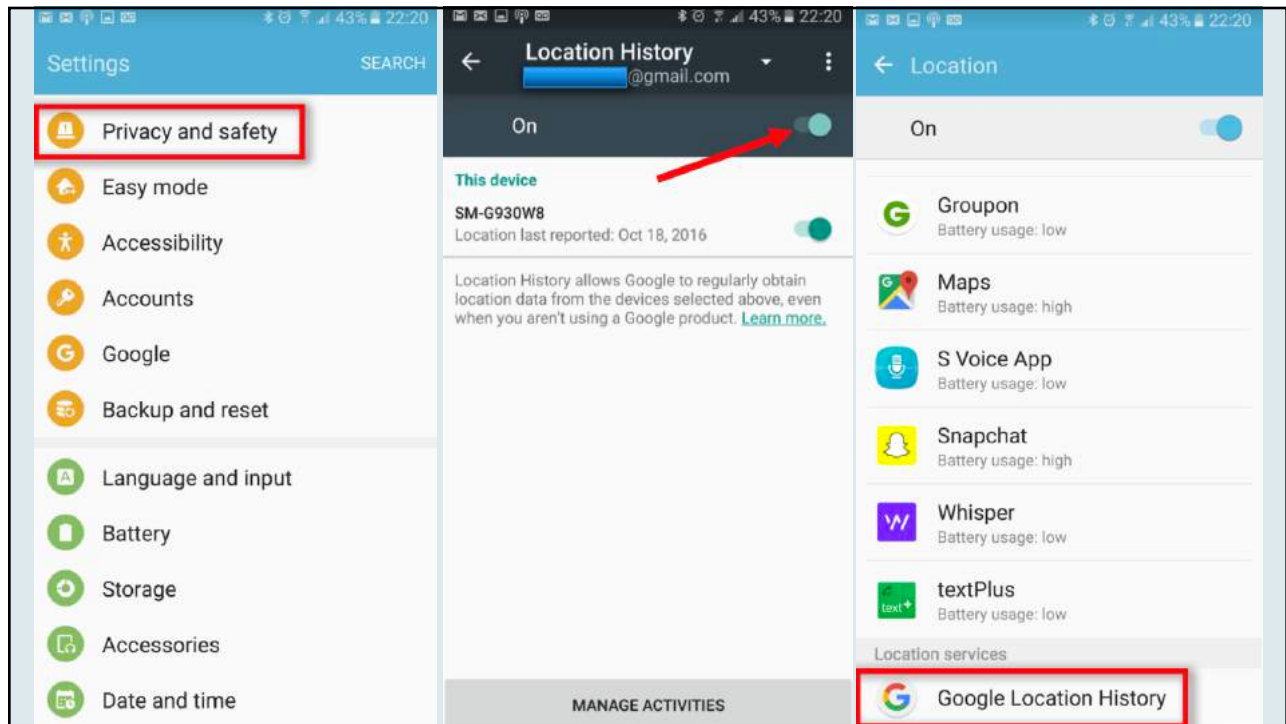
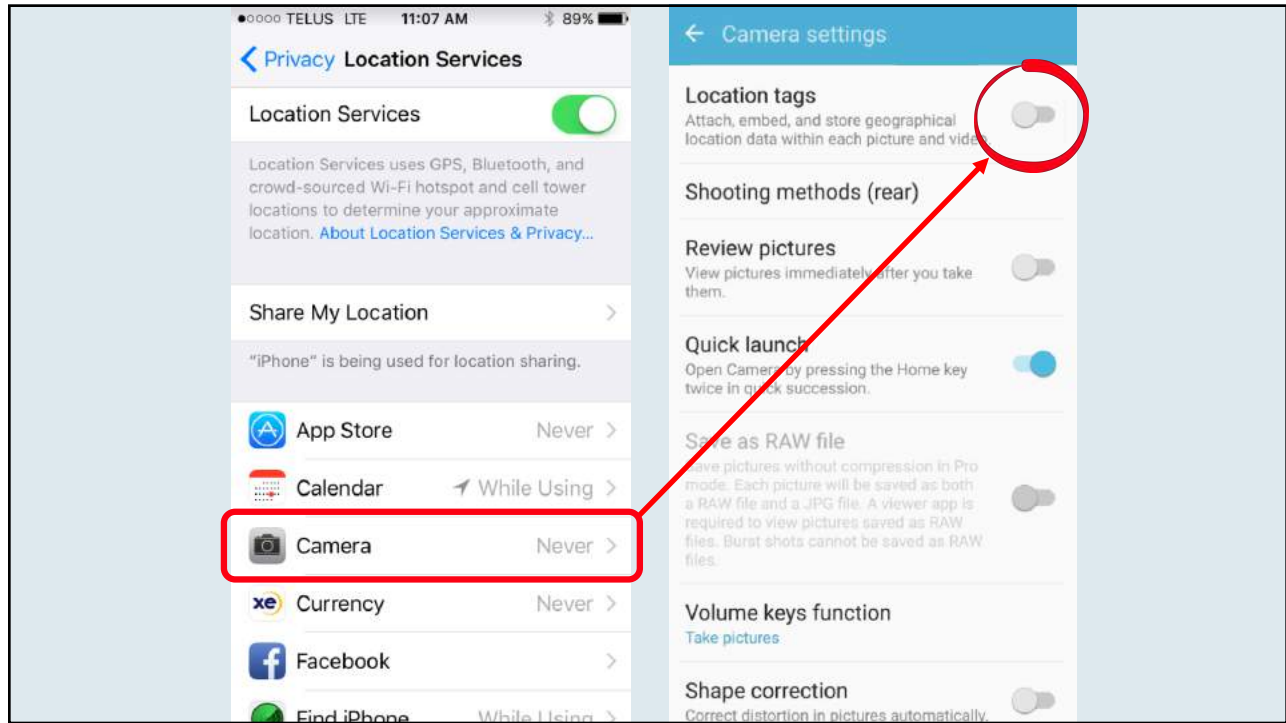




How much does your **SMART** phone know about you?

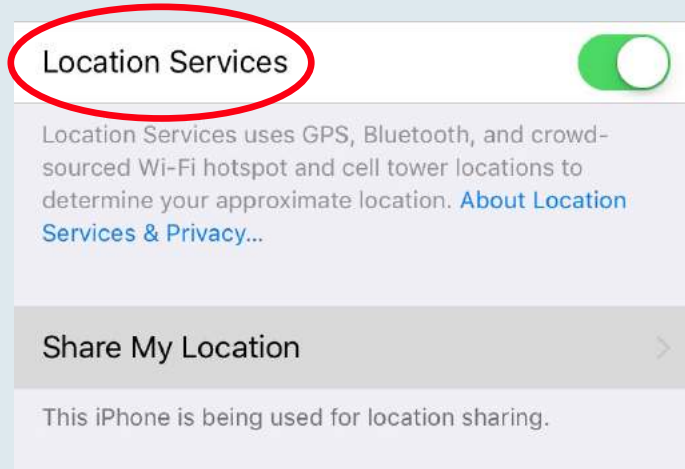






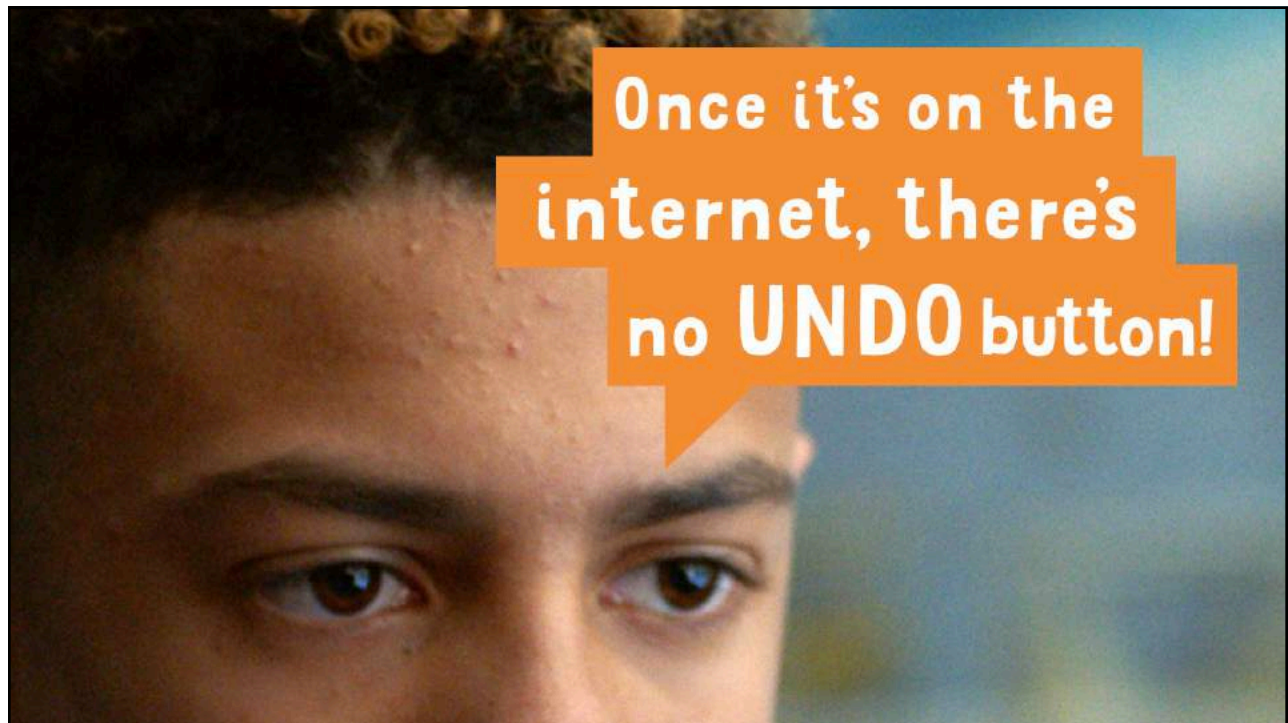


# Geo-location



# Personal Information





## Permanence



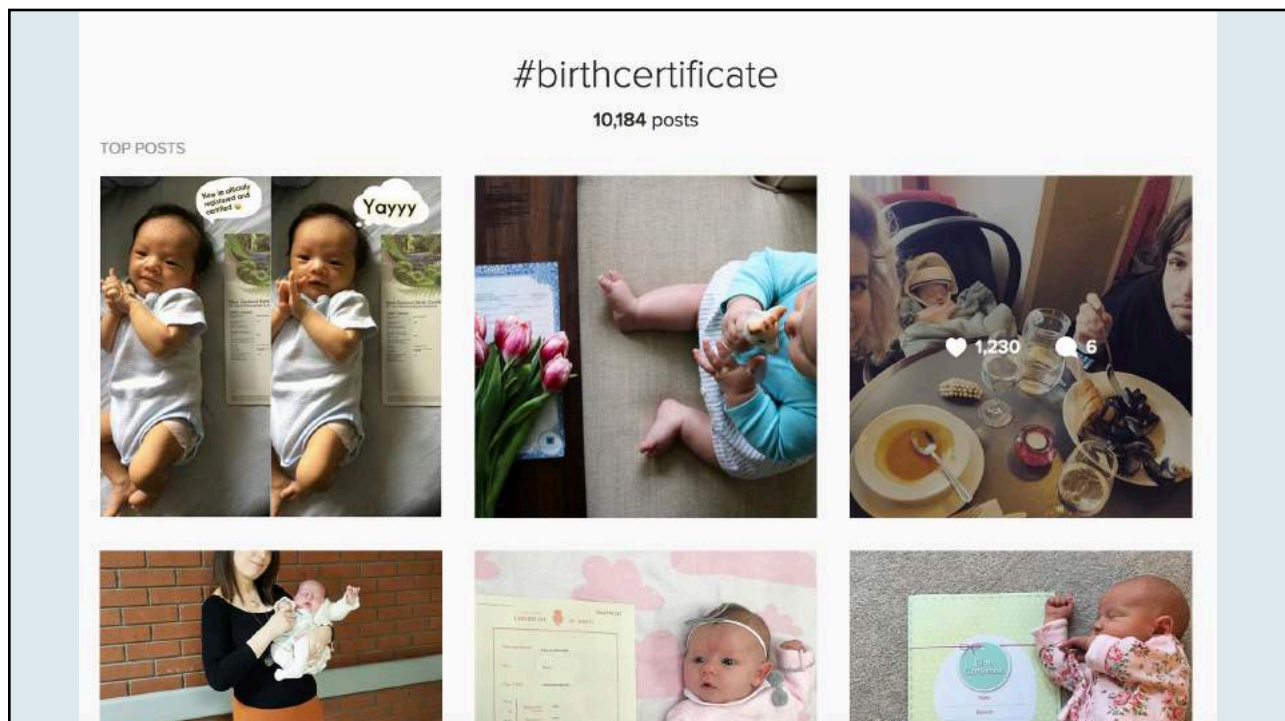
# Digital Footprint

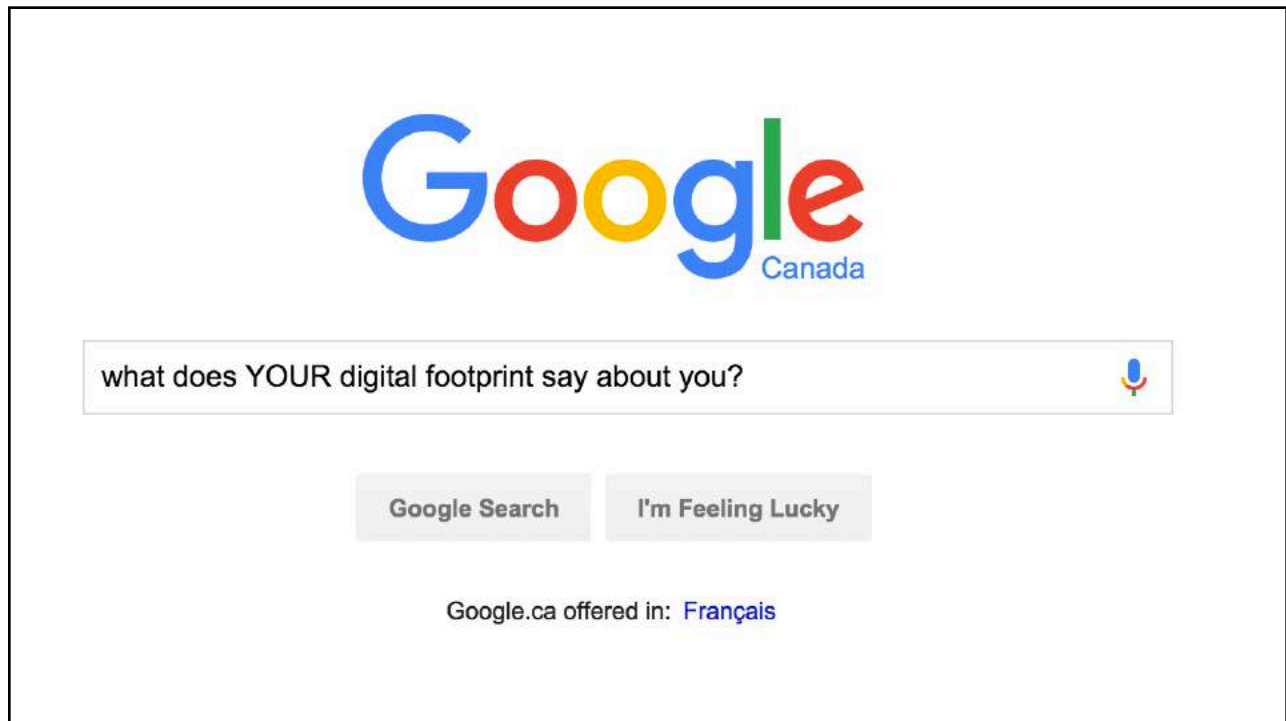


## Oversharing

### Woman's home burgled by Facebook 'friend' after she posted on her profile that she was going on vacation

- Michael Baston, 21, 'broke into a friend's house with 2 other men after she wrote on Facebook that she was on vacation with her family'
- He even texted the friend, Stacey Grant, to find out when she was home





## Background Check

- Google Alerts
- Brandon Smith
- 1155 Main Street, Burnaby
- 604-789-9976
- [brandonsmith99@gmail.com](mailto:brandonsmith99@gmail.com)
- "Brandon Smith" "Vancouver"
- Social Media Usernames



# Facebook Security



## Get Login Alerts

We can let you know if your account is logged into from a new device or browser.

[Turn On Alerts](#)



## Log Out of Unused Apps

You're logged into Facebook from 1 browser or app that you haven't used in over a month.

[Review Logins](#)



## Login Alert

**Hi Nicky,**

Your account was recently logged into from a new browser or device. Was this you?

New Login

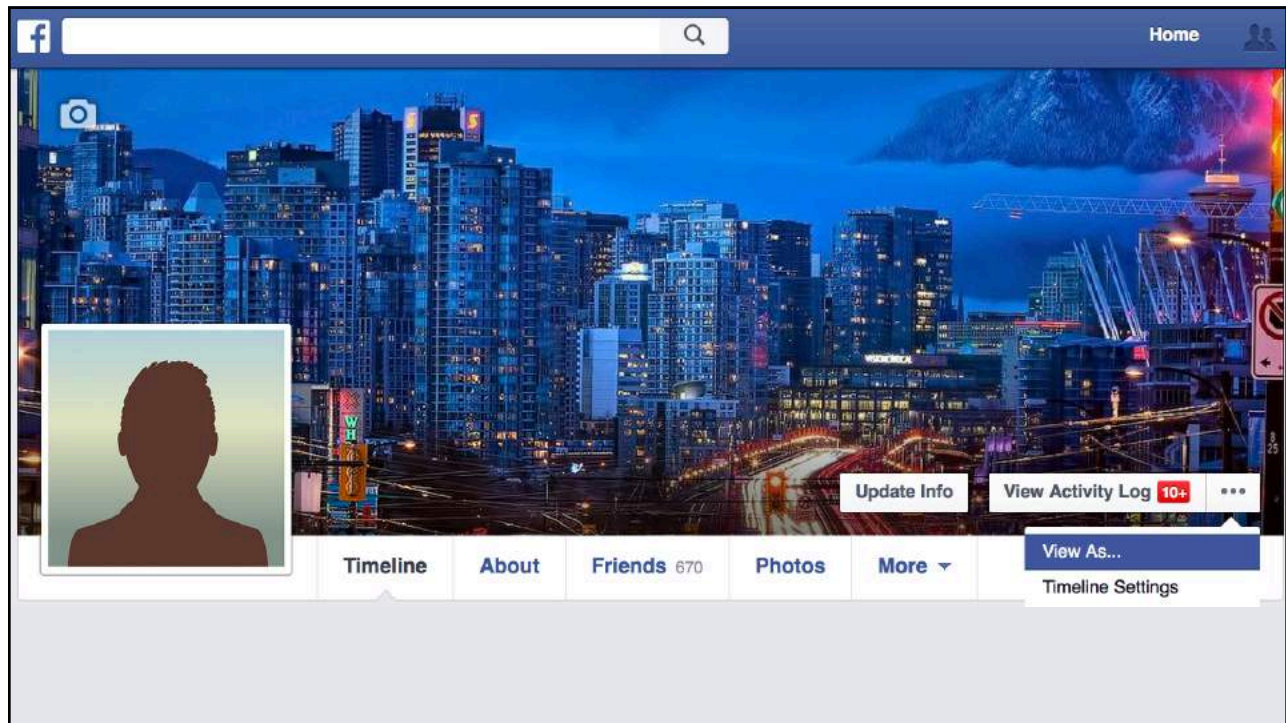
🕒 March 1, 2016 at 7:39pm

📍 Near White Rock, BC, Canada

🌐 Chrome on Mac OS X

[Review Login](#)

[Manage Alerts](#)



# Part 2: Research

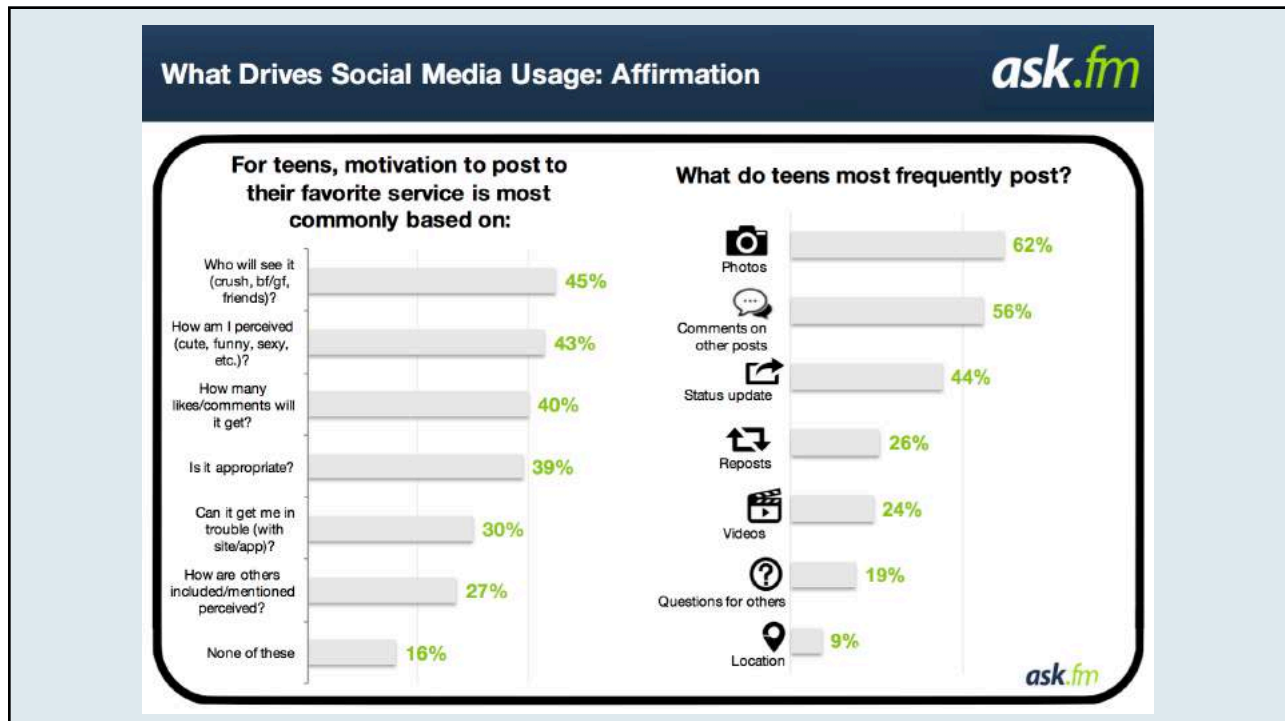
(Their Brain on Social Media)

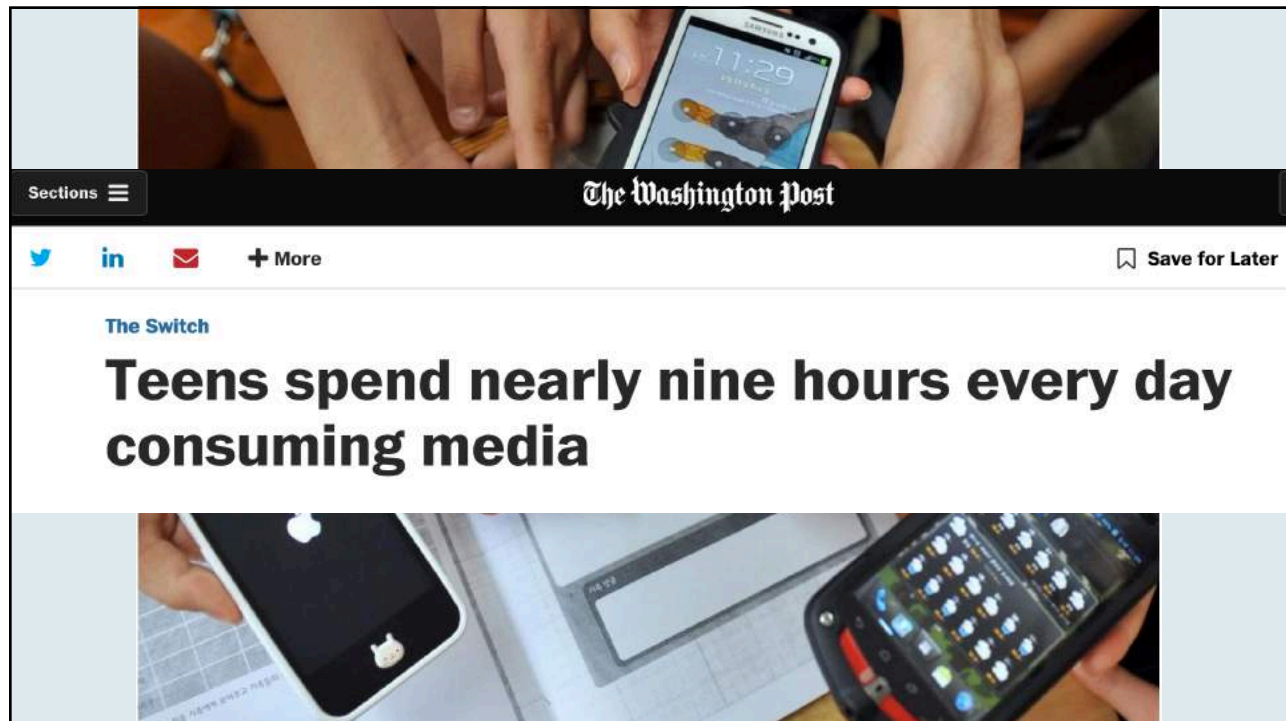


# **SOCIAL MEDIA ADDICTION**









## #FOMO

- Study surveyed 467 teens aged 11-17
- Examined sleep quality, self-esteem, moods and the amount of importance they placed on always being able to immediately respond to texts and posts
- They found that teens who expressed a higher degree of emotional investment in social media were more likely to use social media at night, have poor sleep quality, suffer from low self-esteem, and feel depression and anxiety than peers who didn't feel so invested in social media

## Will Digital Technology bring my child's grades up or down?

### Risk factors for poor school performance:

- Screen time > 2 hours per day
- Late-evening screen time
- Technology in the bedroom
- Content matters
  - More exposure to adult content was related to sensation seeking, rebelliousness, and poor school performance

## Cognitive Benefits of Video Games

- Playing video games increases response time performance
- It teaches you how to process and organize a variety of competing stimuli
- It gives kids lots of practice in visual-spatial skills
- Children who play video games have been found to be better at rotating shapes and seeing shapes in 3D
- Children who play video games are more likely to read instructions on their own and use trial and error to problem-solve
- Video game players have strong visual memory and are good at pattern recognition



# Part 3: Cybersafety & Online Risks



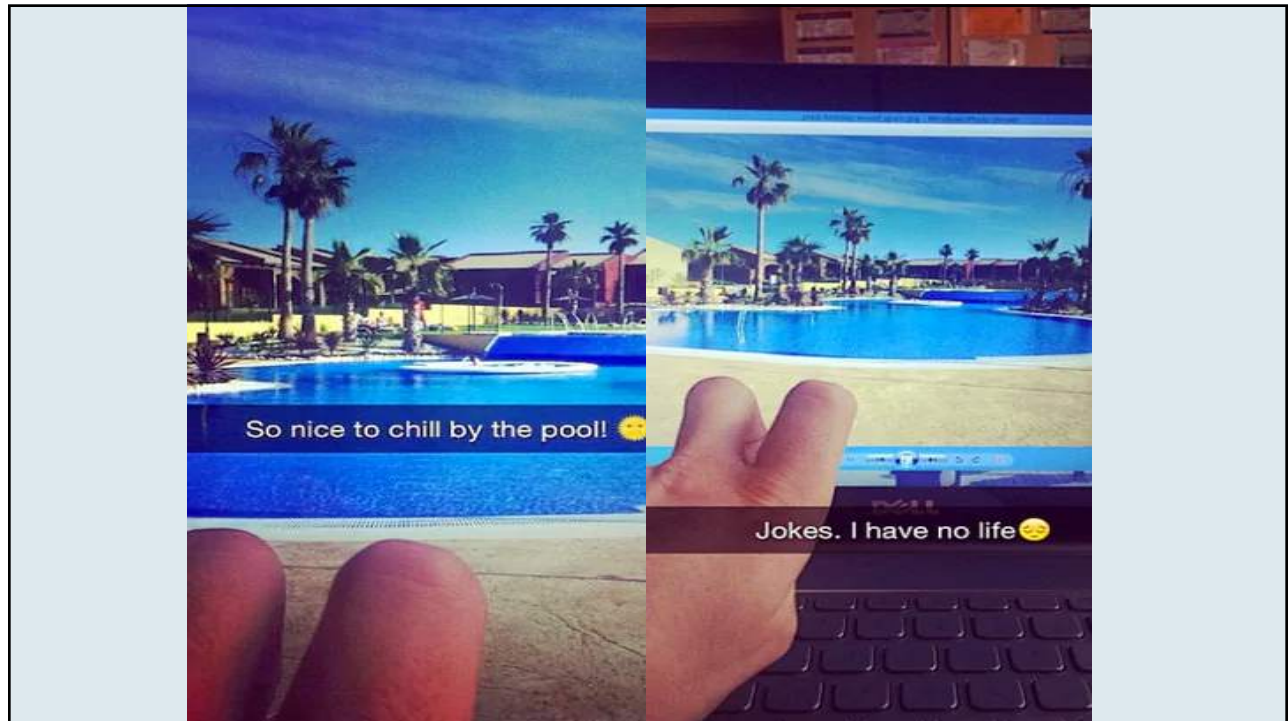
## The Really Bad Password Game 2017

X 123456789      X monkey  
X password      X letmein  
X qwerty      X abc123  
X qwertyuiop      X 11111  
X football      X welcome



## Reality Check

**Remember,**  
things you see on the internet  
are not always true.



## #IwokeUpLikeThis





- All 3 are communication platforms that perform free phone-to-phone messaging
- They operate on a Wi-Fi connection (schools) or data plan and can be downloaded from the app store (iPod touch)
- **Kik** is the most popular with youth
  - You will often see "Kik me" (+username)
  - One way strangers can reach children
- **Textplus** – assigns a local texting (no calling)
  - Problem: tracing a text as number will not be registered with a service provider

## Laptop Camera



## Can you Recognize Vault Apps?



## Apple Camera Icon



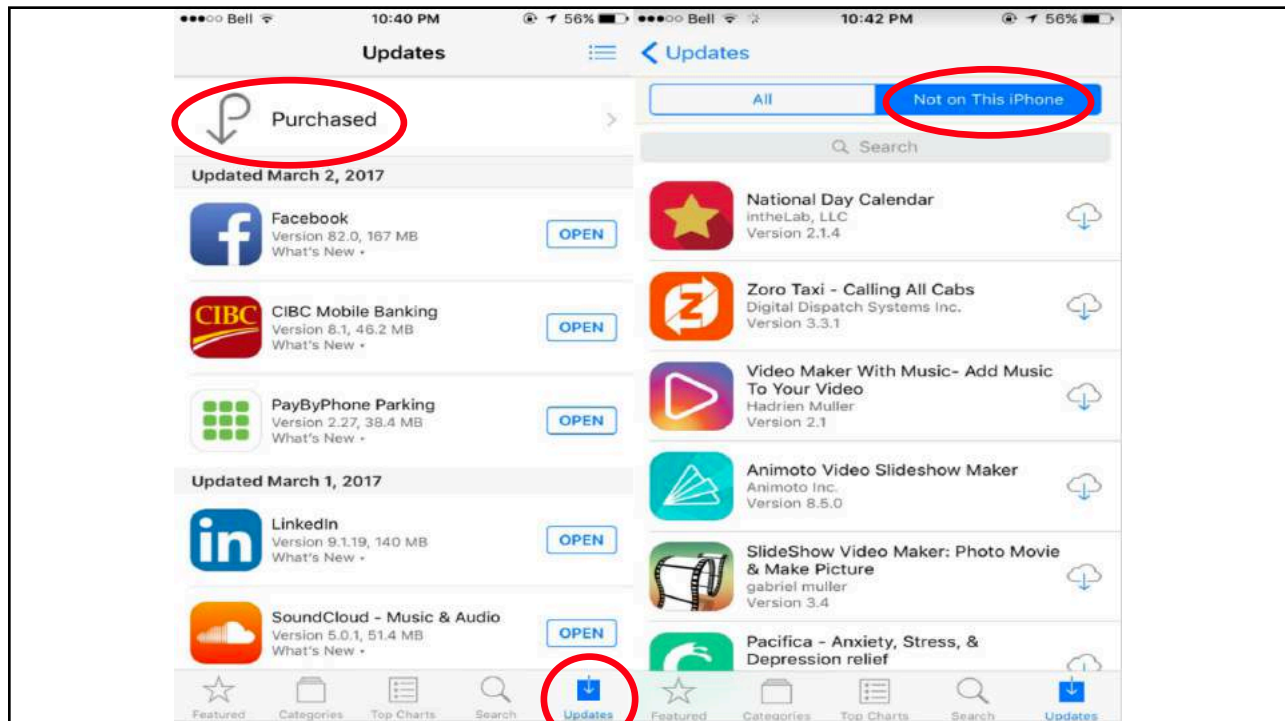




## How to find secret apps on your kid's iPhone

1. Get your student's phone
2. Visit the App Store
3. Type in "secret" or any other app name
4. If it says "open," your student has this app
5. If it says "get," your student doesn't have this app
6. The cloud logo means your student used to have the app





## Cyber Harassment



- Hard to Escape
- Unlimited Audience
- Anonymity

## Cyberbullying

Cyberbullying behaviour involves the first time or repeated use of electronic information and communication technologies to engage in behaviour that is **intended to cause fear, intimidation, humiliation, distress or other damage or harm to another person's health, emotional well-being, or reputation**; this may also include online posting or electronic distribution of **embarrassing pictures/intimate images or videos**.

Two female members of the school basketball team are arguing with each other over the loss of a recent game. One of the girls is blaming the other for letting the opposing team knock the ball out of her hands before she could throw it. The other girl is saying it's her teammate's fault because she didn't pass the ball to her during the last few seconds of the game. They continue to fight until their coach gets involved and tells the girls to stop arguing.

[www.erasebullying.ca](http://www.erasebullying.ca)



## Canadian Law

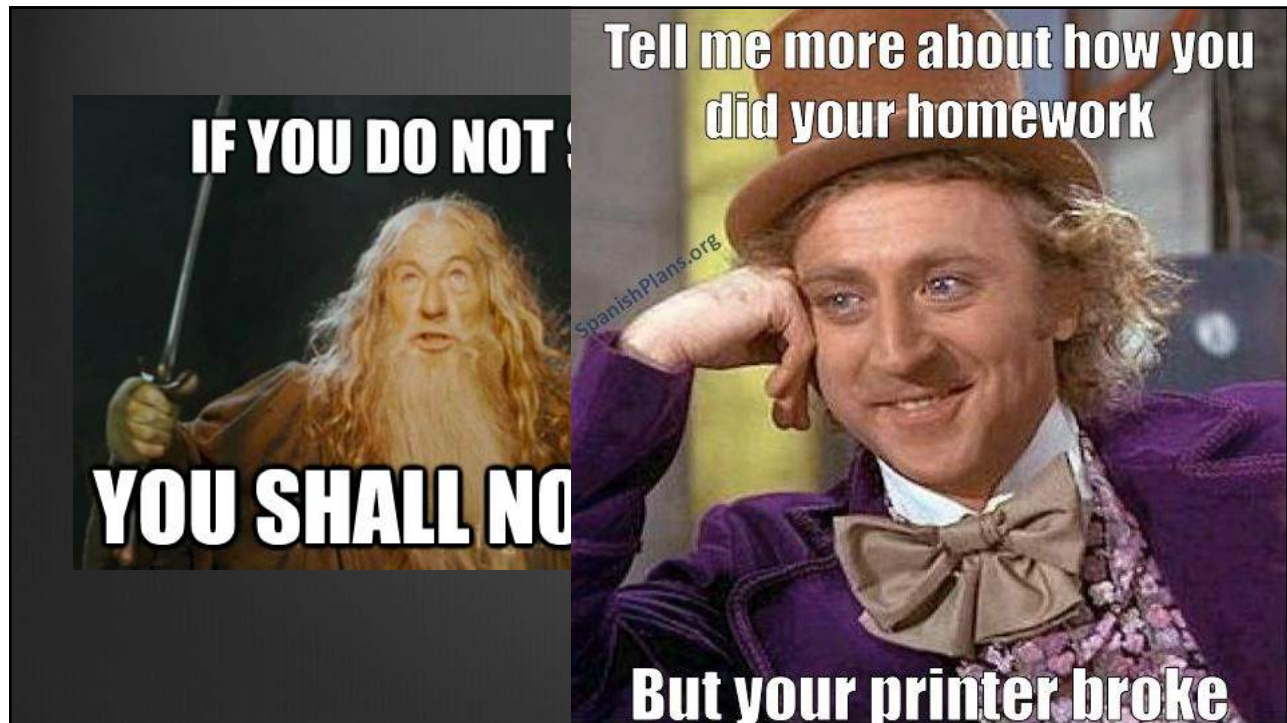
- Criminal Harassment (S.264)
- Uttering Threats (S.264.1)
- Child Pornography – Making of, Distribution, Production, and Accessing (S.163.1)
- Non Consensual Distribution of an Intimate Image (S.164) (Bill C-13)
- Voyeurism (S.162)
- Intimidation (S.423(1))
- Mischief in Relation to Data (S.430(1.1))
- Unauthorized Use of a Computer (S.342.1)
- Identity Fraud (S.403)
- Extortion (S.346)
- False Messages, Indecent or Harassing Telephone Calls (S.372(1))
- Counselling or Aiding Suicide (S.241)
- Defamatory Libel (S. 298-302)
- Public Incitement of Hatred (S.319)

## Online Disinhibition Effect

Loosening (or complete abandonment) of social restrictions and inhibitions with others on the internet that would otherwise be present in normal face-to-face interaction

- Anonymity
- Invisibility
- Lack of Authority
- Not communicating in Real Time





## What is a Meme?

- *The Selfish Gene* (1976) – Richard Dawkins
  - A cultural mode of transmission that works by replications and succeeds through imitation, similar to a gene
- Modern Culture
  - Humour
  - Irony
  - Genuine fun but also ironic commentary on social issues

## Self-Peer Exploitation (Sexting)

- “Youth creating, sending or sharing sexual images and/or videos with peers via the internet and/or electronic devices (cell phone messaging, messaging apps, social networking sites, etc.)”
- Be aware that adolescents do not typically share experiences they are embarrassed or ashamed of with their parents – don’t assume you would know if there was a problem
- Youth will make errors in judgment – it is all part of growing up
- The circulation of sexual images/videos among peers and their distribution via the internet can have short and long term impacts.

### Sextortion

#### What is sextortion?

Simply put, sextortion is blackmail. It's when someone threatens to send a sexual image or video of you to other people if you don't pay them or provide more sexual content.

#### Are you a victim of sextortion? This is what you need to know:

**Stay calm and don't panic.** Immediately report what has happened to [Cybertip.ca](http://Cybertip.ca) or contact police in your jurisdiction. If it is happening to you, the person is more than likely doing the same thing to others and this needs to be reported to the proper authorities.

**Immediately stop all communication.** Deactivate (but don't delete) any of the accounts you are using to communicate with the individual. Pay attention to any of the other accounts you may have linked to as the offender may attempt to contact you there as well.

**Do not comply with the threat.** In other words, **never** pay money and **never** send additional nudes. Your situation **will NOT** get better by doing either of these things. If you have paid money, check to see if it has been collected and, if not, quickly cancel the payment.

**Keep the correspondence.** Keep information such as the offender's username(s), Facebook® page, Skype® ID and Western Union details (if payment has been made), along with any images and/or videos that were sent.

**Speak to a safe adult about what is happening.** Remember that you are not alone. Reach out to a safe adult so they can help you get through this situation. Dealing with sextortion is too big to manage on your own!

**Report it!** [Report to Cybertip.ca](http://Report to Cybertip.ca) or call your local law enforcement agency and ask to speak with an investigator who works in child exploitation.

## The Dangers of the Online World



### Conversations To Have

1. Discuss the difference between healthy and unhealthy relationships.
2. Discuss types of problems with sharing private and intimate information, including images and videos electronically.
3. Remember, anyone and everyone is looking online and oversharing can be dangerous.
4. Discuss legality.

## Guess who still has your naked pics from 8 years ago



### SEXTING SAFETY AGREEMENT V.1

THIS IS AN AGREEMENT BETWEEN

\_\_\_\_\_ (Youth)

And

\_\_\_\_\_ (Caregiver(s))

#### THE YOUTH AGREES TO THE FOLLOWING:

##### I know:

- having a digital device is a privilege;
- the safest practice is to never take fully or partially naked images or videos of myself;
- using devices to take fully or partially naked images or videos of myself puts me at risk—even if

So, if I am placed in a situation where I have put myself at risk by creating and/or sharing fully or partially naked images/videos and I feel I am in trouble or danger,

##### I PROMISE to: [Check all that apply]

- call the police (911) if I am in danger of immediate harm;
- call you or speak to you to ask for advice or help, regardless of the hour or circumstances
- call or speak with \_\_\_\_\_ [insert mutually agreeable 3<sup>rd</sup> party here] to ask for advice or help, regardless of the hour or circumstances. After hearing my situation, if this person thinks I should speak with you, I will do so immediately.



**THE CAREGIVER(S) AGREE TO THE FOLLOWING:**

Because I/We care about you and your well-being, and it is my/our job as your caregiver(s) to keep you safe, when you need to speak about any issue where you feel that you or someone else is at risk due to sharing of partially or fully naked images or videos, I PROMISE to

**RENEWAL:**

This agreement is valid for one year from the date of signing. At the end of one year, the parties may review the terms and decide to renew the agreement, or edit the terms.

**Signed:**

\_\_\_\_\_

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

(The Youth)

\_\_\_\_\_

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

(Caregiver)

\_\_\_\_\_

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

(Caregiver)

# Part 4: Digital Parenting

## When Should My Child Start Social Media?

- Don't use age as measure (13)
- Set ground rules
- Parents set up the account – PARENTAL SETTINGS, create strong passwords
- Set as private
- Encourage them to post about interests (Digital Footprint)
- Can my child confidently speak to strangers in public?
- **Who is watching?**

## When should they get a phone

- If your child has a medical condition or a child of divorce, travelling alone
- Do not activate internet. Put close friends and family in contacts.
- Monitor their phone, know the passcode, read texts
- Physical safety



## Nokia 100

A basic phone for calls and text, ideal for younger children.



## Use parental controls on your iPhone, iPod touch

You can use Restrictions, also known as parental controls, to block or limit features on your iPhone, iPad, or iPod touch.

### Turn on Restrictions

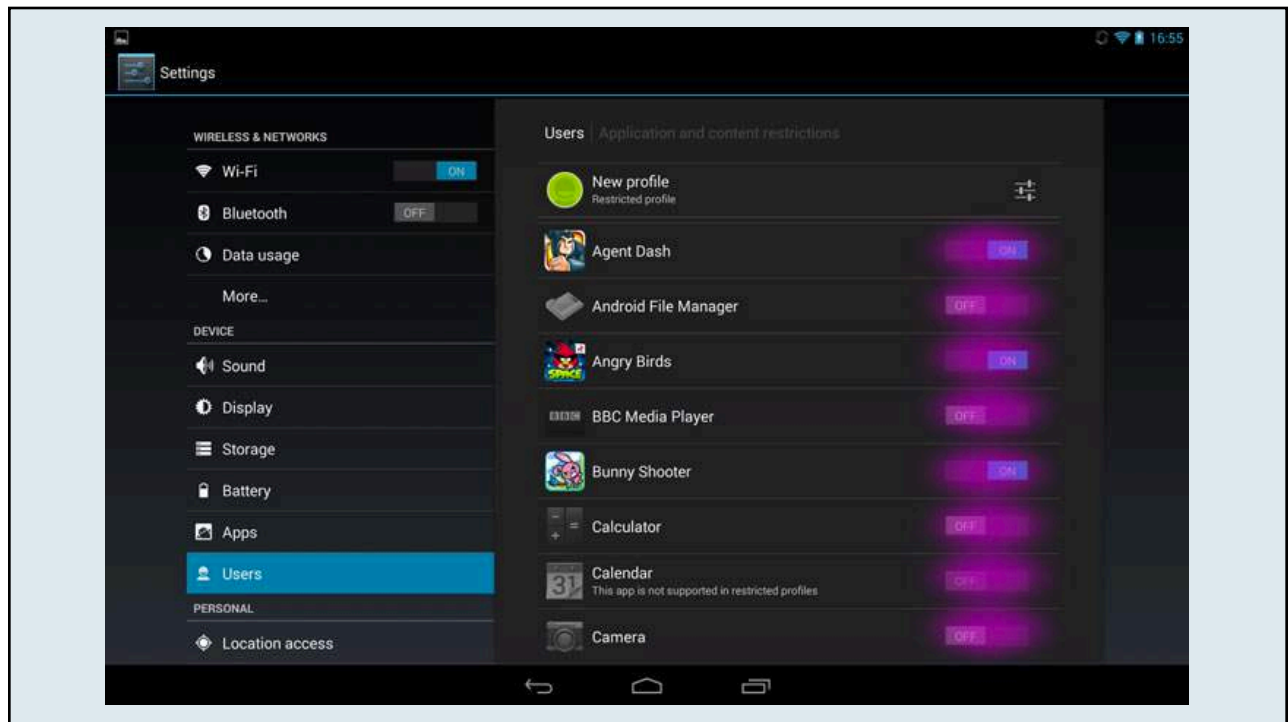
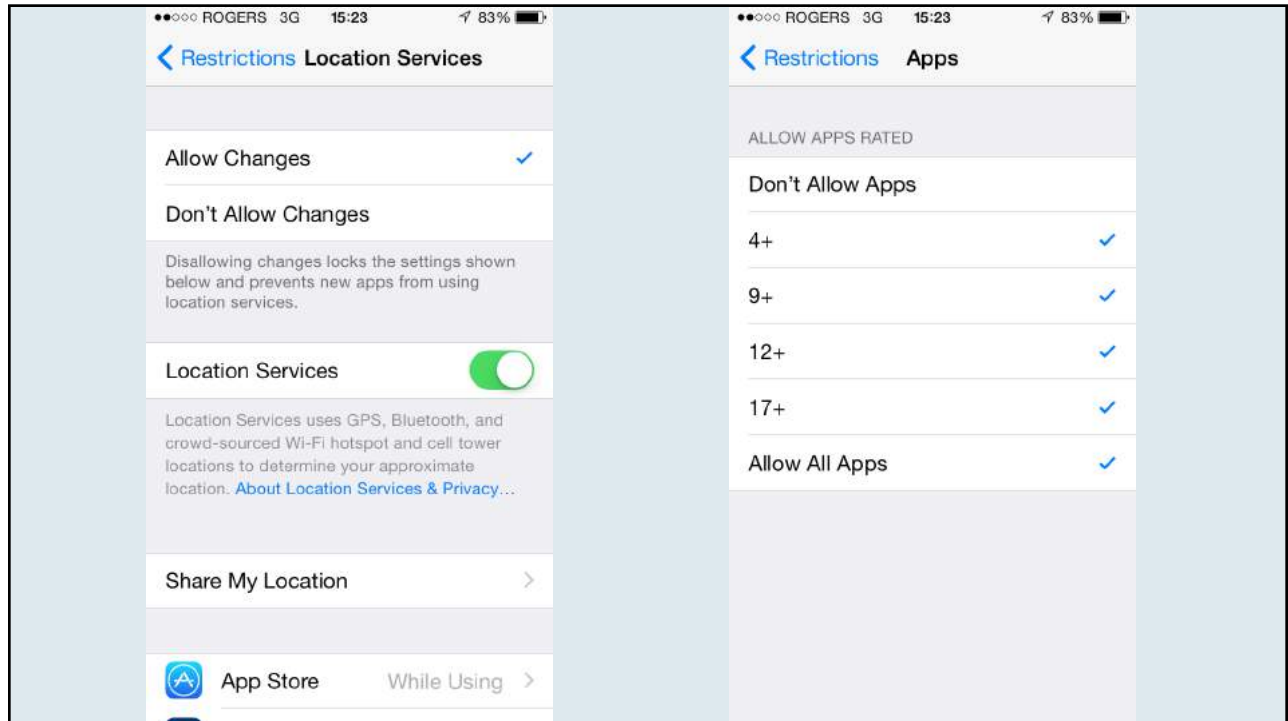
1. Tap Settings > General > Restrictions.

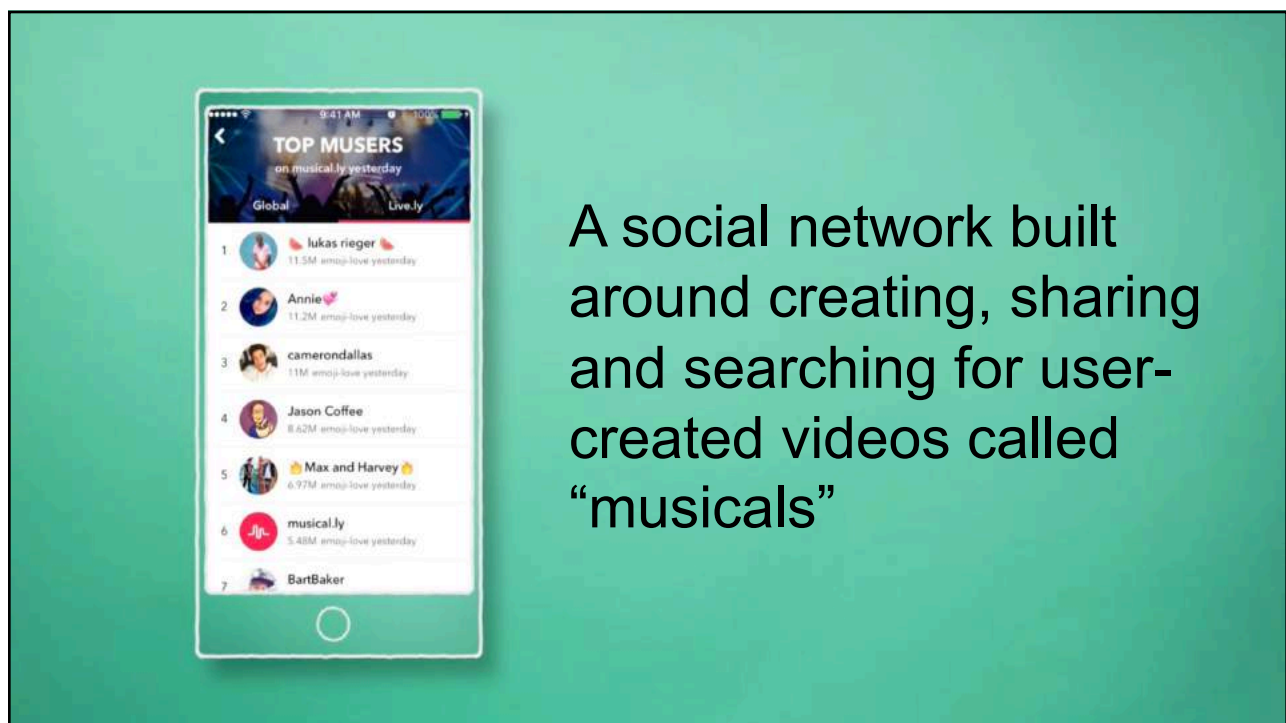


2. Scroll down and tap Restrictions, then tap Enable Restrictions.

3. Create a Restrictions passcode. You need your Restrictions passcode to change your settings or to turn off Restrictions.



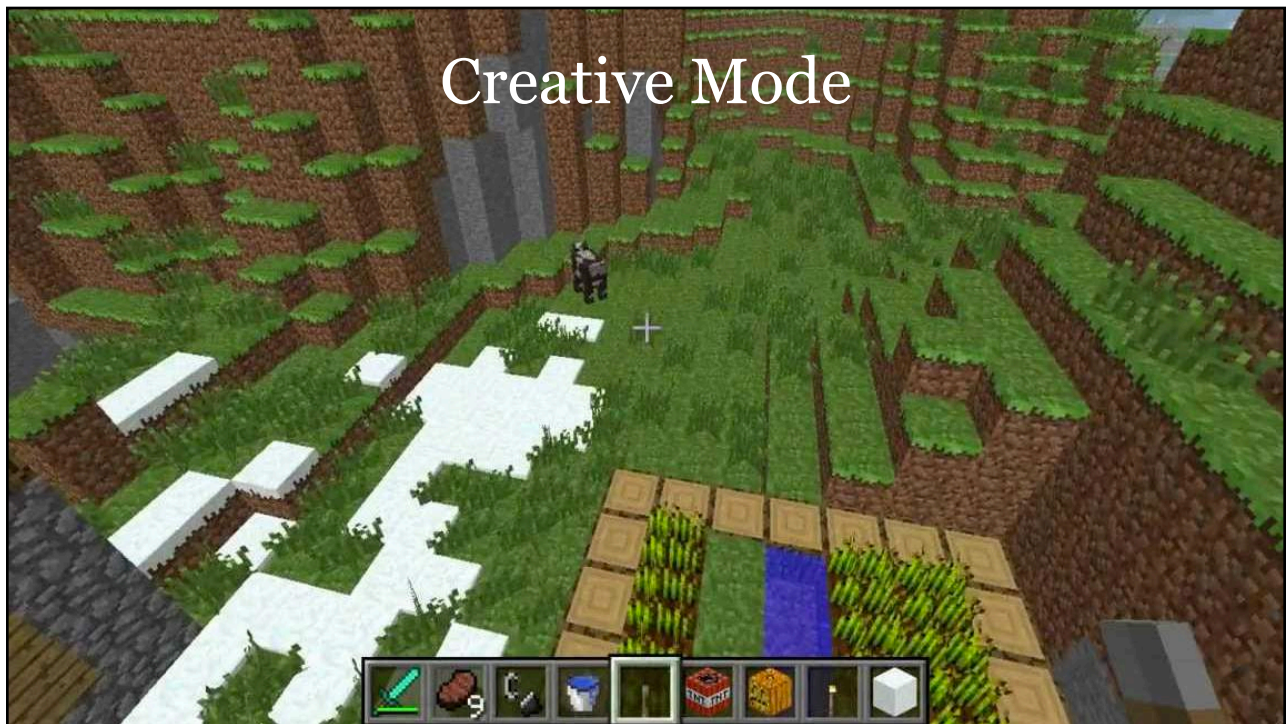




## Musical.ly

- 13+ to use and download the App
- 18+ content in song lyrics
- Pornography, graphic content, and an avenue for Bullying
- Search for other users to view or follow near their own location
- Using live streaming app Live.ly will not make your account private even if you have Privacy setting up
- Has been used by pedophiles to lure underage children







## Is this kid friendly?

- Assessing a video game: content and online interactions
- Video game violence: yes, but not graphic





## Multiplayer

- Local Multiplayer (same Wi-Fi network)
- Online Multiplayer
  - Private Server (purchased)
  - Public Server

## Game Modes



YouTube CA | how to bully on minecraft

**AQUA\_MAN** | Part 7: 56:00

The time was set to 15:00 on 6/20/17 in 1.8.0.0 in 1.8.0.0

6:15 / 16:24

**8 Ways to Bully a Kid in Minecraft - Special Edition (Part 6)**  
3,159,806 views | **13K** likes | 2K dislikes | SHARE | ...

**Up next** | AUTOPLAY

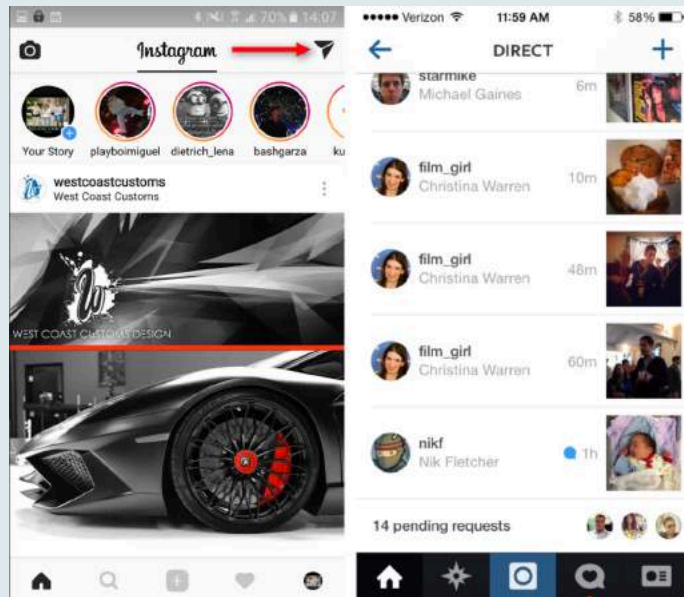
- UMAD BRO?** 8 Ways to Bully a Kid in Minecraft - Desert Edition (Part 1) | ianccoullahan1 | 1.7M views | 12:22
- UMAD BRO?** 8 Ways to Bully Kids in Minecraft (Part 3) | ianccoullahan1 | 5.1M views | 16:18
- UMAD BRO?** 8 Ways to Bully a Kid in Minecraft - School Edition (Part 1) | ianccoullahan1 | 959K views | 11:18
- RUZ** Getting High in Minecraft?!?! | ianccoullahan1 | 888K views | 9:14
- umad bro** 8 Ways to Bully in Minecraft | ianccoullahan1 | 32 | ...

Top 6 funniest Minecraft



# InstaParenting

- Instagram Direct
- Privacy Settings
- Comment Section



# Parental Monitoring



Protect your kids online from inappropriate content with **KidsWiFi**



## Regular Conversations

- **Timing** – to and from school
- **Conversation starter** – ask them for advice
- **Permanence** – nothing disappears online. Not the place to talk negatively about your friends or teachers. Teach them to be careful with their words.

**Family Media Agreement: 6-8**  
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

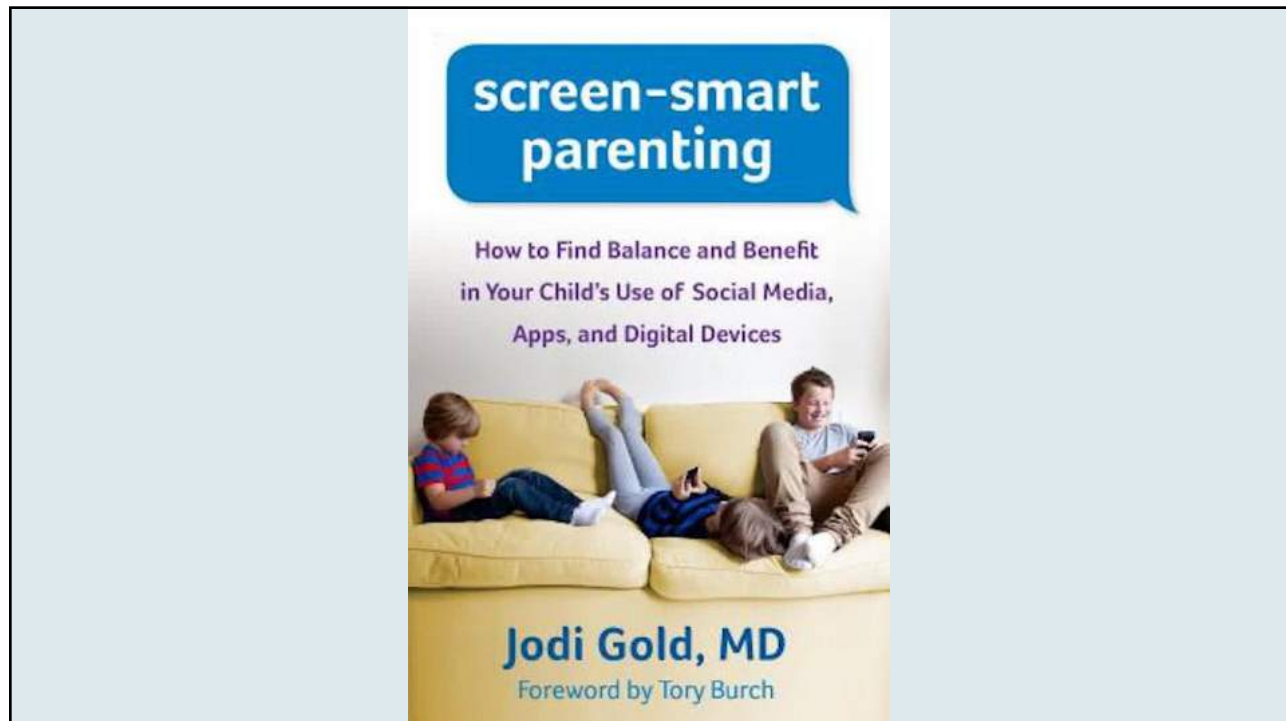
\_\_\_\_\_

signed by me

X

\_\_\_\_\_

signed by my parent or caregiver



## Have That Conversation

- Building a positive Digital Footprint – Brand Yourself...!
- Privacy Settings
- Educate Yourself about Social Media
- Have a conversation about activities Online
- Keep lines of communication open
- **DO NOT** go home and take away your child's device after this presentation

## Digital Reputation

### Catholic High School Football Star Expelled, Loses Scholarship Over Racist, Sexual Tweets



Football University  
@FBUCamp

Follow

Don't let a 140 character tweet jeopardize a \$140,000 scholarship.

RETWEETS 184  
LIKES 179



### low-tech gifts

© John Atkinson, Wrong Hands

- universal charger
- portable music player
- mass storage device
- selfie generator
- hands-free adaptor
- wireless keyboard

wronghands1.wordpress.com © John Atkinson, Wrong Hands

# Thank You



@Safer\_Schools



[www.saferchoolstogether.com](http://www.saferchoolstogether.com)