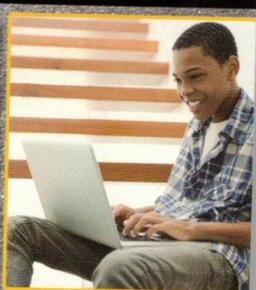


# PARENTS' GUIDE TO **ONLINE SAFETY**



Includes: Social Media,  
Smart Phones,  
Cyberbullying



**BE AWARE: ONLINE & EVERYWHERE**  
**OVERBROOK POLICE DEPARTMENT**  
**OFFICE 785-665-7230 FAX 785-665-7236**  
**EMERGENCY DIAL 911**  
**Terry Hollingsworth Chief of Police**

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# Online Safety...A Goal for Every Family

The Internet has become a significant part of life. At the touch of a button, we can access a world of information, entertainment, and communication. And we can do this not only from computers, but from phones, tablets, video game consoles, and more.

With all this opportunity come new dangers and responsibilities. Just as we must teach our children how to use bicycle helmets and seat belts, we must now teach them how to be safe online.

To do this, we need to know what the Internet is all about, how our children are using it, how to block or filter sites as needed, and how to teach kids to go online responsibly. Dangers today include sexual predators, cyberbullies, identity theft, and irreparable damage to your child's reputation and future success.

As our children's first Internet providers, we need to help them become wise tech users.

Log in  
Username  
Password



# Basic Online Safety Tips for Parents and Guardians

Today, kids are getting connected to the Internet at younger and younger ages. They're exposed to the Internet at home as well as at school and at their friends' homes. As a parent or guardian, you must keep current with your children's online activities and communicate with each other often.

1. Learn about popular sites for young people, especially social networking sites, apps, and terms. For younger children, find and mark sites and apps for them to use, perhaps with you. These can include fun activity sites, educational games, library sites, and reference sites for help on school projects.

## Tech Terms to Know

**APPS** computer programs that run on mobile devices such as smartphones and tablet computers; apps can range from games and social networking to learning centers

**BROWSER** A software program that lets you access or navigate the Internet

**CHAT ROOM** A Web page or app that lets users communicate instantly with each other

**MESSAGE BOARDS** Online group communications about certain topics (Students often establish school-related groups.)

**INSTANT MESSAGE (IM)** Immediate online communication exchanged with someone else

2. Talk to your children about the Internet and the importance of being safe while online. See suggestions for what to say on page 6. Assure your children that you trust them on the Internet, and that whatever rules you set are for their safety.

3. Put the computer in an open area of your home, such as the living room or kitchen. This will make it easier to monitor activity than if the computer is in your children's rooms.



**INTERNET SERVICE PROVIDER (ISP)** Any company that connects you to the Internet

**PROFILE** Information about you that you provide on a website that can be viewed by others

**REAL TIME** Communicating on the Internet at the same time or simultaneously, such as in chat rooms

**SEARCH ENGINE** Website or app that allows you to search for information on the Internet

**SOCIAL MEDIA** Technology-based tools that let people create, share, and exchange information, photos, videos, and more in virtual communities; some popular social networking sites and apps are Facebook, Flickr, Google+, Instagram, LinkedIn, Meetup, Pinterest, Snapchat, Twitter, Tumblr, and Vine

## Basic Online Safety Tips for Parents and Guardians

- 4.** Become familiar with parental control programs. These programs can filter or block content that is inappropriate for your children. For more information, see pages 9-11.
- 5.** Monitor your children's Internet use. This includes maintaining access to their social networking and email accounts. If a child gets uneasy while on the computer when you enter the room, this might indicate he or she is misbehaving online.
- 6.** Have your children show you what they know how to do online, as well as their favorite sites.

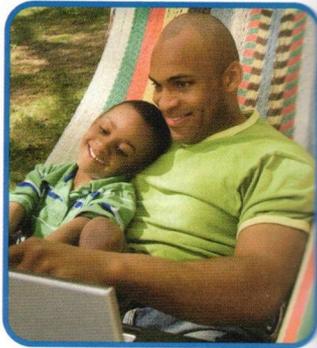


- 7.** Get to know your children's online friends.
- 8.** If one of your children informs you of an inappropriate site, report it to your ISP or the company that created the material.
- 9.** Set up and/or learn all of your children's passwords and screen names/usernames (online identities). Make sure screen names don't reveal information about your children's real names, addresses, school or age. Keep a record on page 8.
- 10.** Spend time online together until you are assured that your children understand the potential dangers and how to handle difficult situations.
- 11.** "Google" your children. In other words, search Google for your children's names on the Internet. Look at profiles and any postings about them.
- 12.** Make sure that Internet access at your children's schools is monitored by adults. If your children go to other homes where their friends have access to the Internet, discuss with the parents what rules they have in place. Find out if the children are monitored while online.



# Talk to Your Children about the Internet

It's important to explain the online behavior you expect. Here are some things you can say.



- “Never tell anyone personal information about you unless you first ask me or a person I say you can trust. This includes your name, address, phone number, password(s), school name, or parents’ names.”
- “Never agree to meet anyone in person you meet online unless I say you can and I go with you.”
- “Don’t say mean or disrespectful things to anyone online.”
- “If others say mean things online, go to another site or sign off quickly. Always tell me if this happens.”
- “Remember that a person online may pretend to be someone he or she is not.”
- “Don’t stay on any site you would feel uncomfortable showing to me. If you come across such a site, go elsewhere online right away. Always let me know immediately if you find something upsetting on the Internet.”

- “Don’t do anything online that you know you shouldn’t do in real life.”
- “Don’t respond to messages that have bad words in them or just seem weird.”
- “Don’t enter a site that charges for services unless you ask me first and I say OK.”
- “Never send or post photos or videos of yourself without my permission.”
- “Get my approval before downloading anything.”
- “If you don’t follow the rules, you will lose online privileges.” (Parents: Decide what is most appropriate for your family.)

## **Social Media Monitoring**

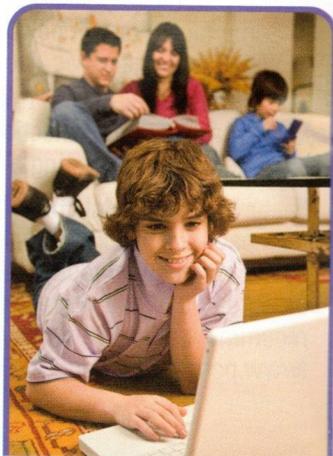
If your children are ready for social networking sites, such as Facebook or Instagram, help them set up profiles that don’t reveal too much personal information. Teach them how to navigate the sites, including using all the privacy settings possible. Remind your children that posts and images can be downloaded and shared by others, so they need to think before they post. Make sure they know how to log off or sign out of a site when using a shared computer. Always have access to your children’s profiles, and check them often. Set a good example by maintaining a healthy balance between online and offline activities. Limit your children’s screen time to two hours or less a day, and promote an active lifestyle.



# Choosing Parental Control Software

## Here are 20 features to consider.

1. Compatibility with your operating system
2. What devices it supports
3. Cost (some have a high initial cost plus a monthly subscription fee)
4. Ease of setup and use
5. Free tech support
6. Location tracking (for mobile devices)
7. Time scheduling (ability to control the time of access)
8. Recording options (ability to record usernames, passwords, keystrokes, websites visited, online searches, social media activity, email, chats, and more)
9. Social network blocking
10. Instant message/chat blocking
11. Online search filtering



12. Purchase blocking
13. File transfer blocking
14. Application/game blocking
15. Gaming content filtering
16. Profanity masking
17. Screenshot playback (ability to take periodic screenshots of the computer activity)
18. Remote management (ability to make changes when you're away from home)
19. Live monitoring (ability to view the screen in real-time from a remote location)
20. Stealth options (ability to monitor, filter, etc., without your children's knowledge)

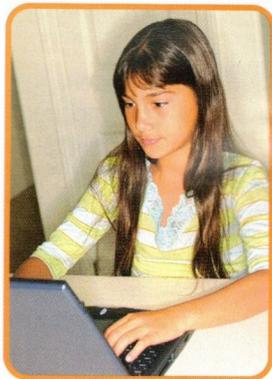
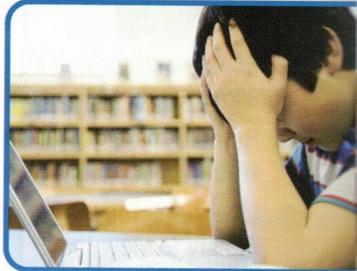


# Cyberbullying and Your Children

Bullies are nothing new. But Internet accessibility has given bullying a new twist. It has created cyberbullies, who bully others using technology. They find ways to harass others with devices such as phones, tablets, and computers, as well as communication tools such as text messaging, email, and social media.

## **Cyberbullies do such things as:**

- send insulting messages
- spread rumors
- post embarrassing photos or videos
- create fake profiles
- share someone's secrets online
- threaten the victim and make him or her live in fear



## **ALERT**

Victims of cyberbullying may not say anything for fear of losing Internet privileges or because they're embarrassed or afraid.

## **Who is affected by cyberbullying?**

Middle and high school students are the most likely to be affected. Your child may be a victim and not tell you. Or, your child may be a cyberbully.

## **Why do kids cyberbully?**

Children become cyberbullies for the same reasons they bully in person. It makes them feel important. But unlike bullies, cyberbullies can hide behind anonymity on the computer and be just as mean or meaner to others.

## **What are the dangers of cyberbullying?**

Victims of cyberbullying can get so upset and/or depressed that they attempt suicide or hurt others. While bullies may threaten children at school, cyberbullies "invade" your home so that there's no escape from them. Hurtful messages or pictures can be emailed, posted online, or forwarded via cell phones, making the bullying widespread and long-lasting.

## **What are the warning signs a child is being cyberbullied?**

Signs may include unexplained anxiety, anger, sadness, or fear, especially after using the computer or cell phone • falling grades • lack of interest in friends, school, or other activities • trouble sleeping • more or less interest in the computer or cell phone.

## Cyberbullying and Your Children

### ***What can parents and guardians do about cyberbullies?***

- Talk to your children. Tell them to let you know if anyone is being a cyberbully. If someone is, have your child save all communication from that person, including IMs and text messages.
- Report incidents to the Internet or cell phone provider, your child's school and/or the police if you fear your child is in danger.
- Find out how to block communication from the cyberbully or change your child's contact information.
- Note that filtering software cannot prevent cyberbullying.

### ***What can your children do?***

- If one of your children receives a hurtful message, he or she needs to tell you about it, but not send a message back. Responding negatively to the cyberbully, or forwarding the hurtful message on to others, makes your child a cyberbully, too.
- Avoid websites where cyberbullying occurs.
- To keep others from being hurt, your children should report any instances of someone they know being cyberbullied.

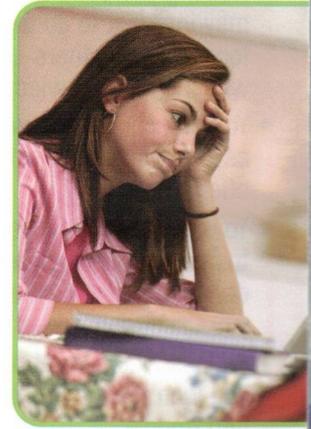
## What Every Parent Should Know about Sexting

As your kids grow into their teens (and sometimes before), a new danger emerges. Called sexting, this troubling trend involves young people electronically sending sexually explicit messages, photos, or videos.

Photos are often taken by the person in them and are intended to be seen by a specific person. But with today's technology, they often reach far beyond those meant to share them.

### ***The trouble with sexting***

- Because photos can be distributed widely, sexting can ruin reputations and limit one's ability to get into college, join the military or get a desired job.
- Sexting can result in anxiety and depression.
- It is a crime. Federal law makes it illegal to possess, distribute or take sexually explicit images of anyone under age 18. State laws vary, but sexting may lead to jail time and to teens being labeled as sex offenders.
- Information sent via cell phone will be available for as long as 30-50 years.



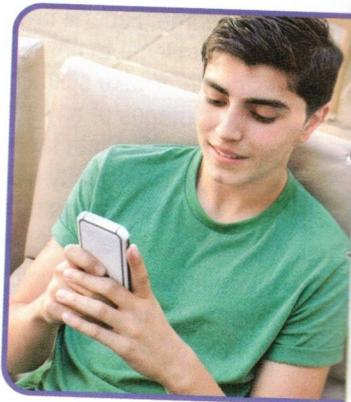
# What Every Parent Should Know about Sexting

## What can parents and guardians do about sexting?

- Talk to your children about the dangers of sexting.
- Set rules and consequences for breaking them.
- Be aware of what your kids are posting publicly.
- Know who they're communicating with.
- Learn how to use their cell phone.
- Be aware of sexting shortcuts and acronyms (see list on next page).

## What to tell your children about sexting

- Anything you send or post will not go away.
- Nothing you send or post will remain private. You may intend it to go to one person, but it could be forwarded to others without your knowledge.
- You risk jail time as well as being labeled a sex offender.
- You don't have to give in to pressure from others to do something that makes you uncomfortable.
- Friends who care about you won't want you to get into trouble by sexting.



## 25 Popular Sexting Acronyms

1. **53X** Sex
2. **8** Oral sex
3. **ADR** Address
4. **ASL** Age, Sex, Location
5. **CU46** See you for sex
6. **GNOC** Get naked on cam
7. **GYPO** Get your pants off
8. **IPN** I'm posting naked
9. **IWSN** I want sex now
10. **KFY/K4Y** Kiss for you
11. **KPC** Keeping parents clueless
12. **LH6** Let's have sex
13. **LMIRL** Let's meet in real life
14. **MOOS** Member(s) of the opposite sex
15. **MorF** Male or female
16. **NIFOC** Nude in front of the computer
17. **P911** Parent alert
18. **PAL** Parents are listening
19. **PAW** Parents are watching
20. **PIR** Parent in room
21. **PRON** Porn
22. **RUH** Are you horny?
23. **SUGARPIC** Suggestive or erotic photo
24. **TDTM** Talk dirty to me
25. **WYCM** Will you call me?