Social Networking & Your SciTech Student

HOLLY EIDINGER MSW, LSW       JANUARY 8, 2015       PSCC MEETING
Agenda, Goals & Objectives:

• Quiz: How savvy are you when it comes to online safety?
• Define current trends in social media terms, apps and sites
• Online/social media safety tools
• Talk Tips—How can I talk about online safety with my family?
• Understand student social media practice & cyberbullying
QUIZ: How savvy are you when it comes to online safety?
Please complete the quiz on the back of your meeting agenda.

1. The best place to allow your child to use their computer (or other electronic device) is:
   
   A. In the family room
   B. In my child’s bedroom
   C. In my home office

**CORRECT ANSWER:** A—in the family room. Your child is less likely to visit inappropriate sites if the computer or device is kept out in the open
2. How can I best keep my child safe online?

A. By insisting she use the internet in a public place like the library.
B. By not letting her surf alone
C. By supervising her online usage and posting clear rules about computer/cell phone use.

CORRECT ANSWER: C—When it comes to internet safety, there’s no substitute for supervising your child’s usage and letting her know what she’s allowed to do online.
3. Kid-friendly chat rooms and messaging apps are completely safe.

A. True

B. False

CORRECT ANSWER: FALSE—While kids’ chat rooms are better monitored than many adult chats, no chat room is “completely safe.” Most messaging apps are not monitored and unsuitable for children and adolescents.
4. Which of the following is the riskiest user name?

A. SweetLilGrrl

B. Kristi_NYC2002

C. TeddyBearLvr

**CORRECT ANSWER: B**—This screen name reveals the user’s first name, hometown and birth year, all of which a predator could use to track her down.
5. According to a recent study, how many kids were sexually solicited online during a one year period?

   A. 1 in 5,000
   B. 1 in 500
   C. 1 in 5

**CORRECT ANSWER:** C--A study published in *Online Victimization: A Report on the Nation’s Youth* showed that one child in five was sexually solicited online over the course of a year.

*Quiz: The Parent Institute*
<table>
<thead>
<tr>
<th>VIDEO CHATTING</th>
<th>ooVoo</th>
<th>ChatRoulette</th>
<th>Omegle</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>ooVoo</strong></td>
<td>Video face to face chats with known accounts</td>
<td>Video face to face chats with randoms (STRANGERS) &lt;br&gt;(Interesting fact: CR was created by a 17 year old in only 2 days)</td>
<td>Video face to face chats with randoms (STRANGERS). Also links to FB to find chat partners with similar interests &lt;br&gt;(Interesting fact: Omegle was created by an 18 year old)</td>
</tr>
<tr>
<td><strong>INTERACTIVE</strong></td>
<td>Free video chat and IM app for desktops, mobile, tablets and Facebook. 12-way chat capability. Must be 14 to register</td>
<td>Free online chat (text and webcam). 2 way chat capability. Works with random “spins”. Recent study-1 in 8 spins connected to nudity/sexual acts. Must be 16 to register.</td>
<td>INTERACTIVE &lt;br&gt;Has “monitored” &amp; “unmonitored” modes. no registration/age verification. Recent news (10/14) MN man kidnapped/assaulted 2 13 year old girls he met on Omegle.</td>
</tr>
</tbody>
</table>
**Current Trends in Social Media & Popular Apps**

<table>
<thead>
<tr>
<th>Instant Messaging</th>
<th>Snapchat</th>
<th>Snaphack</th>
<th>Facebook Poke</th>
<th>Kik</th>
<th>InstaMessage</th>
</tr>
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<tbody>
<tr>
<td><img src="image1" alt="Snapchat Logo" /></td>
<td>Send pictures for 1-10 seconds then they are deleted. Others can easily take screen shots of the pics, though. (Interesting fact: created by 3 college students). Bad news: #1 sexting app.</td>
<td>Saves all Snapchatted pictures without the sender knowing.</td>
<td>Send pictures for 1-10 seconds then they are deleted. Can not (easily) take screen shots of the pics.</td>
<td>iPod and wifi texting app. Can be used for texting and picture sharing. (Interesting fact: created by college students). NO PARENTAL CONTROLS AVAILABLE</td>
<td>Connects directly to your Instagram followers and allows for private messaging (which Instagram does not support).</td>
</tr>
<tr>
<td><img src="image2" alt="Snapack Logo" /></td>
<td>Interactive—known users. Parent permission for 13-17 year old users. Free service and download.</td>
<td>Not interactive—$1.00 download fee.</td>
<td>Interactive—free download. Allows others to view your facebook page even if you are not “friends”. Ending soon.</td>
<td>Interactive—most are known users but app provides anonymity. Free download. Must be 13 years old to register. Largely untraceable.</td>
<td>Interactive—free download. Must be 13 years old to register.</td>
</tr>
</tbody>
</table>
# CURRENT TRENDS IN SOCIAL MEDIA & POPULAR APPS

<table>
<thead>
<tr>
<th>Spoof Texting</th>
<th>Allows you to send texts that appear to have come from another person.</th>
<th>Not interactive—fee for each text sent. Free codes online. BIG ISSUES WITH BULLYING.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fake Conversation</td>
<td>Allows you to create a fake conversation message screenshot to send to others. Also has fake voice mail messages that you can leave on your phone or others.</td>
<td>Not interactive—free download with 75+conversations and capability to create customized screenshots.</td>
</tr>
</tbody>
</table>
## CURRENT TRENDS IN SOCIAL MEDIA & POPULAR APPS

<table>
<thead>
<tr>
<th>Interest Sharing</th>
<th>Ask.fm</th>
<th>Pinterest</th>
<th>Tumblr</th>
</tr>
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<tbody>
<tr>
<td><strong>Ask.fm</strong></td>
<td>Anonymous Q&amp;A forums. Can disable anonymous question forums. Very popular with kids. HUGE cyberbullying issues. Has been associated with 9 suicide cases in the US/UK.</td>
<td>Visual discovery, collection, sharing and storage tool. Mostly used by adult women.</td>
<td>Blogging site that allows people to post text, images, videos, links, quotes and audio to their short-form blog. Can follow others or remain private.</td>
</tr>
<tr>
<td>Interactive—free download. Web and mobile. Must be 14 years old to register. Can opt for anonymity.</td>
<td>Interactive-free download. Web and mobile. Must be 14 years old to register.</td>
<td>Interactive—free download. Web and mobile based. Must be 13 years old to register.</td>
<td></td>
</tr>
</tbody>
</table>

**Current Trends**


- **Pinterest**: Visual discovery, collection, sharing and storage tool. Mostly used by adult women. Interactive-free download. Web and mobile. Must be 14 years old to register.

- **Tumblr**: Blogging site that allows people to post text, images, videos, links, quotes and audio to their short-form blog. Can follow others or remain private. Interactive—free download. Web and mobile based. Must be 13 years old to register.
# Current Trends in Social Media & Popular Apps

## Photo/Video Sharing

<table>
<thead>
<tr>
<th>App</th>
<th>Features</th>
<th>Interactive Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Instagram</td>
<td>Shares pictures, images, 15 second videos and direct public messages.</td>
<td>Interactive—free download. Mobile and web capable. Use of #--auto shares with Facebook, Twitter, tumblr. 13 to register.</td>
</tr>
<tr>
<td>Vine</td>
<td>Video sharing service. Videos are 6 second or less.</td>
<td>Interactive—free download. Mobile and web capable. 17 to register. Owned by and connects to Twitter.</td>
</tr>
<tr>
<td>Facebook and Twitter</td>
<td>Create profile, add “friends”, exchange messages, post status updates and photos, share videos.</td>
<td>Interactive—free download. Mobile and web capable. 13 to register.</td>
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What in the world is a hashtag? #soconfused #totesoverwhelmed

- A hashtag is a word or an unspaced phrase that begins with the hash (number sign) character (#) to form a label.
- A hashtag allows grouping of similarly tagged messages and also allows an electronic search to return all messages that contain it.
- Interesting fact: Because of its widespread use, the word “hashtag” was added to the Oxford English Dictionary in 2014.

Fallon clip

#hanginthere       #halfwayfinished
WHAT IS DIGITAL PARENTING?

DIGITAL PARENTING IS ESSENTIAL!

The Internet has made it possible for children, tweens, and teens to:

• Meet strangers and predators online and offline
• Be exposed to online pornography
• Be bullied and bully others
• Send sexually explicit photos of themselves or others
• Make dangerous mistakes like sharing their location and advertising it to a global community
• Ruin their reputation online before they have ever had a chance to be a teenager, go to college, or get a job
SOBERING STATISTICS

• 53% of teens have publically posted their email address.
• 20% of teens have publically posted their phone number.
• 43% of children and tweens have “secret” social media accounts that their parents don’t know about.
• 46% of teens say that they would change their online behavior if they knew their parents were watching.
• The average female teen sends over 4,000 texts per month. Males send around 2,500.
• 99% of online sexual predators are males that are 26 and older. Most victims are female between the ages of 13 and 16.

Tracking Teresa

Statistics from Karen Foreman, Social School 101
ONLINE/ SOCIAL MEDIA SAFETY
Take away message: You can’t stop the waves but you can learn to surf.

The cyber world is not going away. You can not possibly know what your children are doing online if you are not online yourself. You need to understand how things work. How can you do this?

1. Go online and play with sites and apps—see what you can do. Don’t be afraid! You can’t break the internet!
2. Communicate with your kids! Be specific. Ask your kids what apps they like and why they like them. Ask your kids to show you how to use the apps and sites they like the best.
3. Learn the lingo. If you do not know what something is, ask a friend or google it. I often have to google search the abbreviations kids use in messages.
4. Create an internet use contract to set expectations for your kids (EX: Cyberbullying Research Center).
5. If you have specific questions, you can refer to your internet or cell phone providers. Many times, companies are able to help you set parent controls.

“What is the best way for parents to teach us responsible social networking? Don’t preach to us! Give us options if something bad does happen. Learn how to use social networking yourselves!”

M.T., 11th grade
Talk Tips: Digital Media and Kids

This information is from the National Public Broadcasting Service (page 5 of your packet).

It can be daunting for us to talk to our children about digital media because it is relatively new to us. It is a part of our kids lives. It is important that we make it a part of our lives. It is not too late to talk to your kids and even set house rules about media and internet—you can start with the internet use contract that I provided.

1. **When new media is brought into your home, ask how it will be used**. Where will it be placed? Where is allowed and not allowed? Who can use it? When? Where? How often? Are there parental controls? If so, set them up right away. Discuss your expectations.
Talk Tips: Digital Media and Kids

2. **Show curiosity.** Ask your kids to share what they are doing, playing, watching, reading or listening to. Getting involved shows them that you are interested in their lives and that you are paying attention.

3. Don’t wait for something negative to happen to discuss digital media use with your kids. **Talk to your kids** about things that they do online that you approve and disapprove. Try not to focus on the negative. Praise your child when you see them doing something that you like.
Talk Tips: Digital Media and Kids

4. **Talk about “house rules” for technology use.** Only one in three young people report that they have rules about media use in their home. Some examples: No phones/texting at dinner, no media from 6PM-9PM, complete the internet use contract that is provided in your packet. Create the rules WITH your children. Post them in your home.

5. This one is my favorite! **Ask your kids to show you how to use different functions on their media.** Your kids will be proud that they have mastered something and are able to teach you how to do it. Ask your child to teach you something new! Remember, you can teach an old dog new tricks.

Also see pages 6 & 7 of your packet for questions that you can use to start conversation with your children about general technology use, cyberbullying, sexting and safe social networking,
Social Media & Cyberbullying

Cyberbullying is becoming more common. In recent studies by the Cyberbullying Research Center:

• 25% (1 out of 4) of the students surveyed reported that they have been cyberbullied at some point in their lifetimes.
• 9% said they were cyberbullied in the 30 days preceding the survey.
• Similarly, about 16% (1 out of 6) of those who we surveyed admitted that they had cyberbullied others at some point in their lifetimes (about 6% in the most recent 30 days).

Cyberbullying—willful and repeated harm inflicted through computers, cell phones, and other electronic devices.
What Can Parents do to Prevent Cyberbullying?

• Keep media use to the busy areas of your house where there is better supervision.

• Set up email and chat accounts with your children. Make sure that you know their screen names and passwords and that they don't include any personal information in their online profiles.

• Regularly go over their instant messenger "buddy lists" with them. Ask who each person is and how your children know him or her. Kids often compete to see who has the most “friends” and they might not even know the people that they have friended.

• Discuss cyberbullying with your children and ask if they have ever experienced it or seen it happen to someone. You can use the handout titled Questions Parents Should Ask Their Children About Technology.

• Tell your children that you won't blame them if they are cyberbullied. Emphasize that you won't take away their computer privileges - this is the main reason kids don't tell adults when they are cyberbullied.
Cyberbullying Warning Signs:

**A child may be cyberbullied if he or she:**
- unexpectedly stops using their device(s)
- appears nervous or jumpy when using device(s)
- appears uneasy about being at school or outside
- appears to be angry, depressed or frustrated after texting, chatting, using social media or gaming
- becomes abornally withdrawn
- avoids discussions about their activities online

**A child may be cyberbullying others if he or she:**
- quickly switches screens or hides their device
- uses their device at all hours of the day & night
- gets unusually upset if they can’t use the device
- avoids discussions about what they are doing online
- seems to be using multiple online accounts or an account that is not their own

Please alert the school to cyberbullying amongst students. Actions will be taken.
Thank you for attending this PSCC meeting!