Be Aware !

Your child may as likely Cyberbully as be a target of Cyberbullying.

WHO AM I ?

- Ger Brick
- From Killorglin Co. Kerry
- Worked with Microsoft for 17 Years
  - IT Program Manager
  - Enterprise Internet Deployments
  - Privacy / Security

- Here to talk about ..
  - **Cyberbullying**
  - **Keeping Safe Online**

AGENDA FOR THIS EVENING

Introduction

Cyberbullying Video

Recent Trends

CyberBullying

Definition / Facts

Respect

Rules

Parent Tips – What Can I Do

The Law

Internet Safety

Personal Information

Keep Safe Video

Safety Tips

Get Smart

Lets Talk “Apps”

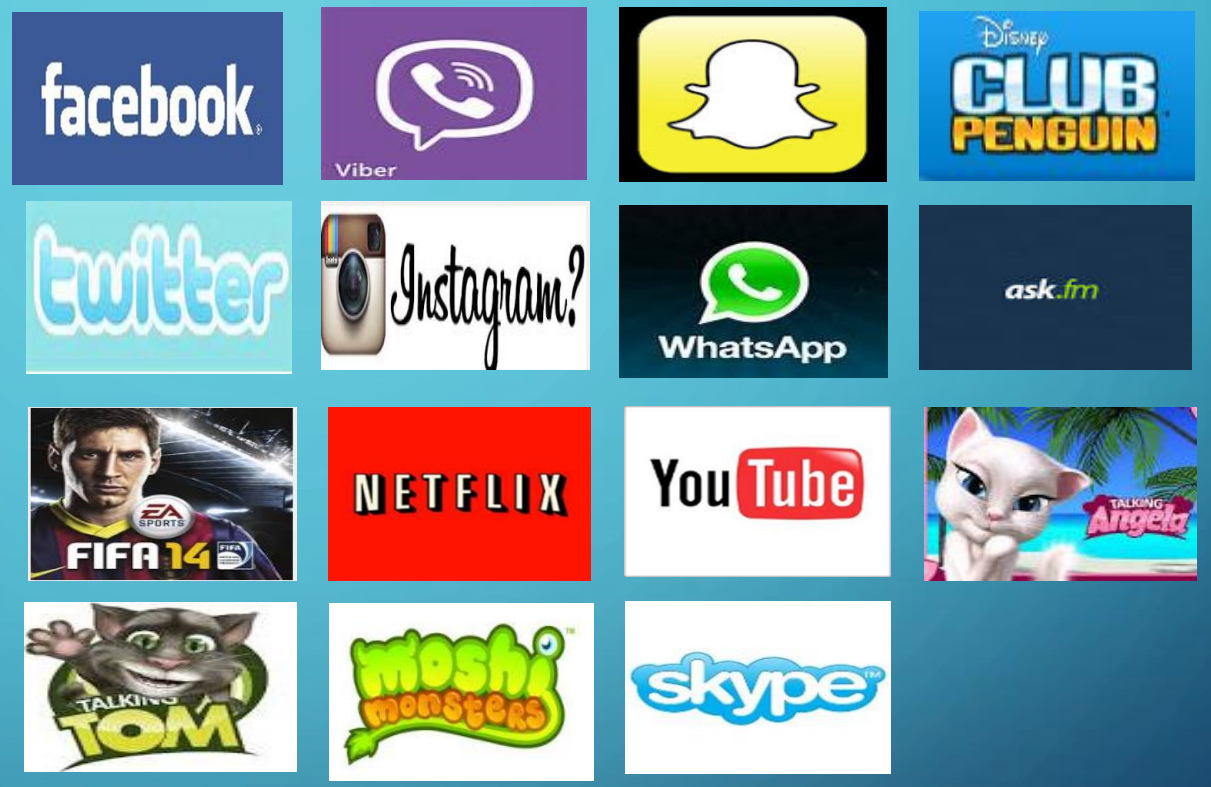
WHAT DO WE USE TO ACCESS THE INTERNET ?

Not Just Computers Anymore

RECENT ONLINE TRENDS

Social Media Tools

Entertainment



- Constantly changing – Can be hard to keep up with.
- Traditional Surfing is on the decline with Children & Teens.
- Kids are heading beyond Facebook.

CYBERBULLYING – LETS FIGHT IT TOGETHER

What is Cyberbullying
and how can we Stop it ?

CYBERBULLYING DEFINITION & SOME FACTS

Bullying, as defined by the Dept. of Education as unwanted negative behaviour, verbal, psychological or physical conducted by an individual or group against another person (or persons) and which is repeated over time.

Cyberbullying is bullying carried out through the use of information and communication technologies such as text, social network sites, e-mail, instant messaging (IM), apps, gaming sites, chat-rooms and other online technologies.

Children Definition : Cyberbullying is the use of Computers, Tablets, Mobile phones and Game Consoles , to Threaten, Embarrass, Harass someone else.

23% of Irish children say that someone has acted in a hateful or nasty way towards them in the past 12 months. This is higher than the figure of 19% reported for Europe as a whole.
(EU Kids Online 9-16 year olds)

CYBERBULLYING CHARACTERISTICS

❑ 24/7 contact	There's no escape
❑ Impact	Huge audience, speed of contact, permanent effect
❑ Anonymity	Victims may not know who bully is.
❑ Abuse has changed	Mental intimidation, Promises of violence, Threaten social standing. Freezing people out.
❑ Different Ways	Text, Email, Social Media, Phone, Apps , Games
❑ The Bystander effect	Unintentional complicity

RESPECT OTHERS ONLINE

What is Respect ?

- Being Nice and Kind to other people
- Means you think good things about that person and how he/she acts
- Means you act in a way that shows you care about their feelings and well being.
- Not saying nasty things , spreading lies/gossip or threatening people.

You can also have respect for yourself !

Always treat people with the same respect in the Online world as you do in the Real world

Show Respect Online by :

- Not posting mean comments, send unkind instant or text messages, or bully others online
- Connect honestly and carefully.
- Being a real friend
- Sending positive text and mails

COMMUNICATING RESPECTFULLY ONLINE

Some Simple Rules when Communicating online ….

Never use Bad Language.

- Your letting yourself down !
- Consequences : Blocked from using sites you like.

Always write something as if you are saying it to someone's face.

- Think Before you Click

Never Hurt someone's feelings.

- Would you like to be hurt ?
- Consequences : Reported for Bullying.

Avoid Using CAPITALS

- Can sound like you are shouting.
- Or being Aggressive and Angry

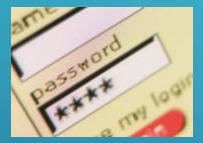
As Parents , we need to instill this behavior in our children

CYBERBULLYING GOLDEN RULES FOR CHILDREN

Preventing

Respect others online Always

<u>THINK</u> before you text or post something.



Keep Passwords Secure

PROTECT Your Privacy.

Responding

Never Reply to Cyberbullies.

TELL an Adult or someone you trust.

BLOCK and or Report them on websites you use.

KEEP the evidence.

Parent Go Do : Teach your children these simple Rules.

HOW DO I KNOW IF MY CHILD IS BEING CYBERBULLIED ?

- **Engage** in you child's online activity.
  - **Occasional conversations** about their online world.
  - Knowledge of Cyberbullying.
  - Avoid using the word “Cyberbullying”

- Obsession with messaging or social media.
  - Pointer that they are worried about something.
  - Sign they need your support.

- Behavioural Change
  - Sudden adversity to using social media.
  - Difficulty Sleeping , Nightmares.
  - Declining school performance Or not wanting to go to school.
  - Low self esteem.

WHAT TO DO IF MY CHILD IS CYBERBULLIED ?

- ❑ Feel lucky that your child has told you.
- ❑ Just listening helps your Child.
- ❑ Work with your child – keep them involved.
- ❑ Respond thoughtfully – not impulsively.
- ❑ More than one perspective is needed.
- ❑ Gather the evidence (if any).
- ❑ Your School is usually the 1st port of call.

Loss of Dignity or control

Bullying is almost always related to school life

Marginalized (put down and excluded),

Remember the Ultimate Goal :

Restored **Self-Respect** and **Dignity** of your child. Not getting someone punished.

CYBERBULLYING & GARDA SIOCHANA

Gardaí will investigate Cyberbullying incidents reported.

Physical threats are considered an offence by the Gardaí.

Serious incidents that could be illegal should be reported to the Gardaí.

Any evidence of Cyberbullying should always be kept for any investigations by the Gardaí.

WHAT TO EXPECT / POSSIBLE OUTCOMES

Procedures for investigating Offences

- Tracking down Origin of Messages
- Seizing Computers, Laptops, Phones etc. under warrant
- Speaking with account holder
- Interview / Questioning
- If something is deleted it can still be retrieved.

Possible Outcomes

- Referral to the HSE – Children under 10
- Juvenile Referral – Children between 10-12
- Prosecution/Juvenile Referral – 12+
- Juvenile Liaison Officer
- All cases will be investigated as Offences.

A FINAL WORD ON CYBERBULLYING

- Cyberbullying Does Happen.
- It’s the Exception rather that the Norm. (3-5%)
- Kids for the most part are nice to each other online.
- Teach your children the Rules.
- As a Parent - Look for the signs of Cyberbullying.
- As a Parent – Know how to Respond.

KEEPING SAFE ONLINE

INTERNET SAFETY

When you buy your child a bike, you teach them how to ride it **SAFELY.**

Are you more careful about your child's safety in the Real World than their Online World ?

Is it time you changed ?

INTERNET SAFETY

What your children learned Today….

What do your toothbrush and your online password have in common ?

USE YOUR COMPUTER SAFELY

When online :

- ❑ Be Careful , Be Cautious - Always Think before YOU click
- ❑ Choose your online friends carefully.
- ❑ Never give out your Personal Information

WHAT IS YOUR PERSONAL INFORMATION ?

Which of these are ok to post online ?

- Your Real Name

- Favourite Video Game

- Your Phone Number

- The Weather

- Your Home Address / School Address

- Your Email Address

- Group Photos

- Passwords

KEEP SAFE ONLINE – TOP RULES TO TEACH YOUR CHILD

- Think Before you Post
- Be polite and Respect others online
- Don't give out your Personal Information
- Don't forward mean or rude messages
- Never meet up with someone you met online
- Tell someone if you receive a message that worries you
- Be choosy about making friends online
- Say No to secret friendships
- Never share Passwords
- Never click on Popups.
- Always Tell Adult if you are worried.

Treat your On-line world the same way as your Real world

YOUR CHILDS 1ST EXPERIENCE ONLINE

Computer, Laptop, Tablet , Smart Phone or Game Console

Get Smart
Or
Be Outsmarted

SOME SIMPLE PRACTICAL THINGS YOU CAN DO IMMEDIATELY

For Starters You Can :

- ❑ Keep Computers in a central area at home.
- ❑ Introduce Rules for your Child
  - ✓ Time Limits
  - ✓ Internet Free Times
  - ✓ Internet Free Zones
  - ✓ Limit Internet access before bed time
- ❑ Choose a limited Smartphone data plan
- ❑ Give good example.
- ❑ Engage & Get Involved.

Parents : There is a need to go further !

KNOW YOUR CHILDS INTERNET BEHAVIOUR & HABITS

There is More you can do…

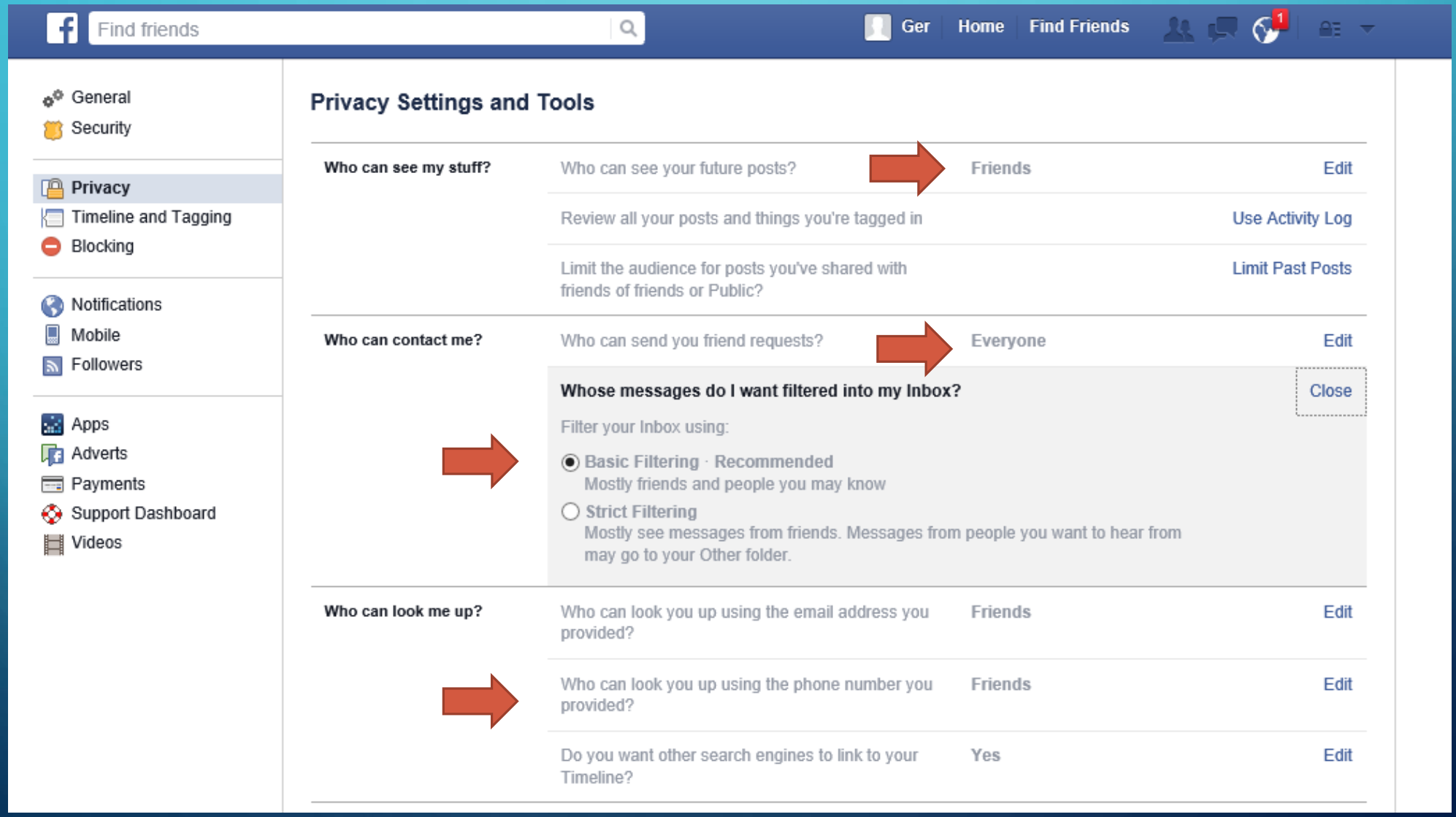
- ❑ Teach yourself.
- ❑ Experience it Together - Encourage your child to show you.
- ❑ Know what sites / apps they use.
- ❑ Set clear rules around what apps / sites the can and cannot use.
- ❑ Keep Personal Information Private
- ❑ Know their Passwords
- ❑ Be Friends on Facebook etc.

Introduce Physical Controls ..

- ❑ Parental Controls
- ❑ Family Safety Software
- ❑ Monitoring Tools
- ❑ Anti Virus Software
- ❑ Learn about Privacy Settings

Facebook Privacy Settings

13+



BEST FAMILY SAFETY TOOLS

What features to look for in Family Safety Tools

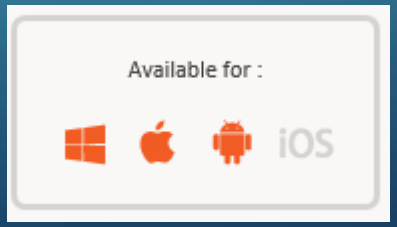
- ❑ Web Supervision & Blocking
- ❑ Social Network Monitoring
- ❑ Search Supervision
- ❑ Time Supervision
- ❑ Email Alerts
- ❑ Parent Mobile App
- ❑ Video Supervision
- ❑ Mobile App Supervision
- ❑ Monthly/weekly Daily reports

- Some entry level Family Tools are free such as Microsoft Family Safety
- Cost are typically < 60 Euro for a single device
- SnapChat content cannot be monitored using these tools
  - "FlexiSpy " claims to monitor SnapChat conversations (http://www.flexispy.com)
  - Is very Expensive 100 – 300 Euro

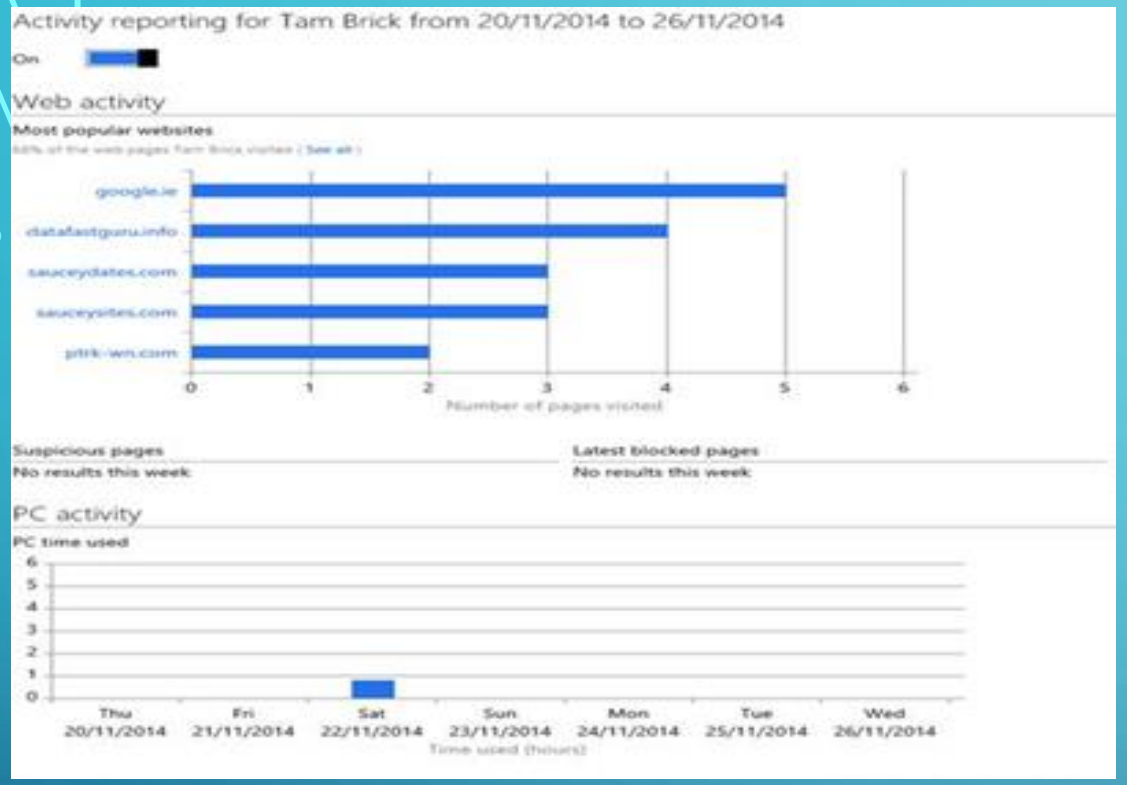
FAMILY SAFETY TOOL – NETNANNY

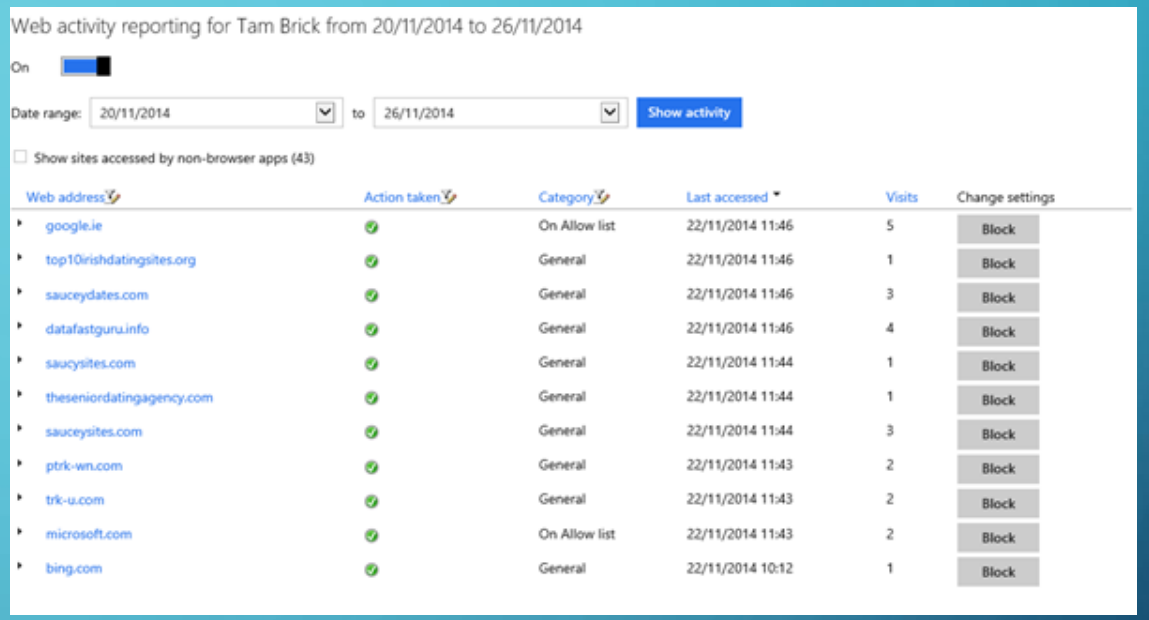
Features

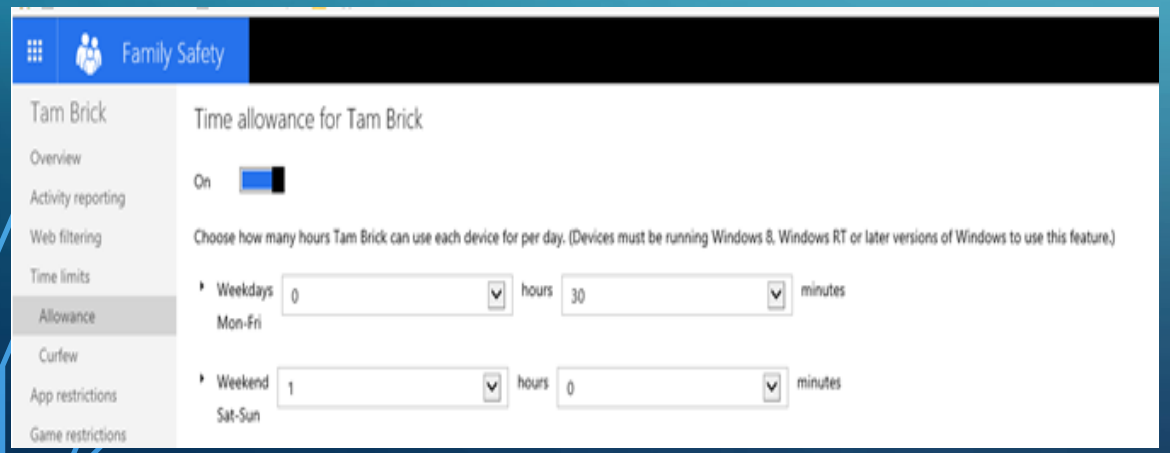
- Parental Controls Overview
- Internet Filter
- Block Pornography
- Time Management
- Child Protection Software
- Profanity Masking
- Alerts and Reporting
- Personal Accountability
- Remote Management

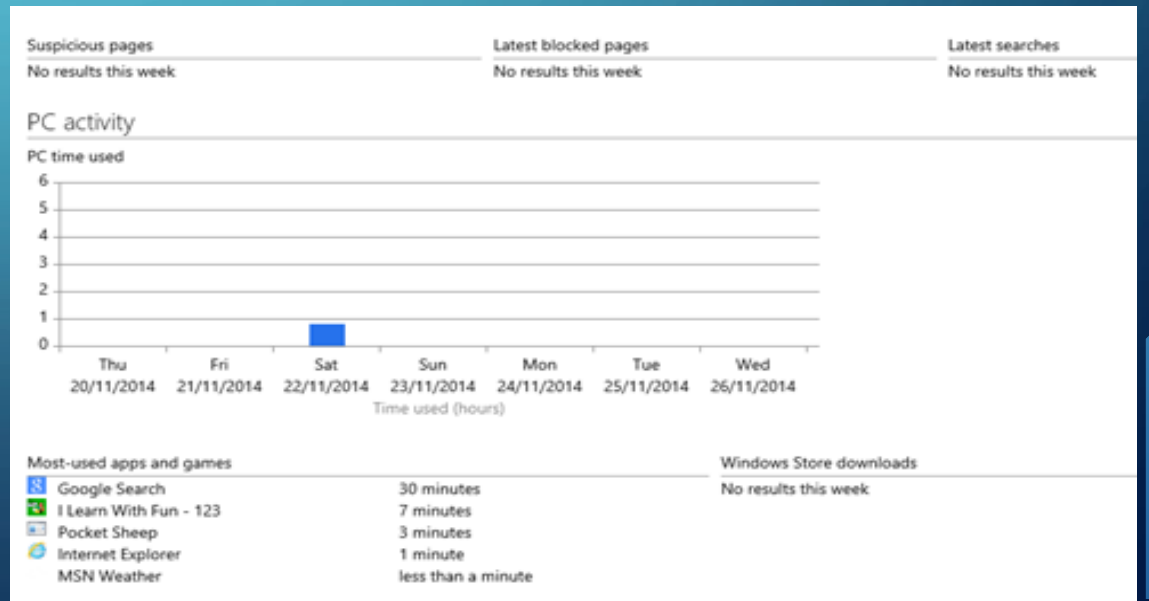


SETTING UP PARENT CONTROLS IS EASY …

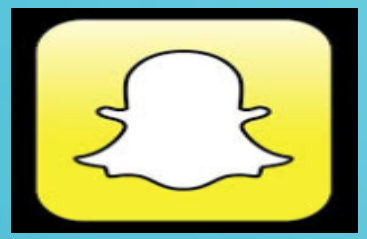








LETS TALK APPS …



Parents :

- Always evaluate the Apps your child is using
- Check with other Parents.
- Age Restriction is there for a reason.
- Try to keep up with Trends , new apps always coming online
- Apply the same Keep Safe rules and guidelines for all Apps your Child uses

Facebook is a popular free social networking website that allows registered users to create profiles, upload photos and video, send messages and keep in touch with friends, family and colleagues.

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Risks

Facebook is Not Private

Friending

Parent Friending Not Enough

Facebook Can Affect Your Child's Future

Profanity

Cyberbullying

Identity Theft

Facebook Addiction

What Can you do ?

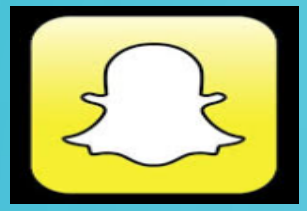
Apply to top 10 Rules (from earlier)

Educate Yourself

Understand & Know Privacy Settings

Enjoy Together – Talk about the online World

Apply – Parental Control & Monitoring Software



Snapchat is a messaging app that lets users put a time limit on the pictures and videos they send before they disappear.

13+

Why Kids Love it

- Love the spontaneity of it.
  "In the moment" Fun
- Less worry about an invisible audience.
- Gone in 10 seconds

Features

- Video & Image Sharing
- Blocking and Reporting functions
- Privacy : My Friends only setting.
- No Ads

Risks

- Nothing inherently dangerous about Snapchat.
- Has become know as the 'Sexting' app
- Can encourage behaviour such as sending embarrassing pics , video & sexting

What Parents Need to Know

- Like any media-sharing service – can be used for sexting, harassment etc.
- Typically used among friends
- It's a myth that digital media is gone forever
- Screen capture is possible.

Twitter is a microblogging site that allows users to post brief, 140-character messages called "tweets" and follow other users' activities

13+

Why Kids Love it

- Teens like using it to share quick tidbits about their lives with friends.
- Great for keeping up with what's going on in the world - breaking news, celebrity gossip

What Parents need to know

- **Public tweets are the norm for teens.**
- **Updates appear immediately.**
- **It's a promotional tool for celebs.**
- **Lots of Profanity**

Instagram is a platform that lets users snap, edit, and share photos and 15-second videos either publicly or with a network of followers.

13+

Why Kids Love it

- Instagram unites the most popular features of social media sites: sharing, seeing, and commenting on photos.
- Instagram also lets you apply fun filters and effects to your photos, making them look high-quality and artistic.

What Parents need to know

- Teens are on the lookout for "Likes." Posting a photo or video can be problematic if teens post it to validate their popularity.
- Public photos are the default. Photos and videos shared on Instagram are public unless privacy settings are adjusted
- Private messaging is now an option.
- Mature content can slip in.

WhatsApp lets users send text messages, audio messages, videos, and photos to one or many people with no message limits or fees..

16+

Why Kids Love it

- Provides the ability to send unlimited messages for free

What Parents need to know

- **It's for users 16 and over.** Lots of younger teens seem to be using the app
- **It can be pushy – encouraging you to add friends who haven't yet signed up.**

Tumblr is like a cross between a blog and Twitter: It's a streaming scrapbook of text, photos, and/or videos and audio clips.

16+

Why Kids Love it

- Many teens have “tumblrs” for personal use -- sharing photos, videos, musings, and things they find funny with their friends.
- Often go Viral.

What Parents need to know

- Porn is easy to find.
- Privacy can be guarded, but only through an awkward workaround
- Posts are often copied and shared.

- Ask.fm is a social site that lets kids ask questions and answer those posted by other users -- sometimes anonymously.

13+

Why Kids Love it

- Q&As about favourite foods or crushes, for example
- Iffy content is part of the site's appeal.

What Parents need to know

- Bullying is a major concern. .
- Anonymity can encourage mean behaviour.
- Q&As can appear on Facebook.

KEEP SAFE ONLINE – TOP TIPS TO TEACH YOUR CHILD

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My Contact Details :

- inetsafetytalk@Hotmail.com

Thank You

Questions ?

WHY DO KIDS CYBERBULLY EACH OTHER?

Some example reasons:

- Sometimes they do it for entertainment or because they are bored.
- Many do it for laughs or to get a reaction.
- Some do it because of jealousy.
- Some do it by accident, and either send a message to the wrong recipient or didn't think before they did something.
- The Power-hungry do it to torment others and for their ego.

HOW TO TURN OFF GEO TAGGING ON SMART PHONES

A **geotagged photograph** is a **photograph** which is associated with a geographical location by **geotagging**. Usually this is done by assigning at least a latitude and longitude to the **image**, and optionally altitude, compass bearing and other fields may also be included

By Default it is set to "ON" on most phones. The location where the photo was taken accompanies the photograph whenever copied, forwarded or posted online.

To remove Geo Location tags from photographs already taken there are a number of applications out there :

On a PC – Install Pixelgarde from www.pixelgarde.com.

- It's Free & Reliable
- Easy to use
- For other application google " Remove geotags from photos". There are numerous free applications out there that will remove geotags from Photos.

On Smartphones :

- A Pixelgarde app is also available from Iphone and Android phone app stores.

Android 4.2 phones

1.Start camera application
2.Hit the Settings button
3.Scroll down and find the GPS Tag option and turn it off

BlackBerry 6.0 and 7.0

1.Open Camera
2.Set the Location icon to "Disabled"

iPhone iOS 6.0 – 7.0.4

1.Go to Settings
2.Select Privacy
3.Select Location Services
4.Set Camera to "Off"

Windows Phone 7 and 8

1.Go to Settings
2.Navigate to Applications
3.Scroll down to Pictures & Camera
4.Set "include location (GPS) info in Pictures you take" to "Off"