



Internet Safety

Information & strategies for the safe use of the internet by teens



Bre Guzman – Youth Prevention Manager

Founded in 2000, notMYkid is a youth mental health and wellness nonprofit that educates and assists youth and adults on a variety of topics:

- Substance Use
- Relationships
- Bullying
- Internet Safety
- Depression
- Stress & Anxiety
- Rx Misuse
- Alcohol
- Vaping & Cannabis
- Teen Mental Health

Full Continuum of Care:

- *Prevention*
 - Youth, Adult, and Professional Education
- *Early Intervention*
 - Project REWIND
 - Project COURAGE
 - Project CONNECT
- *Peer Support*
- *Outpatient Treatment for Youth and Families*

Guiding Questions

- What are the pros and cons of social media use?
- Which applications are popular now and how might they be dangerous?
- What are the dangers of pornography and sexting?
- How do sexual predators use technologies to exploit teens?
- What strategies and tools can keep teens safe on the internet?

Social Media Statistics



- 90% of teens ages 13-17 have used social media
- 75% of teens have at least one active social media profile
- 51% of teens report using social media daily
- On average, teens are online almost 9 hours a day

- AACAP

Why do they like social media?



- FOMO (fear of missing out)
- Dictate how they appear to others
- Creation of an alter ego
- Validation
- Preferred communication
- Escape
- Boredom



Pros and Cons of Social Media

Pros

- Connecting with family & friends
- Meeting new friends with shared interests
- Self-expression
- Part of a community
- Learning
- Future

Cons

- Affected social skills
- Loss of focus
- Inappropriate content
- Cyber-bullying
- Negative body image
- Loss of sleep
- Potential loss of opportunities

Main Potential Risks

- Early Exposure to Inappropriate Material
- Theft of Personal Information
- Sexual Solicitation
- Cyberbullying and Harassment
- Imbalanced Use / Tech Addiction
- Negative Impact on Mental Health



Types of Applications

- Messaging Apps
- Anonymous Apps
- Picture/Video Apps
- Live Streaming Apps
- Vault Apps





Kik



WhatsApp



Telegram



Discord

Messaging Applications

Why Kids and Teens Like Them :

- Send instant messages to friends
- Send pictures and videos
- Parents will not see conversations in the text messaging app
- Meet new people

Possible Concerns :

- Open contact with predators
- They are used for sexting
- Cannot verify the real identity of the user
- Have been involved in kidnapping cases
- Possible exposure to pornography



Omegle



ASKfm



Reddit



Meet Me

Anonymous Applications

Why Kids and Teens Like Them :

- Ask questions & leave comments anonymously
- Share images/video anonymously
- Receive compliments & validation
- Anonymity provides perceived safety/privacy

Possible Concerns :

- Cyberbullying
- Sexually inappropriate comments/questions
- Associated with multiple suicides
- No accountability for words and actions
- Explicit photos of students posted
- Used to post threats



YouTube



Twitch



live.me

Live Me



Bigo Live

Live-Streaming Applications

Why Kids and Teens Like Them :

- Build a wide audience
- Be a part of a community
- Real time exposure
- Ability to communicate with streamer
- Allows for secret conversations
- Tutorials

Possible Concerns :

- Cyberbullying
- Sexually inappropriate comments/questions
- Associated with multiple suicides
- No accountability for words and actions
- Explicit photos of students posted
- Used to post threats



Instagram



Snapchat



Twitter



TikTok

Social Media Applications

Why Kids and Teens Like Them :

- Attention, affirmation, and compliments
- Large follower count = “clout”
- Sharing their life with friends
- Users can apply filters & effects

Possible Concerns :

- Predators use pictures/videos to find targets
- Easy access to drugs
- Unhealthy comparison & competition with others
- Pressure to project a perfect image online
- Dangerous challenges
- Pornography

DRUG-RELATED EMOJIS YOU SHOULD KNOW



- COCAINE



- VAPE OR
SMOKE



- ECSTASY
AKA MOLLY



- HEROIN



- MARIJUANA



- DEALER

Youth workers warn of rise in drugs purchases through social media

Dealers use sites such as Instagram and Snapchat to reach young people, prompting calls for education on risks



▲ Snapchat on Apple's App Store. Photograph: Bloomberg via Getty Images

Growing numbers of teenagers are buying illegal drugs on social media sites such as [Instagram](#) and Snapchat, experts have said.

Youth workers have raised concern about the trend, which they say has accelerated in the last year and a half. One said he had spoken to children as young as 13 who had bought drugs through such sites.





EMOJI DRUG CODE | DECODED

COMMON EMOJI CODES

FAKE PRESCRIPTION DRUGS

PERCOCET & OXYCODONE



XANAX



ADDERALL



DEALER SIGNALS

DEALER ADVERTISING



HIGH POTENCY



UNIVERSAL FOR DRUGS



LARGE BATCH



OTHER DRUGS

METH



HEROIN



COCAINE



MDMA & MOLLIES



MUSHROOMS



COUGH SYRUP



MARIJUANA



This reference guide is intended to give parents, caregivers, educators, and other influencers a better sense of how emojis are being used in conjunction with illegal drugs. Fake prescription pills, commonly laced with deadly fentanyl and methamphetamine, are often sold on social media and e-commerce platforms – making them available to anyone with a smartphone.



Be Aware of the Negative Impacts!



“We make body image issues worse for one in three teen girls,” said a slide from one internal presentation in 2019, seen by the [Wall Street Journal](#).

“Thirty-two per cent of teen girls said that when they felt bad about their bodies, Instagram made them feel worse,” a subsequent presentation reported in March 2020.

Another slide said: “Teens blame Instagram for increases in the rate of anxiety and depression. This reaction was unprompted and consistent across all groups.”



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Instagram

Facebook aware of Instagram's harmful effect on teenage girls, leak reveals

Social media firm reportedly kept own research secret that suggests app worsens body image issues

Damien Gayle

@damiengayle

Tue 14 Sep 2021 14:40 EDT



▲ A teenage girl using a mobile phone. A slide in the document said: “Teens blame Instagram for increases in the rate of anxiety and depression.” Photograph: Alamy

Facebook has kept internal research secret for two years that suggests its [Instagram](#) app makes body image issues worse for teenage girls, according to a leak from the tech firm.

Dangerous TikTok Challenges

- Blackout Challenge
- Benadryl Challenge
- Door Kick Challenge
- Devious Licks Challenge
- Nyquil Challenge
- Silhouette challenge





Calculator



Vault



AppLock



Hide it Pro

Vault Applications

Why Kids and Teens Like Them :

- Users can hide videos and pictures
- Users can hide other apps (AppLock)
- Prevents parents from finding sexting or porn
- Looks like a legitimate app
- Takes a picture of person who enters wrong passcode in the app

Possible Concerns :

- Are used to store explicit images and sexts
- Can make it difficult for parents to detect problems



Vault Apps



How to login

1. Press "." button.
2. Enter your passcode (4 digits).
3. Press "." button again.



Potential Gaming Risks

- Tech/dopamine addiction
- Reduction in motivation
- Connection with potential predators
- Anxiety/depression
- Increase in aggression
- Social isolation/sedentary lifestyle



Social Media Safety Strategy

Privacy:

- Encourage your child to use pseudonyms on social media, rather than their real name
- Ensure that your child has a strong and secure password for each social media account
- Work with your child to set all security settings to private

Friends & Followers

- If your child does not know the person and you can't verify their identity with certainty, trust your instinct as to whether or not that person should be their subscriber, follower, or online friend
- Spend time on social media to monitor your child's online relationships

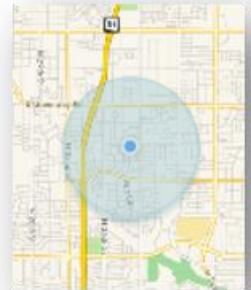
Social Media Safety Strategy

Photographs:

- Set all photo settings to private. This will help to ensure that only approved friends will be able to view them.
- Tell your child to never share a photo (even with just one person) that they wouldn't be ok with the whole world seeing.

Location Settings

- Turn off location, photo maps, and GPS settings for apps. So, if your child's photo is shared it will be more difficult to locate their position



Dangers of Pornography

*****Pornography is easily accessed online, sometimes even accidentally**

- The average age of first exposure is 11 years old
- 85% of teens and 71% of tweens have viewed porn online
- 57% seek it out monthly
- 10% seek it out daily

Negative Effects of Pornography

- Imitation and modeling of inappropriate behaviors
- Unhealthy interface with normal sexual development process
- Emotional side effects: nightmares, guilt, shame, anxiety, confusion
- Premature stimulation of sexual activity

Dopamine

is a neurotransmitter that is central in our drive for personal reward. When teens take part in stimulating or potentially addictive habits, such as pornography, there is a flood of dopamine in the brain. With repetitive increases of dopamine released into the teen brain it is rewired to crave the same effect.



Teen brains are the most sensitive to dopamine at around age 15 and react up to four times more strongly to images perceived as exciting.

How to Help with Porn Addiction

- Maintain open communication
- Reduce shame
- Normalize the problem
- Establish healthy boundaries
- Seek professional help



Why Are They Sexting?

- To be flirtatious
- As a joke
- Peer/social pressure
- Pressure from partner
- To express affection
- To get attention/affirmation
- Curiosity/experimentation
- Impulsiveness



Criminal Charges for Child Pornography

Both kids who send photos and kids who receive photos can be charged.

Those who send the photos may be charged with distributing child pornography in some states. And those who receive the photos may be charged with receiving child pornography, even if they did not request the photo.

If they distribute the photos to friends, then they also may face charges for distributing child pornography as well. If your kids receive a nude or sexually-suggestive photo, they should delete it right away. Leaving it on their electronic device puts them at risk for criminal charges.

Next Steps!

If a child receives a sext they didn't request, they can:

- Make sure to delete the image, video, or message from their device.
- Take the necessary steps to report the incident to the appropriate adults, including teachers, parents, law enforcement, or other trusted adults.

Predators



- One in five kids has been sexually solicited online.
- 75% of those solicited don't tell their parents.

Predator Tactics

1. **Identification of Target**
2. **Grooming**
3. **Victimization**

Identification of Target

Predators will seek out targets in the following places

- Apps
- Social Media Platforms
- Online Games



Grooming

Predators will take the following steps:

- Establish comfort and familiarity
- Make promises
- Manipulate teen insecurity
- Expose target to pornography



Victimization

Predators will take the following steps:

- Coerce sexually explicit images and videos
- Sexually assault and exploit the victim
- Use guilt and threats to keep victim silent

Adrio Romine "Laloboy"



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Warning Signs



- A drop in grades
- Secrecy about their device use
- Isolation from family and friends
- Mood swings
- Gets angry or anxious when their device isn't available to them
- Receives gifts or money from people you don't know
- Becomes obsessive about using their device or specific apps
- Immediately changes screens or closes an app when a parent is near
- Downloading pornography

Helpful Tips

- Tell your child about your family's position on internet safety
- Create and follow consistent rules for internet use
- Model appropriate online behavior for your child
- Create opportunities for two-way conversation about the internet
- Educate yourself
- Deter negative behavior online

Monitoring & Control Apps

- Bark (use code "NOTMYKID" for 30 days free)
- Qustodio
- WebWatcher
- Net Nanny
- FamilyTime



WinThisYear.BuzzSprout.com



Also available on Apple Podcasts, Google Podcasts, Spotify, IHeartRadio, Amazon Alexa, and Stitcher.

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Primary Sources

- National center for missing and exploited children
- American Academy of Child and Adolescent Psychiatry
- Federal bureau of investigation
- Scottsdale police –
(Crimes against children on the internet)
- Bark

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