

A Guide to

ONLINE SAFETY

SOCIAL NETWORKING:

- Never disclose private information when social networking.
- Be wary about who you invite or accept invitations from.
- Be careful about clicking on links in an email or social networking post.

5 POSITIVE THINGS YOUR CHILD CAN DO ON

Social Networking Sites

1. CREATE FAMILY PHOTO ALBUMS

What better way to keep your distant relatives up-to-date on your family's activities?

2. CHAMPION A CAUSE

From animal rights to bullying awareness, social networking sites are the place to go for social activists.

3. JOIN A GROUP

Niche communities have found a home on social networking sites where people can connect and discuss their interests with like-minded people.

4. MARKET TALENT

Stars are born every day online. No need to move to Hollywood to pursue that recording contract; with one hit video the producers will come to you!

5. FIND A COLLEGE

Social networking makes it easier to chat with college students and faculty, so your child can make an informed decision about where to go to school.

5 THINGS TO MONITOR IF YOUR CHILD IS ON

Social Networking Sites

1. Make sure usernames and profile pictures are not too revealing.

2. Be aware of messages or comments posted on your child's account. Delete inappropriate content, and don't forget to check what your child is posting on others' pages.

3. What kinds of photos is your child sharing? Who can see them? Check for anything inappropriate, like nudity, alcohol, or drugs.

4. Friends and contacts on the site may include people you don't know, or even people your child only knows online. Go through each contact together and decide if each is an appropriate friend for your child.

5. Profiles include an "About Me" section where your child can post personal information, including where they live, where they go to school, who they're dating, etc. Check what they're sharing and delete anything you think is too much information.

Popular Social Networking Sites: Facebook, myYearbook, MeetMe, Twitter, MySpace

TALK TO YOUR PARENTS OR GUARDIANS

about what you're doing online. They're not as bad as you think.



IGNORE. BLOCK. TELL.

Ignore mean or threatening messages, block the sender, and tell a trusted adult who can help you report them.



SPEAK UP

if your friends are cyberbullying someone.

RECOGNIZE THE DIFFERENCE BETWEEN CUTE AND CREEPY.

An older guy who wants to date someone much younger is just creepy.

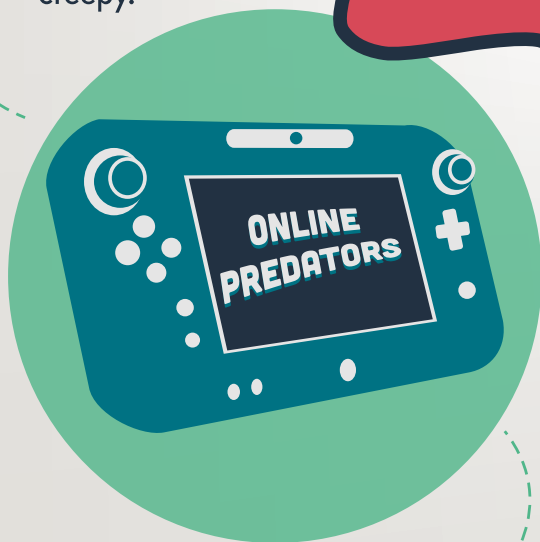


DON'T BE MEAN.

Gossiping doesn't make you cool.

PROTECT YOUR SPACE.

Use privacy settings and don't accept just anyone as a friend.



DON'T JUST SIT THERE — REPORT

anyone who asks to meet you in person to the police and www.cybertipline.com.

AVOID TMI.

Don't post anything too personal or embarrassing.

DON'T BE THAT KID

who gets suspended for posting something stupid online.

Homework Help

MATHEMATICS

www.khanacademy.org

This free website provides practice for many different math skills. The students can save their results and log in to see progress. This website does a great job demonstrating how mathematical concepts are connected. The skill levels range from early skills through high school. It also offers some instructional videos in the areas of Science and Humanities.

www.ixl.com

This website provides practice for math concepts that align to the Common Core standards. It adjusts difficulty level according to the accuracy the student answers the questions. This website requires a paid subscription. Some schools have purchased subscriptions for some students; ask your principal.

www.pearsonsuccessnet.com

This is the online component for the elementary math and language arts programs and includes the textbook, printable materials, and the lessons the students view in class. Check with your child's teacher if you don't know the log-in information.

RESEARCH

<http://onlinelibrary.uen.org>

This resource is available to all students in Utah. There are links to research materials that students can utilize for reports or to find more information about topics they are interested in. Here's a list of the available resources:

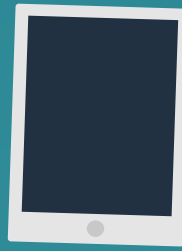
- **CultureGrams:** Provides information specific to Countries of the World, States in the Union and Canadian Provinces.
- **EBSCO:** Provides a catalog of research articles ranging from the Early Elementary Level to Scholarly Journals at the collegiate level.
- **eMedia:** Provides multimedia materials (videos, photographs, and more) to students. There are many downloadable resources from PBS and other educational sources.
- **Soundzabound:** Provides a huge selection of royalty-free music and sounds.
- **World Book Encyclopedia:** full access to an electronic version of the encyclopedia.
- **Preschool Pioneer:** Provides media and other educational resources for very young children.
- **Newspapers and other great materials:** Deseret Morning News, Salt Lake Tribune, Library of Congress, and information about the counties in Utah.



HOW ARE ONLINE ISSUES AFFECTING *children?*

Of the children (0-5) who use the Internet **80%** use it at least once a week.

93% of teens (12-17) go online.



ACCESS

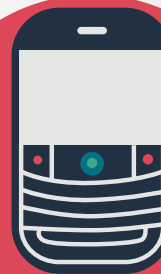
97% of teens (12-17) play computer, web, portable, or console games.



ONLINE GAMING

27% of teens (12-17) play games online with people they don't know.

On average, texting teens (12-17) send and receive **1500** text messages a month.



CELL PHONES

75% of teens (12-17) have cell phones.

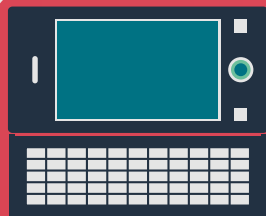
1 IN 3 teens (12-17) have experienced online harassment.



CYBERBULLYING

Girls are more likely to be victims of cyberbullying (**38% GIRLS** vs 26% boys).

4% of cell-owning teens (12-17) say that they have sent sexually suggestive nude/semi-nude messages to others via text message.



SEXTING

15% of cell-owning teens (12-17) say they have received sexually suggestive nude/semi-nude images of someone they know via text.

In more than one-quarter (**27%**) of incidents, solicitors asked youths for sexual photographs of themselves.

73% of teens (12-17) have profiles on social networking sites.



SOCIAL NETWORKING

47% of teens (12-17) have uploaded photos; **14%** have posted videos.



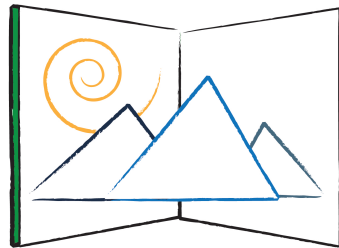
CELLPHONE

TOP TEN TIPS FOR TEENS

Safety

- 1 Only give out your cell phone number to people you know for sure you can trust.**
- 2 Do not take any cell phone pictures or video that are sexual in nature.** First off, if they involve nudity or partial nudity, they are illegal and classified as child pornography – a felony offense in most states. The intent of the parties does not matter, nor does whether permission was granted. Secondly, they have the tendency to get into the hands of the wrong people. Think about your reputation.
- 3 Do not send texts or capture pictures or video on your cell phone that you wouldn't feel comfortable sharing with your parents.**
- 4 Ask yourself how you'd feel** if the text you sent or the picture or video you captured were broadcast all across the school, and all across the Internet. Even if you personally don't send it around, others can and often do.
- 5 Remember that all of the text, photos, and videos you create with your phone are saved and available as digital evidence.** They are either stored on the servers of your cell phone provider, or on your cell phone provider's web site in your individual web-accessible account, or on the flash memory or SIM card of your phone and on other phones – even if you have deleted them.
- 6 Schools can take your cell phone** when they have reasonable suspicion that it has been involved in some violation of school policy or the law.
- 7 Never text and drive.** No text is worth losing your life over, or taking someone else's. If something is urgent, pull the vehicle over to a safe place before dealing with it.
- 8 Remember that having a cell phone is a privilege** and not a right. Treat it as such. Appreciate that your parents have allowed you to have one (and often purchased it for you), and you'll earn more of their respect. Many youth have sabotaged their future (e.g., admission into college, scholarships, job opportunities, legal problems and costs, criminal prosecution, being placed on sex offender registries) because they have misused computers or cell phones. It is NOT worth it.
- 9 Don't respond to text messages from numbers and people you don't know.** Learn how you can block certain individuals (via their cell phone numbers) from contacting you. Don't subject yourself unnecessarily to people who are mean to you when you can keep them from sending you any messages.
- 10 Keep your cell phone keypad locked.** (and the PIN or password safe and private), so that others can't grab it, unlock it, and use it to get you into trouble when you're not looking.

FOR MORE INFORMATION, VISIT THESE TRUSTED SOURCES.



CANYONS
School District

<http://parentconnections.canyonsdistrict.org>

common sense[®]
media

www.common sense media.org

NetSmartz[®] Workshop

A PROGRAM OF THE
NATIONAL CENTER FOR MISSING & EXPLOITED CHILDREN[®]

www.net smartz.org



www.cyberbullying.us


netsafeutah
www.net safe utah.org

www.net safe utah.org



SafetyWeb[®]

A part of Experian

www.safetyweb.com