Internet Safety: Teens

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A Program of the National Center for Missing and Exploited Children

Another Internet Safety Presentation?
I already know this stuff!

Did you know that around the country, teens just like you are:

- Dealing with unwanted sexual requests.

- Facing consequences of sharing too much information online.

- Being Cyberbullied.

Even if you know how to avoid all of these things, there are teens who don't. One of them could be your friend, sibling, or classmate.

GOOD DIGITAL CITIZENS PROTECT THEMSELVES AND OTHERS ONLINE!

Using the internet safely and responsibly is important

Do you agree with this statement?

- The internet is such a huge part of our lives that using it safely and responsibly is very important!

- How many of you like to:

    - Play games online or on a console like PlayStation or XBox?

    - Post images or videos on sites like Instagram, Pinterest or YouTube?

    - Use Google to research your homework assignments?

    - Shop online through sites like Amazon?

    - Talk with friends and family through sites like Skype or Facebook?

Risky Behaviors

First, you have to know which behaviors put you at risk. Some examples are:

- Sending mean or rude messages.

- Sharing inappropriate pictures through online posts or test messages

- Talking about adult subjects with people you don't know

- Visiting adult websites

While these behaviors may not sound very risky, each of them can contribute to getting you or a friend in trouble or putting you in danger. These are all risks you don't have to take, so choose to protect yourself by avoiding them.

Inappropriate Content

By now you know there's some pretty crazy stuff online - and some of it is stuff you don't want to see. Many teens handle this inappropriate content by navigating away from it or reporting it.

Now that you're older, it's not only important to avoid inappropriate content online, but to refrain from posting it yourself. You should be cautious posting images and comments that are inappropriate such as:

- Drinking, drug use or other criminal activities.

- Hate Speech - such as slurs against someone's sexuality, race, or religion.

- Lewd or offensive gestures.

- Profanity.

- Revealing or suggestive images

- Threats.

Posting these things may:

- Ruin your reputation.

- Get you in trouble with your parents, school, or the law

- Damage future opportunities such as getting into college.

Rule of thumb:

If it can get you in trouble **OFFLINE**,

it can probably get you in trouble **ONLINE** too.

Ask Yourself

Who might I hurt?

Do I like what this says about me?

How could this impact my future?

Could this get me into trouble?

Would the adults in my life think this is appropriate?

How many of you know people that share information about themselves through social media sites like Facebook, Twitter, Instagram and Snapchat?

You should try to be careful about how much you reveal

TMI

Online information can
- Spread quickly and to a lot of people
- Reach people that you don't want it to
- Be permanent

Take a minute to think about how much information you are comfortable sharing online. Are you the type of person who posts status updates 12 times a day or 12 times a year?

No matter which type you are, you should be careful about sharing personal information like your:

- Passwords

- Home Address

- Location

- Home/Cell Phone number

- Email Address

Sexting is one way that some teens share inappropriate information. Sexting is the sharing of nude or suggestive pictures and videos through text messages.

BE CAREFUL! THINK ABOUT WHAT YOU ARE DOING.

Your Photo Fate

What if a picture/video is out there?

What Now?
- File a complaint
- Include your age
- Tell them it was posted without your consent

If a sexting image or video has been posted to a website or app, there are steps you can take to try to get it taken down. First, find out which websites the image is on and file a complaint. Trustworthy websites and apps work hard to keep off sexual images of minors and will remove them if notified. Include your age in the report and be clear that the picture was posted without your consent. Don't forget that each website has its own reporting procedures, so you have to file a complaint for each one the picture or video is on.

If your image is on a website that looks untrustworthy or doesn't have a way to report, then consider contracting the police or filing a report at the National Center for Missing and Exploited Children's CyperTipline.org

Protect yourself

Adjust your settings so that your profile pages and personal information is private to only those you are friends with - and DO NOT ADD PEOPLE YOU DO NOT KNOW!

NEVER AGREE TO MEET SOMEONE YOU'VE MET ONLINE ALONE!

Report anyone who:
- Sends you adult images
- Asks you to send images of yourself
- Talks to you about adult subjects
- Asks you to meet offline

CyberTipline.org
1-800-THE-LOST® (1-800-843-5678)

Cyberbullying

Final risk factor…

Cyberbullying
- Creating a hate group about someone
- Posting mean comments online
- Photoshopping someone's photo to embarrass them
- Recording and posting fight videos
- Spreading rumors and gossip through text messages
- Stealing someone's identity to create a fake profile

If you are being cyberbullied, it may feel like there is nothing you can do, but that isn't true.

What You Can Do
- Don't respond
- Block the bully
- Set up new accounts
- Make a report
- Talk to an adult

Some teens don't want to tell an adult - but adults can be very helpful in dealing with cyberbullying they can help you set up new accounts, decide if you need to report the messages, help you talk to administrators or counselors, work with law enforcement and offer support.

Create a POSITIVE online Environment

Some people think that what they do online is separate from their "real" lives. But as we've seen today, what we do "online" matters "offline" to. Make the choice to create a safe and positive on and offline environment at school and with your friends by:

- Being careful about what you share

- Not cyberbullying or encouraging it

- Not asking or pressuring anyone into sharing inappropriate content.

- Reporting inappropriate online behavior

- COMMUNICATE WITH A TRUSTED ADULT!

For more tips on responsible Internet use, visit NSTeens.org

Take the lead and be a responsible digital citizen!