

DIGITAL SAFETY 101 CYBERBULLYING SEXTING & PORN

with JO LANGFORD, MA

THE GOOD THE BAD AND THE UGLY

The Internet is an amazing way for us all to connect and share, for kids to grow and learn and be exposed to things that they might not if left only to our "Real" life and non-technical devices.

The Internet is a tool not a toy.

Our offspring view the Internet differently. To our children, since the Web has been around their entire lives, they mistakenly assume the Internet is a "Grown Up", when the reality is that it is still in it's infancy. Your child WILL be online in some way. As parents we need to develop a relationship with that phenomenon and help our children do the same.

"Bad" apps; dismantle self-esteem and put your kid at risk for humiliation, bullying and legal issues.

"Ugly" apps; encourage them to mask their identity, promote cruel behavior, encourage them to lie, break the law or make it easy to be located by people they do not know.

Using those apps gives your time, energy and money to developers who encourage irresponsible behavior, who take advantage of stupid people and who support the predators who prey on them.

There is no walled garden for kids online, and there are many sites that are great for younger people, BUT supervision and conversation are still important, because predators are motivated and clever AND most of the damage done to tweens and teens on the Internet is done to and by themselves, with sexting cyberbullying and porn being the three, biggest bads.

Our job is to educate, role model and give them as much info as we can so they experience as little harm as possible.

SEXTING

ANY naked image of ANYONE under the age of 18 can be defined as child pornography EVEN IF it is their OWN naughty bits.

Our kids need to hear "It is only called 'sexting' when everyone involved is over the age of 18,"

CYBERBULLYING

Mean comments and damaging rumors are the most common types.

Revenge, justice, and "just 'cuz they can" are the most common reasons.

Social networking sites, apps, and texts are the most common vehicles.

The psychological and emotional effects of cyberbullying are similar to those of real-life bullying, but can be much more damaging. Cyberbullying can escalate extremely quickly, and the consequences can be tragic.

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CYBERBULLYING (Cont'd)

In helping our kids develop pro-social skills both in the real world and in online interactions, kids need to know:

- This happens.
- This happens on accident, too.
- Not to reciprocate.
- Not to stay silent.
- How to block and report.
- How to give constructive criticism.

PORN

- 100% of both boys and girls are now exposed to some form of sexually explicit content "at least once" by the time they enter puberty. Statistically, only 25% tell an adult.
- Pornography means something different than it did a generation ago.
- The kid who makes it through puberty without being exposed to porn, is statistically extinct.
- We must be discussing this with our children so when (not if) they see it your kid will NOT be one of the 75% of kids who won't come to us and will try to sort it out by themselves.
- Most kids report that their main source of sexual education is the Internet.

THE 5 Ps

- House rules should revolve around creating philosophies (and regular conversation) around The Five P's;
- Propriety** Netiquette and social behavior online. Rules about times of day, length and how and with whom your children communicate.
- Presentation** Linking their online vs. their "Real" identity. Having pre-set expectations about integrity and maturity with picture and profile content.
- Privacy** Discussing privacy settings, passwords, access and spending.
- Property** Issues around homework; plagiarism and credit as well as pirating philosophies around media.
- Palate** Conversations around choiceful consumption and un/healthy sources. How do they know which sites to trust and which not to? Where are their lines with regard to bullying and witness issues?

Jo has some great free downloads on his website with contracts to use with your family.

REMEMBER: To err is human, but to seriously aggravate a situation requires an Internet connection.

More information: varsanetwork.org
Contact Jo Langford: jo@beheroes.net
beheroes.net/free-downloads

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THE GOOD

Facebook
Twitter
Pinterest
Instagram



THE BAD

SnapChat
Burn Notice
Line
Kik
Calculator%



THE UGLY

After School
Meet Me
Ask.fm
Omegle
Yik-Yak
Burn Book

