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The Impact of Technology and Social Media on Students, and a Whole Family / Whole Community Approach to Increasing Online Safety




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works with Federal, Tribal and Urban healthcare facilities throughout California and the to improve their cybersecurity posture, technical infrastructure, privacy and security policies, and HIPAA compliance. She served as both the System Administrator and Information System Security Officer (ISSO) before becoming the California Area Office CISPO. Reese is a dedicated civil servant who has spent 22 years working for the federal government. She holds an MBA from Brandman University, a graduate certificate in Public and Non-Profit Leadership, a BBA in Information Systems, and possesses the highest information security credential, Certified Information Systems Security Professional (CISSP).





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Learning Objectives

By the end of this presentation, participants will be able to:

- Articulate the risks and impacts of social media on youths' emotional, physical and financial well-being.
- Execute limits and establish online behavior expectations for children
- Utilize provided free resources to teach youth how to protect and conduct themselves online.

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How much time are kids *really* spending on screens?

- Schools use technology for instruction as early as 5 years old
- Children ages 8-10 spent 8+ hours a day on various forms of media – and that time increases as they age
- Two thirds of kids report “no rules” by parents regarding their media use






Photo Credit: Getty Images

Study conducted by the Center for Cyber Education and Safety




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Technology and Youth: A Double Edged Sword


Benefits	Risks
<ul style="list-style-type: none"> Education Tool Inspire children to pursue tech careers Improve visual-special reasoning Can be leveraged for remote learning during emergencies Virtually unlimited access to information 	<ul style="list-style-type: none"> Cyberbullying Inadvertent exposure of private information Lowered attention span Financial risks to youth and parents Complete lack of oversight Virtually unlimited access to information



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2016 Study on Children’s Internet Usage

Study conducted by the Center for Cyber Education and Safety



40% Connected or chatted online with a stranger

53% Revealed their phone number to a stranger

21% Spoke by phone with a stranger



15% Tried to meet a stranger

11% Met a stranger in their own home, the stranger's home, a park, mall or restaurant

30% Texted a stranger from their phone

6% Revealed their home address to a stranger

87% Were taught to use the internet safely	29% Use the internet in ways their parents won't approve	31% Downloaded music with adult words	21% Watch adult programs online	15% Used a webcam
8% Texted a valid number or texted one	6% Purchased something online with a credit card without parental knowledge	20% Downloaded or used adult topics	62% Went to adult websites after a search	31% Listed adult age to access adult websites






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Pressing Issues

- Youth Identity Theft
- Cyber-Molestation
- Child Sex Trafficking





If you or anyone you know is a victim of cyber sexual abuse, please reach out to [Sanctuary for Families](#) for legal assistance, clinical support, and other resources.

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Youth Identity Theft: Vulnerable and Valuable to Identity Thieves


- Creditors don't always verify Social Security numbers with birthdates
- Thieves can use a youth's identity for years or even decades without notice
- Child's identities are appealing – young persons don't typically have established credit
- Young people are less likely to be cautious with their private/personal information

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Online Child Abuse/Cyber Molestation



- Children do not need to be physically accessible in order for sexual abuse to occur
- Kids can be easily tricked into believing they're chatting online with other kids

- Photos sent to perpetrators frequently end up on the dark web for pedophiles to view, sell and trade
- This is referred to as Self Generated Child Sexual Abuse Material, or SG-CSAM).

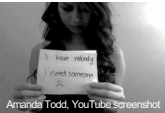




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Child Sex Trafficking and Exploitation

- Children can be sexually exploited online by being forced/extorted into creating explicit content.
- Sites like Only Fans have minimal age verifications in place, and have monetizing structures that make "pimping" financially beneficial.
- 25% of "Sextortion" victims are under the age of 13, Over 80% are under the age of 18.



Amanda Todd, YouTube screenshot

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Parents: Setting Technology Boundaries

- Teach your kids about the risks.
- Use technology *together* when they're young
- Set and enforce time and content limits
- Limit and monitor online activity using built in controls like Google for Families or Apple Family Sharing
- Share your own negative experiences with technology with them – lessons learned
- Do not share your Wi-Fi password with them
- Set up time limits on your Wi-Fi router







Photo Credit: Getty Images

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Examples of Enforcing Controls

Hi there,
Here are last week's highlights.
Screen time for May 10 - May 16

Screen time (7 hr 54 min)

App and games

Insights by app category

Webpage blocked

Most visited websites

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Parents: Setting Social Media Boundaries

- All US based social media platforms have a minimum age of 13 – use that as a *minimum* age to allow social media interaction
- Ensure your child's profile is set to private
- “Friend” or “follow” your children so that you can peripherally monitor activity
- Enforce a “real life friends only” restriction on social media accounts
- Model good online behavior

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Teaching Children to Report Online Abuse

- All social media platforms and online games have methods of reporting any sort of online abuse.
- Help them understand that their reports will stay anonymous, fears or threats of retribution are unfounded.
- If they also engaged in unacceptable activity, don't shame them if they come to you for help – empower them.

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Educators and Community Members: How to Start the Conversation


To get a feel for students' media use, ask:

- Who has a cell phone?
- How many of you play online games?
- Do you use social media?
- Do your parents have rules about any of these?

ROBLOX

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Safe and Secure Online
by the Center for Cyber Safety and Education

Safe and Secure Online is a fully developed youth online safety curriculum, with different resources for each age group. These free resources are provided by the Center for Cyber Safety and Education which is the outreach arm of the International Security Certification Consortium (ISC2) and offers downloadable PowerPoint presentations, videos, handouts and lesson plans.

[Children's Presentation Cyber Safety Middle School \(iamcybersafe.org\)](#)
[Safe and Secure Online Parent Presentation \(iamcybersafe.org\)](#)
[Vita \(safeandsecureonline.org\)](#)






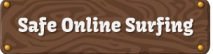


Photo Credit: Adobe Stock




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FBI-SOS is a free, fun, and informative program that promotes cyber citizenship by educating students in third to eighth grades on the essentials of online security. For teachers, the site provides a ready-made curriculum that meets state and federal Internet safety mandates, complete with online testing and a national competition to encourage learning and participation. A secure online system enables teachers to register their schools, manage their classes, automatically grade their students' exams, and request the test scores.

[FBI Kids — FBI](#)








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References

- [Social Media Internet Safety Tips for Parents \(iamcybersafe.org\)](#)
- [Children, Adolescents, and the Media | Pediatrics | American Academy of Pediatrics \(aap.org\)](#)
- [Impact of Technology on Kids Today and Tomorrow. \(wgu.edu\)](#)
- [Children's Online Privacy Protection Rule \("COPPA"\) | Federal Trade Commission \(ftc.gov\)](#)
- [Children's Internet Usage Study Families \(google.com\)](#)
- [Identity Theft.gov/creditbureaucontacts](#)
- [The Surge In Online Child Exploitation, Trafficking And Abuse — And What To Do About It \(ibtimes.com\)](#)
- [Suicide of Amanda Todd - Wikipedia](#)




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Consider Freezing Child's Credit

To place a child credit freeze, contact each of the three credit bureaus separately:

- Experian.com/help 888-EXPERIAN (888-397-3742)
- TransUnion.com/credit-help 888-909-8872
- Equifax.com/personal/credit-report-services 1-800-685-1111








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Additional Resources for Educators

- OnGuardOnline – Federal Trade Commission
 - [Main website](#)
 - [Resources for educators](#)
- StopBullying.gov - Department of Health and Human Services & Government Partners
 - [Main website](#)
 - [Information on cyberbullying](#)
- StaySafeOnline – National Cyber Security Alliance
 - [Main website](#)
 - [Resources for schools](#), including [Cyber Security Awareness Volunteer Education \(C-SAVE\) classroom materials](#)
- STOP.THINK.CONNECT – Various Public and Private Partners
 - [Main website](#)
 - [Department of Homeland Security webpage](#) and [educator resources](#)
- Be Internet Awesome – Google and Partners
 - [Main website](#)
 - [Interland online adventure game](#)
 - [Classroom tools and curriculum](#)
 - [Applied Digital Skills website](#)
- NetSmartz/KidSmartz – National Center for Missing and Exploited Children (NCMEC)
 - [Main NCMEC website](#)
 - [NetSmartz](#) online safety education program for children ages 5-17
 - [KidSmartz](#) safety program on preventing child abductions









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