

CYBER SAFETY COP

PARENTING IN THE DIGITAL WORLD

WHAT YOU NEED TO KNOW TO KEEP YOUR FAMILY SAFE ONLINE

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About Me

- Clayton Cranford
- 20 yrs Law Enforcement
- CyberSafetyCop.com

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Our Goal

- Show you what's really going on.
- Change the way you think about your child's digital world.
- Empower you to make a difference.

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Problem #1

80%

Teens who say their parents have not talked to them about appropriate use of the internet or set rules about its use.

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The common denominator for nearly every child who is a victim of online abuse:

An **unfiltered, unsupervised** Internet.

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Social Media

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What is Social Media?

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Password protect app store, then ask:

1. Is it age appropriate?
2. Does it have privacy settings that can be made "Private?"
3. Can strangers or anonymous users contact my child?
4. Can I review past posts and comments?

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TikTok

- Fastest growing social media platform
- Addictive algorithm
- Bullying and predators!
- Spyware
- New parental controls

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Instagram

- No parental controls
- Live broadcast feature can only be watched live and cannot be reviewed later.
- Disappearing messaging.
- Secret accounts
- Monitor with Bark

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Check for secret accounts on your child's Instagram

or...

Search for your child's name:

Try different combinations of name, try nickname, and try user name from other accounts like Snapchat, Youtube, etc.

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Snapchat

- Users put a time limit (1-15 sec) on the pictures and videos they send before they disappear.
- Senders are notified if recipient screen shots the image.
- Snap map sharing (ghost mode)
- Bark app monitoring (Android only)

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Online Gaming

- Read parent guides and reviews
- Turn on parental controls and privacy settings
- Talk to you child

CyberSafetyCop.com
CommonSenseMedia.org

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Social Network Rules

- Parent knows about every account (username and password)
- PRIVATE account
- NO strangers
- NO disappearing messaging
- Follow our contract
- Bark monitoring

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Online Predators

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Sexual Exploitation

83% of active 2020 sexual exploitation and human trafficking cases began with an online connection.

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The Cyber Safety Cop Plan

- 1 Talk to your child
- 2 Use Parental Controls
- 3 Create Balance
- 4 Create Accountability

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The Disconnect

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Talk to your child

Internet & Mobile Device Usage Contract

- Set expectations and consequences
- Expectation of privacy
- Use social media for good
- Opportunity for grace
- www.cybersafetycop.com/resources

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How Students Should Respond to Cyberbullying

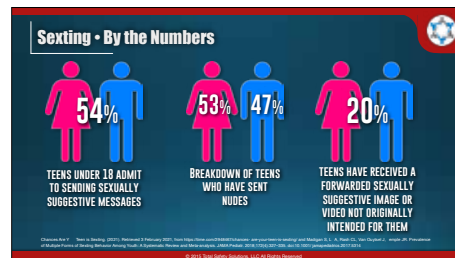
- Don't respond.
- Document the message (screen shot).
- Tell a parent or adult at school.
- Report the account to the hosting site.
- Block the person from contacting you.

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Sexting - Before it Happens

- Don't wait to talk about this
- Remain calm and don't lecture
- Ask questions and be a good listener

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Sexting - Talking Points

- ✓ Sexting could be a crime.
- ✓ Do not forward inappropriate images and video
- ✓ Sent images belong to EVERYONE.
- ✓ Pressure to send or ask for nudes.
- ✓ Reputation consequences

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Use Parental Controls & Privacy Settings

- Manage Screen Time.
- Lock app store
- Block unsafe websites
- Control who can chat with your child

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Social Media and Mental Health

3+ hours per day on social media

34% more likely to suffer one suicide-related outcome than kids who used them **2 hours or less** per day

Tiawaga, (2017) Clinical Psychological Science

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Social Media and Mental Health

5+ hours per day on social media

48% more likely to suffer one suicide-related outcome than kids who used them **2 hours or less** per day

Tiawaga, (2017) Clinical Psychological Science

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Create Balance

AVERAGE TEEN Consumes **6 to 8 hours** of new media a day

<https://www.common SenseMedia.org/files/2018/05/2018-social-media-research-2018-research-report.pdf>

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Screen Time Balance in Remote Learning

- Use screen time parental controls.
- Make a media use plan.
- Build in breaks and movement activities (walk, run, yoga, etc.)
- Screen free family time (meals, board games.)
- Be a good role model

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Create Accountability

- Know all of your child's usernames and passwords to **EVERYTHING**
- Log in to your child's account
 - ✓ Silent observation
 - ✓ Talk off-line
- Enforce consequences

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Create Accountability

Check & Monitor

- Physically check contents of device in front of your child
- Install parental control and notification apps.
 - ✓ BARK

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Create Accountability

Charge device in your room at night.

- ✓ Social Media Posts
- ✓ Messaging
- ✓ Installed apps
- ✓ Browsing history

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Your handbook to make this all work

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Tools to protect your children

HOME NETWORK **CleanBrowsing.com**

Does your existing router have parental controls?

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Tools to protect your children

pinwheel

The **SAFE** smart phone option

10% OFF

Promo: **cybersafetycop**

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Tools to protect your children

bark

- ✓ Social media monitoring
- ✓ Text & email monitoring
- ✓ Notifies parent of inappropriate websites
- ✓ iPhone & Android

Promo: **cybersafetycop**

15% OFF

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Stay up on what's going on and parenting tips

- ✓ Newsletter
- ✓ Articles
- ✓ Class Calendar
- ✓ Downloads
- ✓ Class Descriptions
- ✓ Get a Quote

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Cyber Safety for Students

- Don't allow strangers in your network
- Consequences of mean, rude, or threatening messages
- Create a positive online reputation

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Staff and faculty Training

- Active Shooter Prevention and response
- Behavioral Threat Assessment and Management

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GoLearnTogether.com

- Thirteen lessons, only 20 to 25 minutes in length.
- A step-by-step guide to facilitate each lesson with a follow-up discussion.
- The course is 100% online.

- Digital Footprint and Reputation Management
- Cyberbullying Prevention
- Online Security
- Privacy and Safe Online Relationships
- Screen Time Balance

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Contact Us

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