Supervising Your Child's Use of Technology 101

Keeping Our Kids Safe

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Wyngate ES

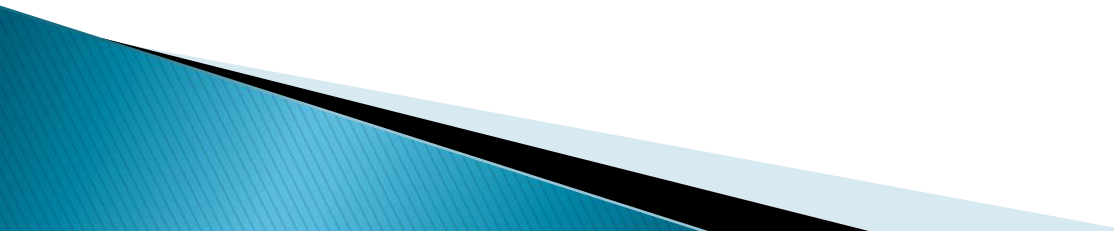# Did You Know?

- 34% of kids aged 10-17 have been exposed to unwanted images on the Internet.
- 42% of kids have been bullied while online.
- Greatest change in online activity occurs between 6th and 7th grade.
  ◦ 60% of 6th graders use Internet
  ◦ 82% of 7th graders do
- This is where your child is going:
  ◦ Teens:
    · 91% have an email address
    · 73% have a cell phone
    · 60% have IM screen names
    · 72% have a social networking profile
- The youth of today are at greater risk of cyber bullying from **known peers** rather than a stranger and **girls** are more likely to cyber bully.

Cyber Bullying Defined

- Bullying through email, instant messaging, in a chat room, on a website, or through digital messages or images sent to a cell phone.
- It's different from traditional bullying because of it's anonymity and disinhibition.
- Examples:
  - Repeatedly sending offensive or rude messages
  - Posting derogatory information about another
  - Impersonating another and sending offensive messages
  - Forwarding embarrassing information

Biggest Problems?

- A result of cyber bullying and/or viewing inappropriate content online:
  - 58% of kids have not told their parents or an adult about something mean or hurtful that happened online.
  - Kids are afraid to tell adults what they have read, heard, or seen.
  - A study of 931 students in 6th–12th grades showed victims of cyber bullying as having the highest rates of anxiety, depression, and school absences.

So What Do We Do?

- Let them use technology! It's a positive thing. BUT…
- Talk about the dangers.
  - Sign a contract (examples attached).
  - Establish rules and post them.
  - Establish steps to follow if something unwanted occurs (4 Rs). Role play some scenarios.
- Protect your kids.
  - **Computers should be out in the open.**
  - All passwords should be shared by the child with the adult.
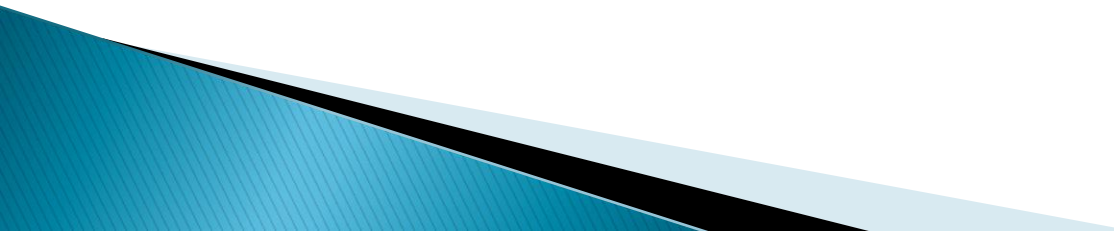 - Know who their friends are.

So What Do We Do?

- Protect your kids (cont).
  - Set up an administrator account on your computer.
    - Keeps kids from downloading or installing unwanted items
  - Talk to them about the dangers of online gaming and to walk away if things get heated.
  - If your child has a social networking account, help them to set up their privacy settings–don't forget to go back and check them now and again.
  - Monitor cell phone use by establishing rules about its use. Also, consider purchasing monitoring software for your child's cell phone.
  - Talk to them about what isn't appropriate to share online and why it can be dangerous.
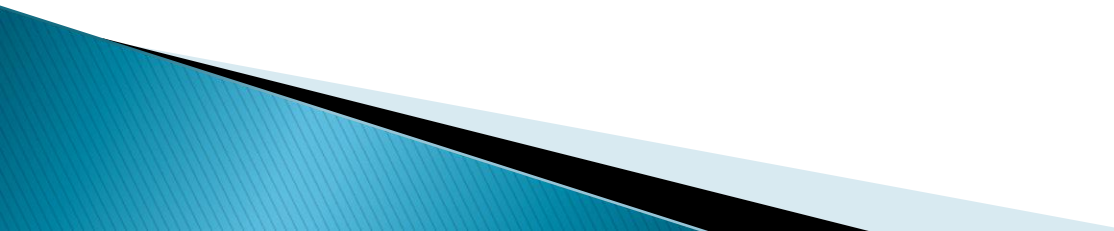 - Be relentless!

Products

- Firewalls
  - McAfee
  - Norton
  - Trend Micro PC
- Activate pop up blockers on search engines and web browsers.
- Consider free antivirus software
  - Avast Free Antivirus
  - Avira AntiVir Personal
  - Microsoft Security Essential
  - Panda Cloud Antivirus
  - Comodo Internet Security Premium

Internet Browsers

- Three best:
  - Mozilla Firefox
  - Internet Explorer
  - Google Chrome
- All have the abilities to clear history, enable pop up blockers, enable anti-phishing, work in private mode, etc.
- Google Chrome does not have parental controls available.
- Setting parental controls on your web browser can overprotect and will affect EVERYONE who uses the computer. You may want to consider monitoring/filtering software.

Monitoring/Filtering Software

- You want to *filter* their access beforehand and *monitor* their activity afterward.
- Most products do a combination of both.
- Software allows the administrator (parent) to pre-select categories to block and even opt to be notified via email if an attempt is made to access objectionable material.
- A disadvantage? Frequent input is often requested from the administrator.

Monitoring/Filtering Software

- Monitoring where they have been can give you a very clear picture of everything your child is doing online.
  ◦ View both sides of an IM conversation
  ◦ See both sent and received emails
  ◦ See web pages visited (not just website addresses typed)
  ◦ Do not have to go to your child's computer to do the monitoring (web-based access)
- A disadvantage may be that your child feels that you don't trust him/her.
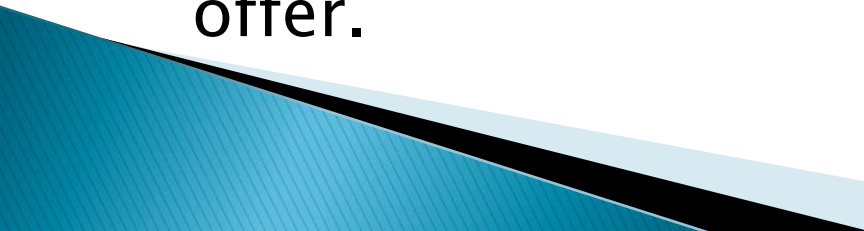- Google currently has a "Safe Search" feature but is not considered highly reliable.

Products

- K9 Web Protection (free)
- Cyber Patrol*
- Cybersitter
- SafeEyes*
- Net Nanny*
- Norton Internet Security
- WebWatcher*
- PC Pandora*
- eBlaster/Spector Pro*

  *ranked best

Monitoring Software for Cell Phones

- Net Nanny Mobile
- My Mobile Watchdog
- Radar
- MyKidisSafe
  - All four are primarily geared for "smart phones"
  - Can select safe phone numbers
  - Immediately notified when an unapproved text, email, or call comes through and allows you to see your child's response
- AT&T, Verizon and Sprint offer features as well and are available for a monthly fee. Check with your cell phone provider to see what they have to offer.

Resources Available

- Educational Websites:
  - Safe Kids: www.safekids.com
  - Yahoo Safely: http://safely.yahoo.com
  - FBI for Kids: www.fbi.gov/kids/k5th/safety2.htm
  - Federal Trade Commission (good for tweens and teens): www.ftc.gov/bcp/edu/pubs/consumer/tech/tec15.shtm
  - Netsmartz: www.netsmartz.org and www.netsmartzkids.org
  - Staysafe: www.staysafe.org
  - Common Sense Media: www.commonsensemedia.org/protecting-kids-cyberbullying
  - Cyberbullying Research Center: www.cyberbullying.us/resources.php

Resources Available

- All materials discussed tonight will be available on the PTA page of Wyngate's website.
- Resources will be available on the media center page of Wyngate's website.
- A binder will be available to parents in the media center who wish to make copies of resources not posted online or shared tonight.
- Books are available in the media center for checking out. A list is attached.
- MCPS has many resources available online at: http://www.montgomeryschoolsmd.org/info/cybersafety/ and at: http://www.montgomeryschoolsmd.org/departments/security/

And Finally…

- Educate
  - Learn about the issue.
- Engage
  - Use various resources provided to enhance your children's abilities to recognize and avoid potential danger.
- Empower
  - Give your children the confidence to make a safer choice online and in the real world.

"The best filter is the one that develops between your child's ears."
-anonymous

Sources of Information

- Patti Agatson, Ph.D., Prevention and Intervention Center at BellSouth
- Cox Communications teen Online Wireless Safety Survey, 2009
- The Pew Internet and American Life Project, 2007
- The Berkman Center of Harvard University
- Kowalski, Limber & Agatson, 2008
- i-SAFE survey, 2004
- NetSmartz
- PC Mag
- Pyle MS
- Thurgood Marshall ES
- Tech Media Network
- WikiHow