



*We're here because
they're out there!*

DID YOU KNOW?



Instagram-Must be 13 years old and up



Vine-Must be 17 years old and up



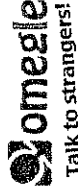
Tik Tok/Music.ly-Must be 13 years old and up



Must be 13 years old and up



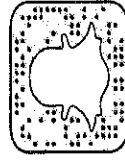
Facebook-Must be 13 years old and up



Must be 13 years old and up



Whisper-Must be 13 years old and up



Snapchat-Must be 13 years old and up



Must be 13 years old and up



Twitter-Must be 13 years old and up

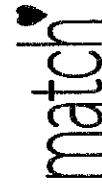


Must be 16 years old and up

WhatsApp



Must be 12 years old and up



Must be 18 years old and up



13 + years old for account age visibility, and under 13 for age appropriate games





SOCIAL MEDIA GUIDELINES

- ❖ Open a family e-mail account for younger children
- ❖ Create gender neutral screennames, and email addresses to help protect your child's identity
- ❖ How many people are on your child's "friends list", and do they know them in person or as an "online" friend?
- ❖ Has your child been tagged in any inappropriate pictures on their friends social media accounts?
- ❖ Remove inappropriate content, and personal information
- ❖ Be aware of other places your child may be going online, like the library, friends' homes, etc.
- ❖ Check **your** privacy settings, and be careful of the type of information and/or pictures **you** are posting about/of **your** child
- ❖ Establish cell phone rules
- ❖ Review cell phone records for unknown numbers, and late night calls
- ❖ Research security settings, and safeguards for cell phones
- ❖ Remind your child of the possible social, academic, and legal consequences of sending a sexually explicit image or text.

We're here...because they're out there.

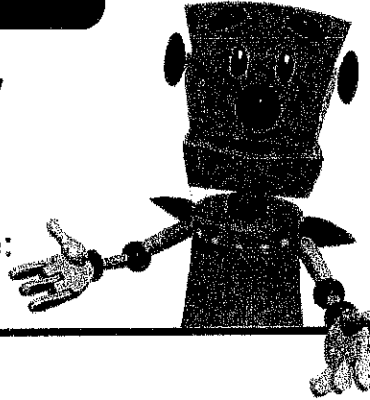
<https://www.sandiego.gov/sdicac>

My Rules for

Internet Safety

Primary

The Internet is where I learn and play
But I have to be careful everyday
So I pledge to be safer online
And follow these rules all of the time:



1

I will tell my trusted adult if anything makes me feel sad, scared, or confused.

2

I will ask my trusted adult before sharing information like my name, address, and phone number.

3

I won't meet face-to-face with anyone from the Internet.

4

I will always use good netiquette and not be rude or mean online.



signed

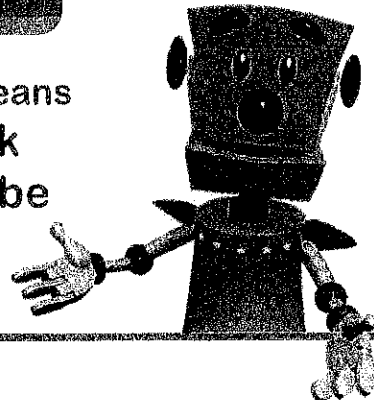
signed

My Rules for

Internet Safety

Intermediate

I will use the Internet responsibly. That means making smart decisions about what I look at, who I talk to, and what I say. I pledge to be safer online by following these rules:



1

I will tell my trusted adult if anything makes me feel sad, scared, or confused.

2

I will ask my trusted adult before sharing information like my name, address, and phone number.

3

I won't meet face-to-face with anyone from the Internet.

4

I will always use good netiquette and not be rude or mean online.



signed

signed



Social Media Contract For Kids



I understand that using the computer, cell phone, and/or other electronic device is a privilege that is subject to the following rules:

- I will ask my parents' permission before joining any social media site.
- I will allow my parents to set my privacy settings and parental control settings on all of my accounts.
- I will give my parents my passwords for all of my social media accounts.
- I will respect other people's privacy and be courteous when posting photos or other content about them.
- I will NOT give my passwords to anyone other than my parents.
- I will NOT lie about my age online.
- I will NOT post or share: my name, age, address, phone number, school, interests, or other personal information, without my parents' permission.
- I will NOT click or remain on a page that says "for over 18 years only".
- I will NOT post or share photos of me, family or friends without my parents' permission.
- I will NOT post or share offensive or inappropriate images, language, video, or other content.
- I will NOT allow my phone, tablet or other devices to interfere with sleep, school work, and face to face relationships.
- I will NOT meet anyone in person who I have met through social media.
- I will NOT engage in online bullying including leaving unkind comments on others' posts or photos.
- I will let my parents know if I am the victim of online bullying.
- My time limits for online use are: _____.

Consequences

I understand that I risk the following consequences for violating any of the above:

1. _____
2. _____
3. _____

I, _____, agree to the above conditions for using social media. I also understand that my parents are setting these conditions because they love me and want to keep me safe.

Signature/Date: _____

Parent Signature/Date: _____



Family cell phone, computer, electronic devices and internet safety rules and usage contract



Before you get started read these 3 statements out loud and initial them.

1. I am being trusted to be a responsible young adult and act in manner that would make my family proud
2. Nothing on the internet is private and will get passed around
3. People online are often times NOT who they say they are
4. People are not always truthful online

I understand that using the computer, cell phone, internet and/or other electronic devices is a privilege that I will NOT misuse AND is subject to the following rules:

- I will allow my parents to set my privacy settings and parental control settings on all of my accounts and devices.
- I will not bring my phone or device into the restroom or into my private bedroom at any time. I understand that my parents can inspect my phone or device at any time.
- I will give my parents my passwords for all of my devices, user accounts and social media accounts.
- I will ask my parents' permission before joining any group, social media site, or other online forum.
- I will not send or take embarrassing photos of myself, my family, friends or others.
- I will stop what I am doing and immediately get my parents or an adult, I trust, if someone asks to meet me in person. **(*This is a very serious matter and is NOT to be taken lightly.)**
- I will stop communicating with someone if the conversation gets uncomfortable, or if crude or inappropriate language is used.
- I will NOT lie about my age online.
- I will NOT click or remain on a page that says it is for people older than my current age (e.g. 'for 18 years old or older only').
- I will NOT give my passwords to anyone other than my parents.
- I will NOT post or share: my name, age, address, phone number, school, interests, or other personal information, without my parents' permission.
- I will NOT post or share photos of me, family or friends without my parents' permission.
- I will NOT post or share offensive or inappropriate images, language, video, or other content.
- I will NOT allow my phone, tablet or other devices to interfere with sleep, school work, and face to face relationships.
- I will NOT meet anyone in person who I have met online, even if they are friends of friends.
- I will NOT engage in person to person, cell phone or any form of online bullying including leaving unkind comments on others' posts or photos.
- I will let my parents know if I am a victim or witness of online bullying.
- I will never upload or download pictures, games, music or videos without parental consent.

Consequences

I understand that I risk the following consequences for violating any of the above:

1. My phone, internet, and non-school access to electronic devices will be eliminated until my parents say otherwise
2. _____
3. _____

I, _____, agree to the above conditions for using social media. I also understand that my parents are setting these conditions because they love me and want to keep me safe.

Signature: _____

Date: _____

Parent Signature: _____

Date: _____

Discussion Guide

(Ages 5-8)

It is important to talk to young children about safety without overwhelming or scaring them. This discussion guide offers age-appropriate messages and strategies to help you start a conversation about personal and online safety.

What to Talk About

When discussing personal safety, empower children by helping them learn what to do if they find themselves in a threatening situation. Tell children:

- A trusted adult is someone like your mom, dad or teacher who makes you feel safe, helps you and listens to you. You can tell a trusted adult any time you feel sad, scared, uncomfortable or confused.
- Ask me or another trusted adult first before going anywhere, helping anyone, or accepting anything.
- It's important to stay with me or the trusted adult in charge when you are away from home.
- Let's learn your full name, home address and telephone number. If we get separated, knowing this information can help you get home.
- Some of the body parts your swimsuit covers are private. If anyone touches you there or anywhere else in a way that makes you uncomfortable, you can say "no" — even if that person is a grown-up.

When discussing online safety, focus on helping children learn behaviors that minimize risks. Tell children:

- Our family has rules about what you can do online in order to help keep you safe. You may not like all of these rules, but it's important that you follow them.
- We should be polite and treat others with respect while online.
- Just because something is online does not mean it's true.
- Ask a trusted adult before sharing information like your name, address or telephone number.
- Not everything online is meant for children. It's not your fault if you accidentally see these things, but you should tell me about it so we can deal with it together.

How to Talk About It

Focus on how, not who. Instead of saying, "Don't talk to strangers," discuss the methods would-be abductors may use such as offering treats or money, asking for help, or offering to show an animal.

Role-play. Don't just talk about safety. Practice it! For example, have children practice yelling, kicking, and pulling away when discussing what to do if someone tries to take them.

Don't skip the hard stuff. It can be hard to talk about some safety issues, especially those involving sexuality. Set the foundation early by talking openly with your children about their bodies. For example, teach them to use the correct names for private parts.

Keep calm. Children make mistakes. If they break a safety rule, remind them why you set it and enforce the consequences. Then talk about what they should do differently the next time.

Listen. Encourage your children to talk about their concerns and listen respectfully — even when you disagree.

Whether on- or offline, one of the most important safety messages for children is tell a trusted adult. Children should know they can talk to you about anything that happens.

NATIONAL
CENTER FOR
**MISSING &
EXPLOITED
CHILDREN**

Take
25



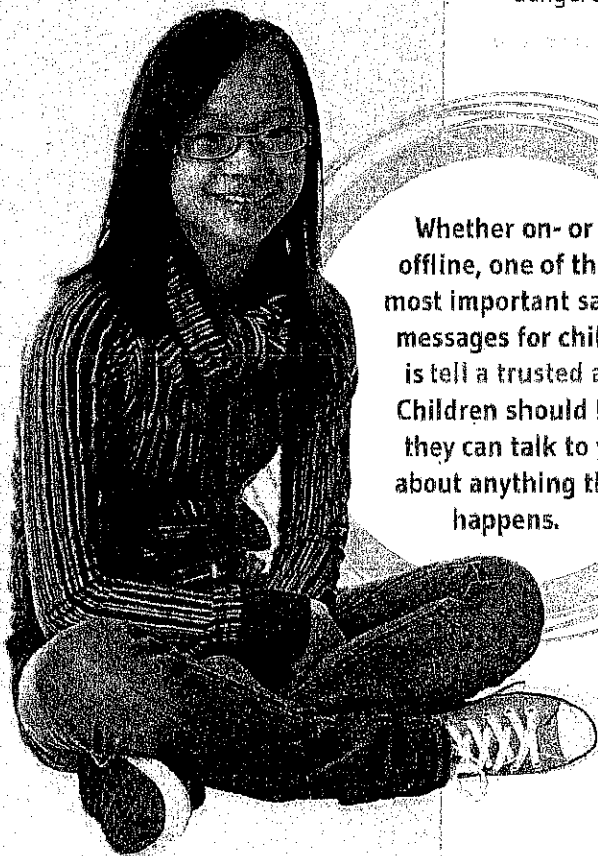
Take25.org

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Discussion Guide

(Ages 9-12)

As children grow older, they need safety messages that will help them navigate the world with less adult supervision. This discussion guide offers age-appropriate messages about personal and online safety you can use to start a conversation.



Whether on- or offline, one of the most important safety messages for children is tell a trusted adult. Children should know they can talk to you about anything that happens.

What to Talk About

When discussing personal safety, empower children by helping them learn what to do if they find themselves in a threatening situation. Talk to children about:

- The methods would-be abductors may use like offering treats and money, asking for help, or offering to show an animal.
- Never accepting anything or going anywhere with anyone without your permission.
- Staying with a friend when going places and asking for permission before changing plans.
- Saying “no” to anyone who makes them feel scared, uncomfortable or confused — even grown-ups. No one has the right to touch them in private areas without their permission.
- How to tell if someone is trustworthy. A trustworthy friend or adult will not ask or pressure you into doing anything dangerous or inappropriate.

When discussing online safety, focus on helping children learn behaviors that minimize risks. Talk to children about:

- Respecting others online and not cyberbullying. Children should not join in if someone is being cyberbullied; they should report it instead.
- Not trusting everything they read or everyone they meet online. Teach children methods for verifying online information, like triple-checking websites’ information.
- Not sharing personal or revealing information online. Information shared online can be permanent and far-reaching.
- Telling a trusted adult if anyone online makes them uncomfortable, asks for or shows them revealing photos, or asks to meet offline. Help your child make a report to www.CyberTipline.com.

How to Talk About It

Set boundaries. Be clear with children about your family’s safety rules and the consequences of breaking them. Consider creating a family contract.

Role-play. Don’t just talk about safety. Practice it! For example, pretend to be a friend asking your child to engage in a dangerous or inappropriate activity. Have your child practice saying “no.”

Keep calm. Children make mistakes. If they break a safety rule, remind them why you set it and enforce the consequences. Discuss what they should do differently the next time.

Don’t skip the hard stuff. It can be hard to talk about some safety issues, especially those involving sex. But keeping quiet about them may make it difficult for your child to talk to you if a problem arises.

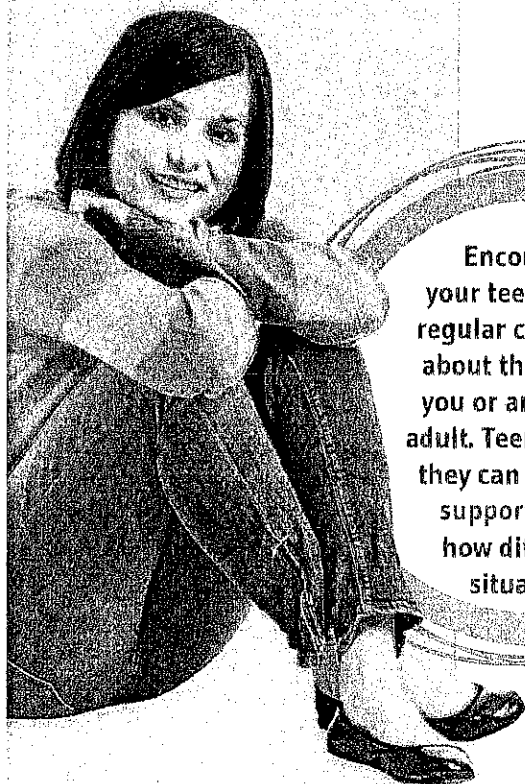
Listen. Encourage your children to talk about their concerns and listen respectfully — even when you disagree.



Discussion Guide

(Ages 13-17)

It is important to talk to teens about safety in a manner that respects their independence while establishing boundaries. This discussion guide offers age-appropriate messages about personal and online safety you can use to start a conversation.



Encourage your teens to have regular conversations about their lives with you or another trusted adult. Teens should know they can count on your support no matter how difficult the situation.

What to Talk About

When talking about personal safety, focus on messages that help teens protect themselves when without adult supervision. Talk to teens about:

- Looking out for themselves and their friends by staying together when going places.
- Checking in with you or the adult in charge before changing plans.
- Not accepting rides or gifts without your permission — even if they are from casual acquaintances.
- Saying “no” to anyone who tries to pressure them into unwanted activities such as drugs, alcohol or sex. Remind teens that a trustworthy friend or adult will not pressure them into doing anything dangerous or inappropriate.

When talking about online safety, focus on messages that help teens understand how their actions online can affect them offline. Talk to teens about:

- What information is OK and not OK to share online. Help them understand how inappropriate comments and images may negatively affect academic and employment opportunities.
- Not sharing nude images or “sexting.” Remind teens to not send, ask for or forward sexts.
- Creating positive online environments by standing up for peers who are being cyberbullied. Instead of joining in, teens should report cyberbullying to the website on which it occurs and tell their trusted adults.
- Not pressuring their peers to take part in cyberbullying, sexting or other inappropriate behaviors online.
- Reporting anyone who makes them feel uncomfortable, asks for or shows them revealing photos, or asks to meet offline. Help your teen report to www.CyberTipline.com

How to Talk About It

Don't exaggerate. Teens may dismiss you and the risks. Help them understand your concerns and how your family rules are meant to keep them safer.

Set boundaries. Be clear with teens about your family's safety rules and the consequences of breaking them.

Keep calm. Teens make mistakes. If they break a safety rule, remind them why you set it and enforce the consequences. Discuss what they should do differently next time.

Don't skip the hard stuff. It can be hard to talk about some safety issues, especially those involving sex. But keeping quiet about them may make it difficult for your teen to talk to you if a problem arises.

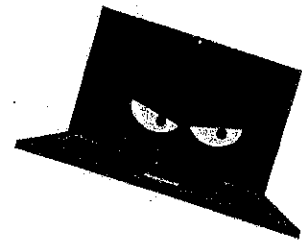
Listen. Encourage your teens to talk about their concerns and listen respectfully — even when you disagree.

Talk often. It's important to remind teens of your safety rules — and the reasons you set them — on a regular basis. The more often you have these conversations with your teens, the easier it will become.

CYBERBULLYING



WHAT YOU SHOULD KNOW...



What if I'm Cyberbullied?

Don't respond. If someone bullies you, remember that your reaction is usually, exactly what the bully wants. It gives him power over you.

- **Don't retaliate.** Getting back at the bully turns you into one and reinforces the bully's behavior. Help avoid a whole cycle of aggression.
- **Save the evidence.** The only good news about digital bullying is that the harassing messages can usually be captured, saved, and shown to someone who can help. You need to do this even if its minor-in case things escalate.
- **Talk to a trusted adult.** You deserve backup. It's always good to involve a parent but if you can't, a school counselor may be able to help. If you are nervous about making a report, see if there is a way to report it anonymously at school.
- **Block the bully.** Use preferences or privacy controls on your phone or computer to block the person.
- **Be civil.** Research shows that gossiping, and trash talking increases your risk of being bullied.
- **Don't be a Bully.** Treat others the way you would like to be treated.

PARENTS' GUIDETO SMARTPHONE SAFETY

SMARTORSCARY?

Smartphones are essentially little computers, so you might be a little worried when handing one over to your child. Take some time to understand the risks and implement a few safeguards so that you can help your child use smartphones safely.



About 1 in 4 teens report owning a smartphone.

Lenhart, Amanda.
Teens, Smartphones & Texting.
Pew Internet & American Life Project,
March 19, 2012.

THE RISKS

• CYBERBULLYING

With the constant connectivity of smartphones, your child may be more susceptible to cyberbullying or have more opportunities to cyberbully others.

• GEOLOCATION

A GPS-enabled smartphone can reveal your child's location through online posts and uploaded photos.

• INAPPROPRIATE CONTENT

With smartphones, your child has mobile access to content you may consider inappropriate, such as pornography or violent videos.

• SEXING

Your child may use the Internet and social apps to send, receive, or forward revealing photos.

• VIRUSES & MALWARE

Just like a computer, a smartphone is vulnerable to security attacks if your child accesses unsecured websites and apps.

5 WAYS TO BE SMARTER THAN THE SMARTPHONE!

1. Be a parent and a resource.

Establish clear guidelines, including time limits and consequences for inappropriate behavior, but be open so your child will come to you with any problems.

2. Set up password protection.

This will keep everyone but you and your child from accessing personal information stored on the phone.

3. Update the operating system.

New versions often contain important security fixes.

4. Approve apps before they are downloaded.

Make sure you understand their capabilities and approve their content.

5. Understand location services.

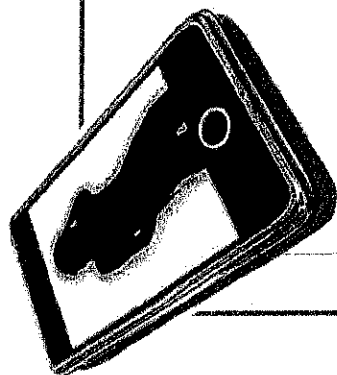
GPS features are useful when using maps, but you'll want to disable location-tagging when your child posts anything online.

For more resources visit NetSmartz.org/TipSheets

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NetSmartz Workshop

A PROGRAM OF THE
NATIONAL CENTER FOR MISSING & EXPLOITED CHILDREN



Tips to Prevent SEXTING for Teens

THINK ABOUT THE CONSEQUENCES

of taking, sending, or forwarding a sexual picture of someone else, even if it's of you. You could get kicked off of sports teams, face humiliation, lose educational opportunities, and even face a police investigation.

NEVER TAKE

images of yourself that you wouldn't want everyone—your classmates, your teachers, your family, or your employer—to see.

BEFORE HITTING SEND

remember that you can't control where this image may travel. What you send to a boyfriend or girlfriend could easily end up with their friends, and their friends' friends, and so on...

IF YOU FORWARD

a sexual picture of someone without their consent, you are violating their trust and exposing them to potential ridicule. It's not up to you to decide who should see their body, so don't forward the image to anyone.

IF ANYONE PRESSURES

you to send a sexual picture, don't give in and talk to an adult you trust. Remember that anyone who tries to get you to do something you are uncomfortable with is probably not trustworthy.

Q: How do I know if my child is sexting?

A: No parent or guardian wants to be the last one to know that their child is sexting. Try to maintain open lines of communication with your children so that they are not afraid to talk to you if they receive inappropriate photos or are being pressured to send them.

Here are some discussion starters to help you have the "sexting talk" with your child:

- Have you ever received a naked picture on your cell phone?
- Has anyone ever asked or pressured you to send a nude or sexual picture?
- Do you think it's OK to send "sexy" messages or images? Why?
- What could happen to you if you send or forward a naked picture with your cell phone?
- How likely is it that images and messages intended for one person will be seen by others?

For more resources visit NetSmartz.org

ROBLOX

How to Disable Chat

1. Log into the account.
2. Go to your Account Settings page by clicking on the gear-icon, located in the upper-right corner of the page followed by Settings. ...
3. Click on the Privacy tab and under "Who can chat with me in app?", select No one.
4. Scroll to the bottom of the screen and click Save.

How can I see what my child is doing on Roblox?

Roblox does have several ways to see the history for certain account activities. When logged in, you can view the following histories from their related sections:

- Creations such as games, items, sounds, ads...etc (Create)
- Private message history (Messages)
- Friends and Followers (Friends)
- Virtual item purchase and trade history (My Transactions)
- To view the account's website chat history with other players, you will need to open the Chat & Party window, located in the bottom-right of the page. Once this window is opened, you may click on any of the listed users to open a window with the chat history with that particular account.

How to Block Another User

Here at Roblox we encourage all of our users to help us maintain an environment that is both safe and fun for everyone. However, we know that sometimes players may not follow all of the Roblox Community Rules. While it is definitely good to report any rule violations to our moderators, sometimes you may wish to keep certain users from being able to talk to you at all. This can be accomplished by blocking them.

For information on how to report another user or content breaking the rules, please read the Reporting Abuse help article.

Blocking another user

To block another user on the website or mobile app:

INFORMATION FOR PARENTS

The National Center for Missing & Exploited Children Cybertipline to make a Cybertip report:

<https://report.cybertip.org>

Education codes regarding Cyberbullying in School:

<https://www.stopbullying.gov/laws/california/index.html>

San Diego ICAC website – Internet Safety Guidelines, Parents Guide, Tips for Parents, Socializing Online, Cyberbullying, Predators:

<https://www.sandiego.gov/sdicac>

- Apple Parental Locks-

<https://support.apple.com/en-us/HT201304>

Apple devices only. Apple's parental locks, allow the parent to control use of selected apps, downloads, and prevention of access to explicit content.

Free

- Google Family Link-

<https://families.google.com/familylink/>

Android only. Manage apps, keep an eye on screen time, and set a bedtime for your child's device. Free

- Facebook –

<https://www.facebook.com/safety/parents/gettoknow>