



Office of New Mexico **Attorney General**

Community Safety Awareness



Attorney General
HECTOR BALDERAS

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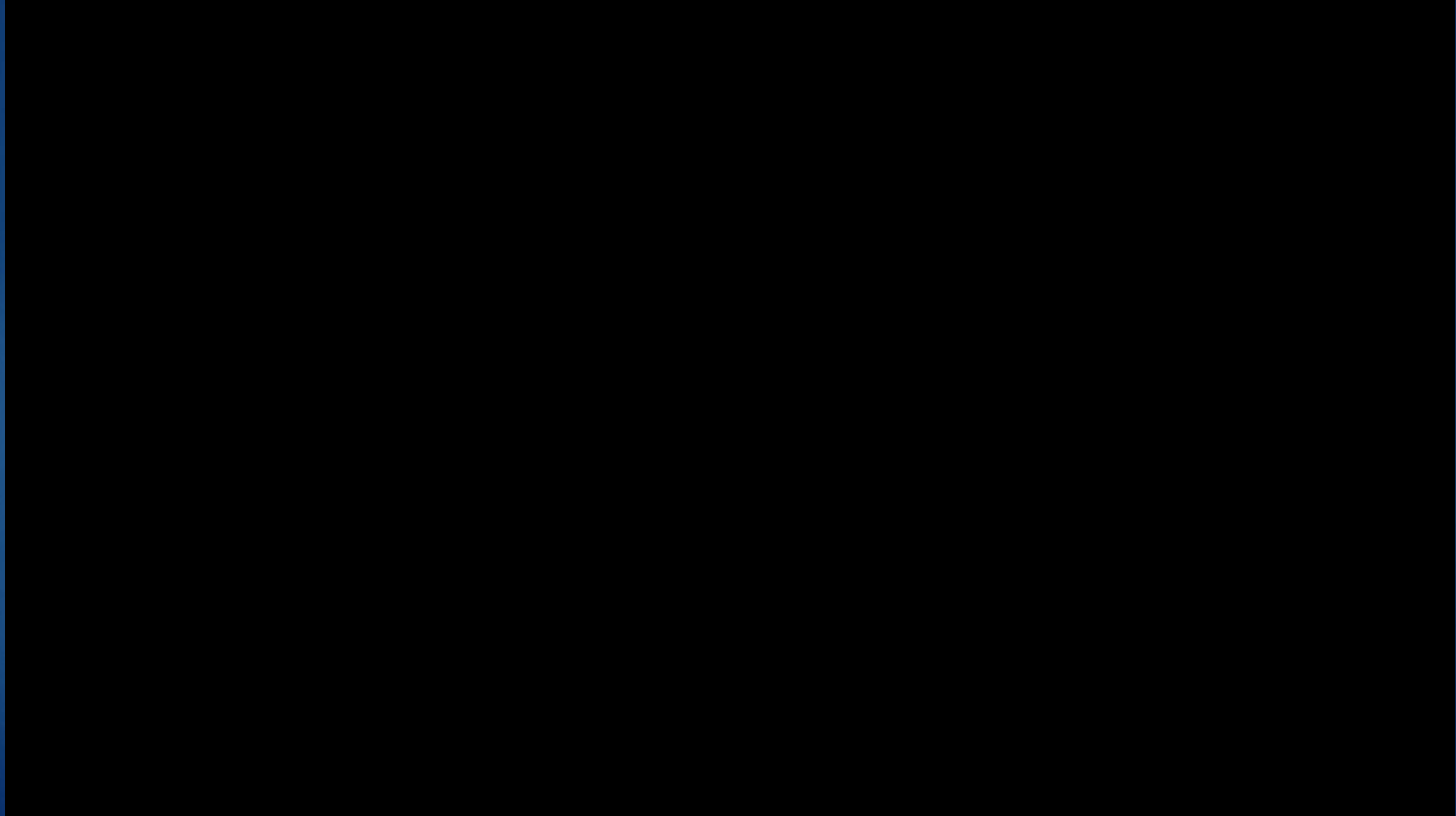
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NMOAG-Hector Balderas

Protecting our children is a priority



Community Safety Awareness

- ▶ Introduction video with Katherine Trujillo and Angelique Sedillo

The NM Office of the Attorney General CSA Coordinators



Office of New Mexico **Attorney General**



Attorney General
HECTOR BALDERAS

**CYBER SAFETY
AWARENESS**

Objectives:

Attendees will leave with better awareness of online safety concerns, ways to prevent them and resources to use in the future.

Some of these resources include:

- Training videos
- Conversation starters
- Flyers and parent information

Resources for our Community:

Staff, Students, Parents and community members

Go to the nmag.gov website and click on resources.

Resources-Community Safety Awareness

CSA- age level appropriate materials:

-Elementary

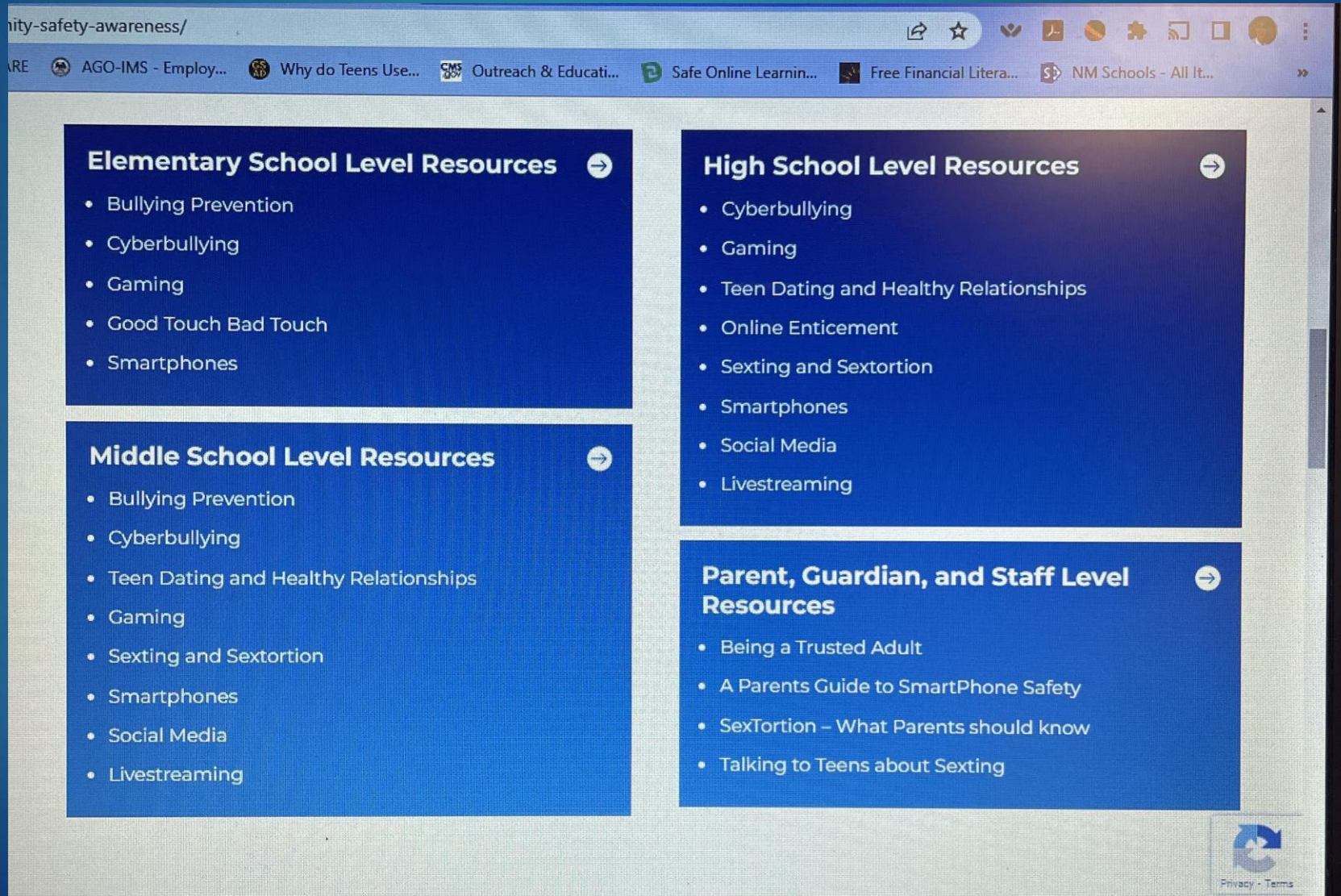
-Middle School

-High School

-Parent, Guardian and Staff resources

The screenshot shows the website for Hector Balderas, New Mexico Attorney General. The main content area is titled "Parent/Guardian & Staff Level Resources". It includes a list of subjects: Cyber safety, Bully Prevention, Sexting, Online safety including Grooming Precautions, and Online Gaming and Chat Room Safety Precautions. A sidebar menu on the left lists various resource categories, with "Community Safety Awareness" expanded to show "Elementary School Level Resources", "Middle School Level Resources", "High School Level Resources", and "Parent/Guardian & Staff Level Resources".

Topics available at different school levels:



The screenshot shows a web browser window with the URL "community-safety-awareness/". The browser's address bar and tabs are visible at the top. The main content area is divided into four blue panels, each with a title and a list of topics. The panels are: Elementary School Level Resources, Middle School Level Resources, High School Level Resources, and Parent, Guardian, and Staff Level Resources. Each panel has a right-pointing arrow icon next to its title. The topics listed are: Elementary School Level Resources (Bullying Prevention, Cyberbullying, Gaming, Good Touch Bad Touch, Smartphones); Middle School Level Resources (Bullying Prevention, Cyberbullying, Teen Dating and Healthy Relationships, Gaming, Sexting and Sextortion, Smartphones, Social Media, Livestreaming); High School Level Resources (Cyberbullying, Gaming, Teen Dating and Healthy Relationships, Online Enticement, Sexting and Sextortion, Smartphones, Social Media, Livestreaming); and Parent, Guardian, and Staff Level Resources (Being a Trusted Adult, A Parents Guide to SmartPhone Safety, SexTortion – What Parents should know, Talking to Teens about Sexting). A small logo with the text "Privacy - Terms" is located in the bottom right corner of the page.

community-safety-awareness/

AGO-IMS - Employ... Why do Teens Use... Outreach & Educati... Safe Online Learnin... Free Financial Litera... NM Schools - All It...

Elementary School Level Resources

- Bullying Prevention
- Cyberbullying
- Gaming
- Good Touch Bad Touch
- Smartphones

Middle School Level Resources

- Bullying Prevention
- Cyberbullying
- Teen Dating and Healthy Relationships
- Gaming
- Sexting and Sextortion
- Smartphones
- Social Media
- Livestreaming

High School Level Resources

- Cyberbullying
- Gaming
- Teen Dating and Healthy Relationships
- Online Enticement
- Sexting and Sextortion
- Smartphones
- Social Media
- Livestreaming

Parent, Guardian, and Staff Level Resources

- Being a Trusted Adult
- A Parents Guide to SmartPhone Safety
- SexTortion – What Parents should know
- Talking to Teens about Sexting

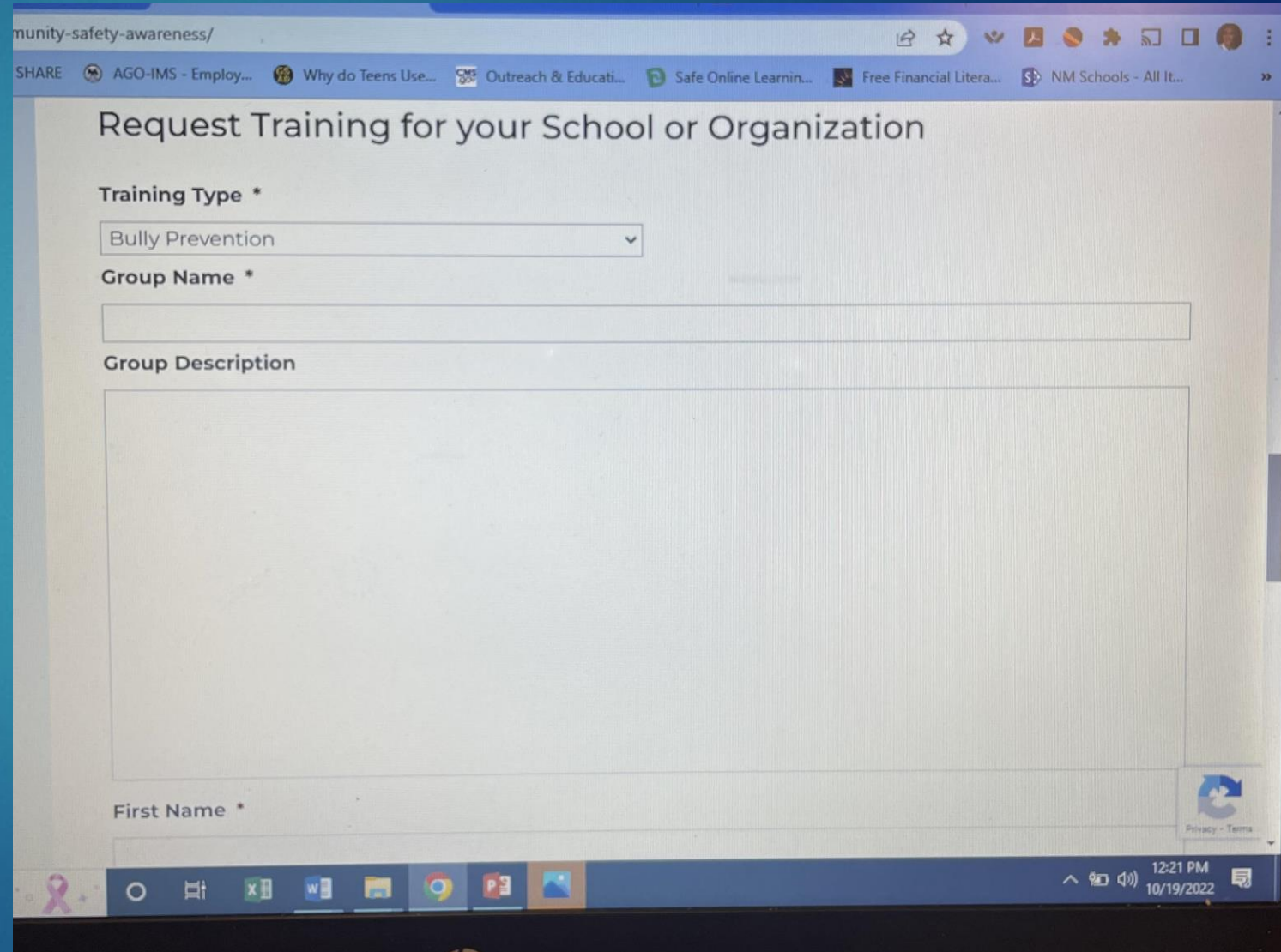
Privacy - Terms

Request Trainings:

You may submit a training request online on the CSA web page.

Trainings currently available:

- Cyber safety
- Bully Prevention
- Cyber bullying
- Grooming awareness
- Human Trafficking
- Teen dating and healthy relationships



The screenshot shows a web browser window with the URL 'community-safety-awareness/'. The page title is 'Request Training for your School or Organization'. The form contains the following fields:

- Training Type ***: A dropdown menu with 'Bully Prevention' selected.
- Group Name ***: A text input field.
- Group Description**: A large text area for providing details about the group.
- First Name ***: A text input field.

The browser's address bar shows several open tabs: 'SHARE', 'AGO-IMS - Employ...', 'Why do Teens Use...', 'Outreach & Educati...', 'Safe Online Learnin...', 'Free Financial Litera...', and 'NM Schools - All It...'. The Windows taskbar at the bottom shows the time as 12:21 PM on 10/19/2022.

Current available YouTube videos

The screenshot shows a web browser window with the address bar containing 'guardian-staff-level-resources/'. The browser's address bar and tabs are visible at the top. The main content area features a large video player with a blue background. The video title is 'Cyber Safety Elementary School & Cyber Bullying Elementary School'. The presenter is identified as Hector Balderas, Attorney General, with a small portrait photo in the top left corner. The text on the video player includes 'PRESENTED BY HECTOR BALDERAS', 'STOP ORANT TRAINER AND PRESENTER', and 'ADVOCACY AND INTERVENTION DIVISION'. A red play button is centered over the video. Below the main video player, there are four smaller video thumbnails, each showing a different presenter. A mouse cursor is visible in the bottom right corner of the browser window.

guardian-staff-level-resources/

Why do Teens Use... Outreach & Educati... Safe Online Learnin... Free Financial Litera...

NMOAG Training Videos

Cyber Safety Elementary School
CYBER SAFETY
&
CYBER BULLYING
ELEMENTARY SCHOOL

PRESENTED BY
HECTOR BALDERAS
STOP ORANT TRAINER AND PRESENTER
ADVOCACY AND INTERVENTION DIVISION

Attorney General
HECTOR BALDERAS

Thank you for the invitation to provide services to your school community.
The Office of the New Mexico Attorney General

Teen Dating and Healthy Relationships:



Office of New Mexico **Attorney General**



Attorney General
HECTOR BALDERAS

Teen Dating & Healthy Relationships

Presented By:

Katherine Trujillo
~ Special Projects Coordinator &
Educational Consultant

&

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Resources, Hand outs and Fliers

<https://www.nmag.gov/resources/community-safety-awareness/parent-guardian-staff-level-resources/>



7 Questions for Parents

7 questions to help you start a conversation with your child about online safety



Parents' Guide to Smartphone Safety

The Risks and 5 Ways to be Smarter than the Smartphone

Cyber Bullying and Online Safety

► For all grade levels Pre-K through 12th grade

-Online safety rules for our Elementary age students

We will teach and review four online safety rules for our elementary age students that support positive digital citizenship.

-Child exploitation and Grooming topics shared in the older aged students (middle school and High school).

These topics go more in depth to the consequences and state laws that try to keep our youth safe and away from child exploitation. Positive digital citizenship is also covered with our older students.

What is Cyber Bullying?

Defined as:

- ▶ *“willful and repeated harm inflicted through the use of computers, cell phones, and other electronic devices.”*
- ▶ referring to incidents where adolescents use technology to harass, threaten, humiliate, or otherwise hassle their peers or others.



Consequences of Cyberbullying

Not a Rite of Passage

In most states, bullying and cyberbullying are against school policy and state law.



At school:

- ☹️ Not allowed to participate in certain school activities
- ☹️ Suspension

Legally you may face charges:

- ☹️ You could be criminally charged with harassment or stalking

Long-term implications:

- ☹️ It could limit your ability to receive certain scholarships or secure certain jobs

Charges Brought against a couple involved in Cyber bullying



Child Exploitation:

Resources and fliers to support the conversation of exploitation

Contact Information for the National Center for Missing and exploited children organization- To help remove inappropriate material or sexual images from the internet.

<https://www.missingkids.org/footer/contactus>

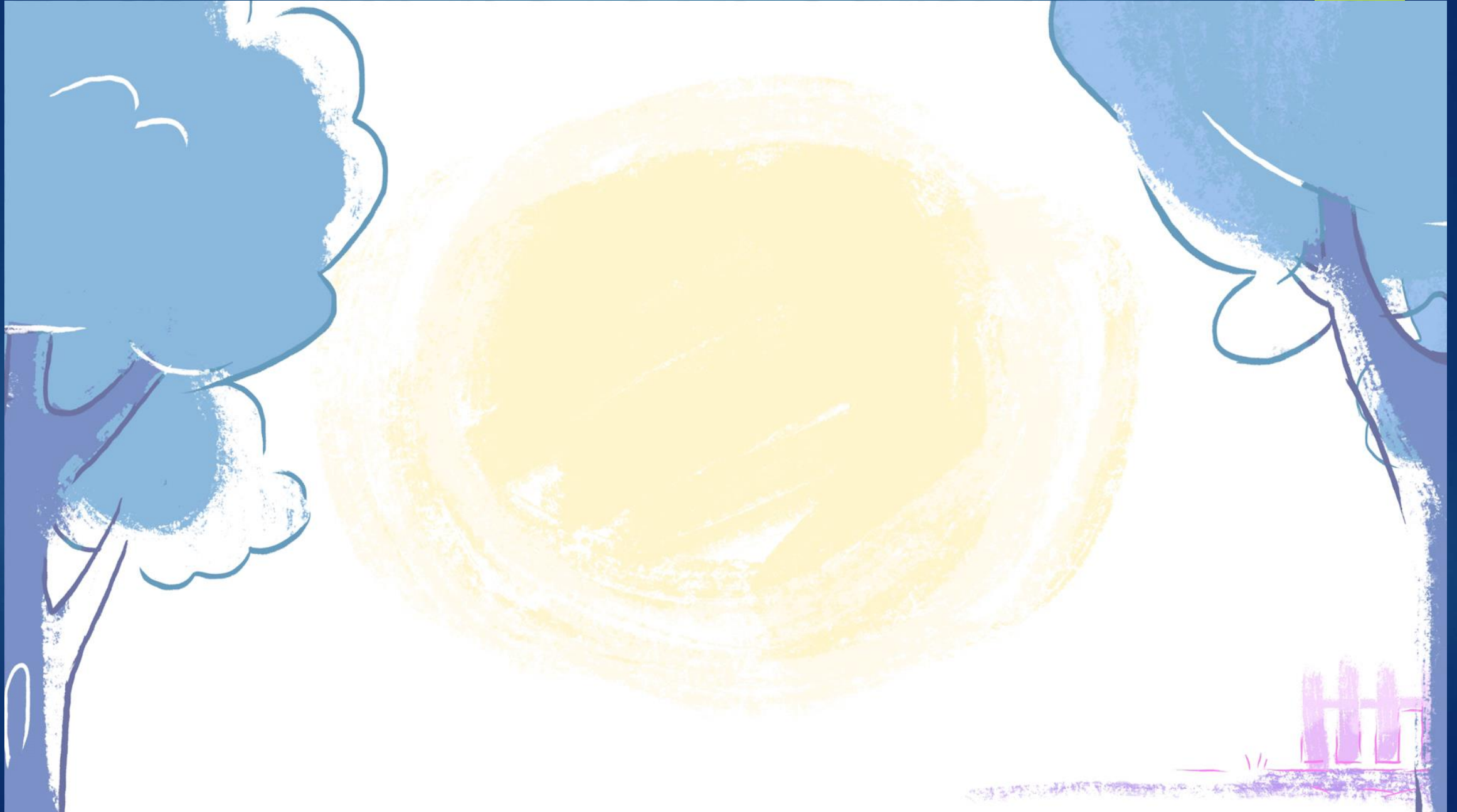
24-Hour Call Center:

To report information about a missing or exploited child call our 24-Hour Call Center:

1-800-THE-LOST (1-800-843-5678)

Report child sexual exploitation online at [CyberTipline.org](https://www.cybertipline.org).

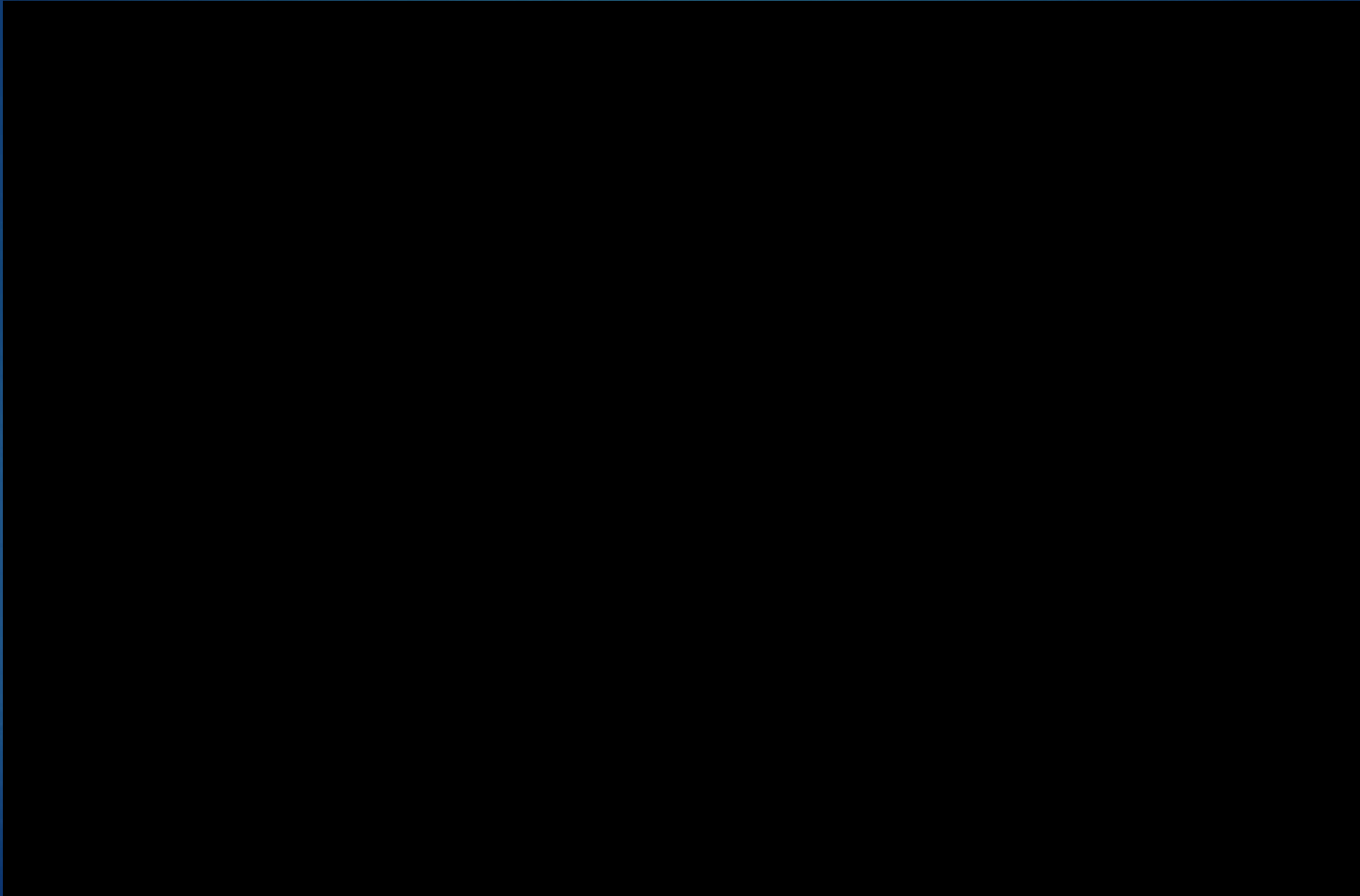
What Would You Do?



Social Media and Future Impacts:

- ▶ Once something is sent out through internet it can not be completely deleted or vanish.
- ▶ Think of your current Social Media you have....
- ▶ What personal information is on it and who has access to it?
- ▶ Future employers use this as a reference and as your online resume

The TMI Epidemic



Social Media Check....

- ▶ Review your current App profiles:
 - What do you have it set as? (private or Public)
- ▶ How much information do you currently have shared?
- ▶ Who has access to your profile?
- ▶ Are you aware of your current friends list? Do you personally know all those who are approved on your list?

The image shows a screenshot of a LinkedIn profile for Jason A. The profile is set to "Public" and has 500+ connections. The user's current role is "Global Content Marketing Leader at LinkedIn, Amazon Best Selling Author, Rock n Roll Photographer" in San Francisco, California. The user's education is listed as "University of California, Berkeley". The user has shared skills and expertise in "Social Media Marketing", "Social Media", "Blogging", "Online Marketing", and "Digital Marketing". The user has published three posts, including "14 Reasons Why the MarketingProfs B2B Forum is Killing...", "Your Philosophical Approach to Social is Killing...", and "The Blog is the Social Media Rug that Ties the...". The user is also featured in a "People Also Viewed" section with other marketing professionals.

Netsmartz resources:

<https://www.missingkids.org/netsmartz/home>

The screenshot displays the Netsmartz website interface. At the top, there is a navigation bar with the following menu items: TOPICS, VIDEOS, RESOURCES, INTO THE CLOUD, and BLOG. A search icon and a 'DONATE' button are also present. Below the navigation bar, the main heading reads 'Resources for Parents, Educators & Communities'. The central part of the page features an illustration of a teacher and four students in a classroom setting. Below the illustration, there are five category buttons: Overview, Presentations, Tip Sheets, Classroom Activities, and Training. At the bottom of the main content area, a banner announces 'NEW: K-12 Google Slides by Topic'. The browser's address bar shows the URL 'missingkids.org/netsmartz/resources'. The Windows taskbar at the bottom indicates the time as 1:21 PM on 10/20/2022.

Internet Safety: What Parents Need to Know

At National Online Safety we believe in empowering parents, carers and trusted adults with the information they need to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one issue of many which we believe trusted adults should be aware of. Please visit www.nationalonlinesafety.com for further guides, hints and tips for adults.

National Online Safety 7 questions to help you start a conversation with your child about online safety

1 Which apps/games are you using at the moment? **#WakeUpWednesday**
Publish date: 07/11/18

THIS WILL GIVE YOU A GOOD OVERVIEW OF THE TYPES OF THINGS YOUR CHILDREN ARE DOING ON THEIR DEVICES, ALONG WITH THEIR INTERESTS. REMEMBER THAT THEY MIGHT NOT TELL YOU EVERYTHING THEY ARE USING, SO IT IS A GOOD IDEA TO ASK THEM TO SHOW YOU THEIR DEVICE, BECAUSE NEW APPS AND GAMES ARE RELEASED REGULARLY, IT IS IMPORTANT TO HAVE THIS CONVERSATION OFTEN TO ENSURE YOU ARE UP TO DATE WITH WHAT THEY ARE DOING.

2 Which websites do you enjoy using and why?

AS IN THE TIP ABOVE, ASKING THIS QUESTION WILL ALLOW YOU TO FIND OUT WHAT YOUR CHILD IS DOING ONLINE, AND ENCOURAGE POSITIVE CONVERSATIONS ABOUT THEIR ONLINE ACTIVITY. ASK THEM HOW THEY USE THE WEBSITES, AND THE INTEREST IN HOW THEY CAN USE THEM IN A POSITIVE WAY, ALSO ASKING THEM TO SHOW YOU IF POSSIBLE.

3 How does this game/app work? Can I play?

SHOW A GENUINE INTEREST IN WHAT THEY ARE DOING, WHETHER YOU ARE PLAYING A GAME OR USING AN APP WITH THEM, IT MIGHT HIGHLIGHT SOMETHING THAT THEY DON'T NECESSARILY THINK IS A DANGER TO THEM, IF THEY ACT LIKE THEY DON'T WANT TO SHARE THEIR ACTIVITIES WITH YOU, QUESTION WHY.

4 Do you have any online friends?

CHILDREN CAN FORM POSITIVE RELATIONSHIPS WITH PEOPLE ONLINE, AND THIS HAS BECOME MORE COMMON THAN IN ONLINE MULTI-PLAYER OPTIONS, BUT THEY MAY NOT FULLY UNDERSTAND THE DIFFERENCE BETWEEN A FRIEND AND A STRANGER, YOU COULD MAKE THE QUESTION MORE SPECIFIC TO YOUR CHILD, FOR EXAMPLE, 'HAVE YOU MET ANYONE ONLINE THAT YOU LIKE TO PLAY GAMES WITH?' THEY MAY NOT WANT TO SHARE THIS INFORMATION WITH YOU, SO ENSURE YOU TEACH THEM ABOUT HEALTHY RELATIONSHIPS.

5 Do you know where to go for help?

ALTHOUGH YOU MAY BE THE ADULT THEY TRUST THE MOST, SOME CHILDREN STRUGGLE TO TALK ABOUT WHAT HAPPENS ONLINE DUE TO CONFUSION OR EMBARRASSMENT, BECAUSE OF THIS THEY MAY STRUGGLE TO APPROACH THE NORMAL PEOPLE WHO WOULD HELP, SUCH AS YOURSELF OR A TEACHER, HAVE A CHAT TO YOUR CHILD ABOUT EXACTLY WHERE THEY CAN GO FOR HELP, AND HOW THEY CAN REPORT ANY ACTIVITY THAT THEY BELIEVE IS INAPPROPRIATE ONLINE.

6 Do you know what your personal information is?

YOUR CHILD MAY ALREADY KNOW WHAT THEIR PERSONAL INFORMATION IS BUT THEY MIGHT NOT THINK ABOUT HOW IT CAN BE SHARED, HAVE A CONVERSATION ABOUT WHAT PERSONAL INFORMATION IS AND HOW THIS CAN AFFECT THEM IF IT IS SHARED BEYOND THE INTENDED RECIPIENT, IT IS IMPORTANT THAT YOUR CHILD UNDERSTANDS THE DANGERS OF SHARING CONTACT DETAILS OR PHOTOS, AS INFORMATION SUCH AS THIS CAN SPREAD QUICKLY ONLINE.

7 Do you know your limits?

CHILDREN MAY NOT UNDERSTAND THE NEGATIVE IMPACTS OF DEVICE OR GAME ADDICTION, TALK TO THEM OPENLY ABOUT HEALTHY HABITS AND ASK WHETHER OR NOT THEM SPENDING TIME ONLINE OR PLAYING A GAME IS AFFECTING THEIR SLEEP, PERFORMANCE AT SCHOOL, OR IF THEY ARE GENERALLY LOSING INTEREST IN OTHER ACTIVITIES, YOU MAY LEAD ON TO ENCOURAGING ALTERNATIVE ACTIVITIES AND DISCUSSING THE INTRODUCTION OF TIME LIMITS WHEN AT HOME.

What parents need to know about The App Store

'Apps' are designed to run on certain devices and are written for a specific operating system, such as Apple iOS, Windows, or Android. The official store for the Apple iOS operating system is known as the 'App Store' and it's where you can browse and download more than 2 million apps and games to use on the iPad, iPhone, iPod Touch and other Apple devices. When your children are using the app store, you need to be aware of the risks...

IS YOUR CHILD 13+?
To download and buy apps from the App Store, your child will need an Apple ID. If they have used other Apple services, such as iCloud, they can sign into the App Store with the same Apple ID. If they are aged 13 and under, they cannot sign up for an Apple ID on their own, but an adult can create an Apple ID for a child.

LOOKALIKE APPS
Some developers release apps that copy the functionality, user interface and even product names and branding of popular apps, in an attempt to trick unsuspecting users to install them. By downloading an app from an unknown developer, your child could find their device compromised. Experts warn that through app gamification, hackers can potentially siphon photos using the camera and access media remotely, track your child's location, record any passwords they enter for other accounts, and send text messages from phones.

IN-APP PURCHASES
Apps are either free, paid for or free with in-app purchases. Some in-app purchases are optional transactions that can unlock extra functionality, virtual goods or unique content. Unless you change these settings, once your child has entered a password to make an in-app purchase, they can make additional purchases for 15 minutes without re-entering a password. This makes it extremely easy for children to accidentally run up huge bills.

THIRD-PARTY APP STORES
Because the official Apple App Store has a very stringent policy about what apps it approves, children may look elsewhere for apps and games they've heard about from friends. As well as the Apple App Store for iOS, there are hundreds of other third-party app stores, but the danger is they may not apply the same level of scrutiny toward the apps they allow to be listed. There's a higher chance of apps that feature malicious codes or put user privacy at risk by extracting sensitive information.

Top Tips for Parents

CREATE YOUR CHILD'S ACCOUNT
You can create an Apple ID for a child under 13 and add them to your family group to keep an eye on their activity. Go to Settings -> [your name] -> Family Sharing -> Add Family Member -> Create a Child Account -> Next. Enter your child's birthday and tap Next. Review the Parent Privacy Disclosure and tap Agree. With Family Sharing, you can add up to six family members to share App Store purchases, as well as iTunes and Apple Books.

RESTRICT IN-APP PURCHASES
You can restrict your child's ability to make in-app purchases. On an iOS device, open Settings, tap General and then Restrictions. Tap 'Enable Restrictions'. You can put a limitation that requires a password every time there is a purchase made in the App Store or iTunes Store.

BROWSE APPS BY AGE
To find apps and games that are right for your children, check the age ratings. On an iPhone or iPod Touch, this can be found in the information section on an app's product page, and on an iPad or desktop, the age range is near the 'Buy' button. On the kids page, you can find apps for age ranges, including 5 and under, 6 to 8, and 9 to 11.

AVOID OTHER APP STORES
Put a rule in place that your child can only use the official App Store to download apps and games. Explain why it is wise to only install applications from a trusted source to ensure their device is not affected by security issues or virus attacks.

HOW TO KNOW AN APP IS SAFE TO INSTALL
Advise your child that just because they're downloading an app from an official store, it doesn't make it safe. Fake or copied apps will often imitate the words and poor grammar, so always read the app description, and double check the developer name and title for warning signs. Be wary of apps that come with a long list of permissions requests. Check the app reviews and ratings - one star, one-line reviews complaining that an app didn't work on a certain device, or that there was a billing issue, is not a good indication.

SPOT FAKE REVIEWS
When checking the customer reviews within the app store, make sure they aren't vague and generic, or overly effusive, as some developers will try to manipulate their app's position by posting fake ratings and reviews. Check the number of downloads the app claims to have - the higher the numbers, the more likely it is to be safe. Your child can also check on a company's website to see if the app is available on there.

Top Tips for Parents

TELL THEM IT'S NOT REAL
Just like any urban legend or horror story, the concept can be quite frightening and distressing for young people. Whilst this may seem obvious, it's important for you to reiterate to your child that Momo is not a real person and cannot directly harm them. Also, tell your child to not go openly searching for this content online as it may only cause more distress.

BE PRESENT
It's important for you, as a parent or carer, to be present while your children are online. This will give you a greater understanding of what they are doing on their devices, as well as providing you with the opportunity to discuss, support and stop certain activities that your child may be involved in. As the nature of each task become progressively worse it's also important to recognize any changes in your child's behaviour.

TALK REGULARLY WITH YOUR CHILD
As well as monitoring your child's activity, it's important for you to discuss with them too. Not only will this give you an understanding of their online actions, but those honest and frequent conversations will encourage your child to feel confident to discuss issues and concerns they may have related to the online world.

DEVICE SETTINGS & PARENTAL CONTROLS
Ensure that you set up parental controls for your devices at home. This will help to restrict the types of content that your child can view, as well as help you to monitor their activity. In addition to this, it's vital that you are aware of your device and account settings to ensure your child's utmost safety. For example, on YouTube you can turn off suggested auto-play on videos to stop your child from viewing content that they have not directly selected.

REPORT & BLOCK
You can't always rely on parental controls to block distressing or harmful material. People find ways around a platform's algorithm in order to share and promote this type of material. Due to this, we advise that you flag and report any material you deem to be inappropriate or harmful as soon as you can. You should also block the account/content to prevent your child from viewing it. It also encourages your child to record/screenshot any content they feel could be malicious to provide evidence in order to escalate the issue to the appropriate channel.

PEER PRESSURE
Trends and viral challenges can be tempting for children to take part in, no matter how dangerous or scary they seem. Make sure you talk to your child about how they shouldn't succumb to peer pressure and do anything they are not comfortable with, online or offline. If they are unsure, encourage them to talk to you or another trusted adult.

FURTHER SUPPORT
Speak to the safeguarding lead within your child's school should you have any concerns regarding your child's online activity or malicious content that could affect them.

REAL OR HOAX?
As a parent it is natural to feel worried about certain things you see online that may be harmful to your child. However, not everything you see online is true. Check the validity of the source and be mindful of what you share as it may only cause more worry.

National Online Safety A whole school community approach to online safety
www.nationalonlinesafety.com
Email us at hello@nationalonlinesafety.com or call us on 0800 368 8061

SOURCES: <https://www.engadget.com/2017/12/18/fake-cuphead-theme/> & <https://mashable.com/2017/11/06/fake-whatsapp-app-google-play-store-android/#eampc6r>

It's important to note that new challenges are arising on the internet all the time. We have created to this guide to raise awareness of the issue and offer advice on helping parents to talk to their children about making safer decisions online. See also our '7 conversation starters' guide for more tips on better communication with your child.

Momo is a sinister 'challenge' that has been around for some time. It has recently resurfaced and once again has come to the attention of schools and children across the country. Dubbed the 'suicide killer game', Momo has been heavily linked with apps such as Facebook, WhatsApp, YouTube, and most recently (and most worryingly)... YouTube Kids. The scary doll-like figure reportedly sends graphic violent images, and asks users to partake in dangerous challenges like walking up at random hours and has even been associated with self-harm. It has been reported that the 'Momo' figure was originally created as a sculpture and featured in an art gallery in Tokyo and unrelated to the 'Momo' challenge we are hearing about in the media.

What parents need to know about MOMO

CHILDREN'S VIDEOS BEING 'HIJACKED'
There have been recent reports that some seemingly innocent videos on YouTube and YouTube Kids (such as 'surprise eggs', unboxing videos and Minecraft videos) have been edited by unknown sources to include violence provoking and/or other inappropriate content. Even though YouTube monitor and remove videos that include inappropriate content, clips can be uploaded and viewed thousands of times before they get reported and removed. As a parent, it's difficult to spot these videos as the harmful content doesn't appear until partway through the video.

DISTRESSING FOR CHILDREN
Popular YouTubers and other accounts have been uploading reaction videos, showing their experience of the MOMO challenge. Some of the videos include a disclosure message warning that the content may be inappropriate or offensive to some audiences, but these videos are still easily accessed by clicking 'I understand and wish to proceed'. The image of the 'Momo' character can be deeply distressing to children and young people and it's important to note that it may slip through parental settings and filters.

SUGGESTED VIDEOS ON YOUTUBE
Video apps such as YouTube include an 'up next' feature which automatically starts playing another video based on the video just watched. Due to YouTube's algorithm, users are shown suggested videos that they may be interested in. The thumbnails used on suggested videos are purposefully created in a way to encourage viewers to click them. During our research, we found that when watching one Momo related video, we were shown countless other Momo themed videos and other scary content which would be age inappropriate for children under 16.

National Online Safety Top Tips for Parents

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National Online Safety A whole school community approach to online safety
www.nationalonlinesafety.com
Email us at hello@nationalonlinesafety.com or call us on 0800 368 8061

SOURCES: <https://www.engadget.com/2017/12/18/fake-cuphead-theme/> & <https://mashable.com/2017/11/06/fake-whatsapp-app-google-play-store-android/#eampc6r>

Online Bullying, Sexting and Online Grooming

What children need to know about

ONLINE BULLYING



Why does it happen?

GOING ONLINE MAKES IT EASIER FOR PEOPLE TO SAY AND DO THINGS THEY PROBABLY WOULDN'T DO FACE TO FACE. ONLINE BULLIES DON'T GET TO SEE THEIR VICTIMS' REACTIONS IN REAL LIFE, SO THIS CAN COOGE THEM FROM THE REAL DAMAGE THAT THEY ARE DOING. QUITE OFTEN, PEOPLE BULLY BECAUSE THEY ARE GOING THROUGH SOMETHING DIFFICULT THEMSELVES AND TAKING IT OUT ON OTHERS IS THE ONLY WAY THEY KNOW HOW TO GET CONTROL OF THEIR OWN EMOTIONS.

How does it feel to be bullied?

BEING BULLIED CAN IMPACT ON YOUR SELF-ESTEEM, CONFIDENCE AND SOCIAL SKILLS. BECAUSE IT HAPPENS ON YOUR PHONE, TABLET OR COMPUTER, IT CAN FEEL LIKE YOU ARE UNDER THREAT EVEN WHEN YOU'RE IN A SAFE ENVIRONMENT, SUCH AS YOUR BEDROOM. DON'T FORGET...IT IS NOT YOUR FAULT IF YOU'RE BEING BULLIED.

Am I an online bully?

SOMETIMES IT ISN'T OBVIOUS THAT WHAT YOU ARE DOING IS WRONG, BUT IF YOU USE DIGITAL TECHNOLOGY TO UPSET, ANGER OR EMBARRASS SOMEONE ON PURPOSE, THIS MEANS YOU'RE INVOLVED IN ONLINE BULLYING. IT MIGHT BE AS SIMPLE AS THING A MEAN POST, LAUGHING AT AN ONLINE VIDEO, OR SPREADING A RUMOUR, BUT THE PERSON BEING BULLIED COULD FEEL LIKE THEY ARE BEING GANGED UP ON. THINK ABOUT HOW IT WOULD MAKE YOU FEEL IF IT HAPPENED TO YOU. EVERYONE CAN MAKE MISTAKES, BUT IT'S IMPORTANT TO LEARN FROM THEM - GO BACK AND DELETE ANY UPSETTING OR NASTY POSTS, TWEETS OR COMMENTS YOU'VE WRITTEN.

Who do I tell?

YOU DON'T HAVE TO DEAL WITH THE BULLYING ON YOUR OWN. TALK TO AN ADULT THAT YOU TRUST - A PARENT, GUARDIAN, OR TEACHER. MOST WEBSITES, SOCIAL MEDIA WEBSITES AND ONLINE GAMES OR MOBILE APPS LET YOU REPORT AND BLOCK PEOPLE WHO ARE BOTHERING YOU. YOU COULD ALSO CONTACT CHILDLINE (WWW.CHILDLINE.ORG.UK), WHERE A TRAINED COUNSELLOR WILL LISTEN TO ANYTHING THAT'S WORRYING YOU - YOU DON'T EVEN HAVE TO GIVE YOUR NAME.

BE KIND ONLINE

BEFORE PRESSING 'SEND' ON COMMENTS, ASK YOURSELF THESE 3 QUESTIONS...

1. WHY AM I POSTING THIS?
2. WOULD I SAY THIS IN REAL LIFE?
3. HOW WOULD I FEEL IF SOMEBODY SAID THIS TO ME?

How do I prove it?

WHEN CYBERBULLYING HAPPENS, IT IS IMPORTANT TO DOCUMENT AND REPORT THE BEHAVIOUR, SO IT CAN BE ADDRESSED - RECORD THE DATES AND TIMES WHEN CYBERBULLYING HAS OCCURRED, AND SAVE AND PRINT SCREENSHOTS, EMAILS, AND TEXT MESSAGES.

How can I stay safe?

MAKE SURE YOUR PRIVACY SETTINGS ARE SET SO THAT ONLY PEOPLE YOU KNOW AND TRUST CAN SEE WHAT YOU POST. NEVER GIVE OUT PERSONAL INFORMATION ONLINE, SUCH AS IN PUBLIC PROFILES, CHAT ROOMS OR BLOGS, AND AVOID FURTHER COMMUNICATION WITH ANYONE SENDING THE MESSAGES. KEEP AWARE OF FAME PROFILES AND INTERNET USERS PRETENDING TO BE SOMEONE THAT THEY ARE NOT.

Did you know? IT IS ILLEGAL TO TAKE, MAKE OR SHARE AN INDECENT IMAGE OR VIDEO OF A CHILD UNDER THE AGE OF 18 - EVEN IF IT IS CONSENSUAL

Sexting occurs predominantly on, but is not exclusive to these apps...
Snapchat, Tinder, WhatsApp, Kik

Sexting involves sending and receiving explicit messages, images or videos of a sexual nature. This content is usually uploaded on a mobile device, which can then be uploaded onto social networking sites and shared further. They can be sent to or from a friend, boyfriend, girlfriend, or someone your child has met online. Sexting is often described as the new flirting for children - but it is illegal for anyone under the age of 18, with police forces in England and Wales recording 6,238 underage "sexting" offences in 2016-17, a rate of 17 a day.

What parents need to know about

SEXTING

BREAKING THE LAW

Sexting is illegal if you share, make, take or distribute an indecent image or video of a child under the age of 18. It is an offence under the Protection of Children Act (1978), the Criminal Justice Act (1988), and under Section 9 of the Serious Crime Act (2015). Sexting or 'youth produced sexual imagery' between children is still illegal, even if they are in a relationship and any images are shared consensually.

CHILDREN THINK IT'S HARMLESS

Many young people see sexting as 'banter' or a joke, an easy way to show someone they like and trust them, or just a cool thing to do, but they may not realise the consequences of sharing personal information and how it can be potentially harmful to them in the future.

REGRETTING THEIR ACTIONS

Although some children are willingly exchanging images, many may regret sharing the messages, images and videos after they have sent or uploaded them. Once it's out there, there's no going back, and your child may feel ashamed, vulnerable, worried or anxious about imagery resurfacing later, especially if a relationship or friendship has broken down. Sexting was the most raised information and advice topic on the Childline website in 2017, showing the need for people to get help.

BULLYING, COERCION & BLACKMAIL

Your child may feel pressured into sending if they don't come across as boring or think it's a way to show someone they care for them. They may feel under pressure to give in to repeated requests or feel obliged to share social messages and imagery. Sexting can also expose young adults to the risk of being exploited by paedophiles or sexual predators, who then use images to extort additional photos, sexual favours, and sometimes money from victims.

SHARING

Once a photo or video is out there, there's no way of knowing how many people have saved it, tagged it or shared it. Children like to be uncomfortable. One in 10 girls and one in 20 boys under the age of 13 said they had received unwanted sexual messages.

Top Tips for Parents

TALK TO YOUR CHILD

Encourage open dialogue about appropriate information to share with others both online and offline, discuss the 'red' 'sexting' and ensure that they know what it is and what it involves. Show that you understand that sexting can reflect extant adolescent curiosity about nudity, bodies and exploring their sexuality, but explain why it's important to think twice before sharing something. Show that you are approachable and understanding.

DISCUSS THE LEGALITIES

Children and young people may not realise that what they are doing is illegal. Ensure that your child understands that when they are aged under 18, it is against the law for anyone to take or have in their possession, or to share, any indecent images. It's a safe, and even when the activity is consensual.

EXPLAIN THE REPERCUSSIONS

Let your children know that once they have sent a message, they are no longer in control of it, and the messages, images and videos that they may intend to share with one individual may end up where the whole world can have access to them. Even if they completely trust someone, other people using their phone might accidentally see it. And, later in life, it may affect their online reputation, especially if universities, employers or future partners access the imagery.

HOW TO REMOVE IMAGES

If an image has already been shared, either your child or yourself should report to the person that the image was shared with and ask them to delete it. You can also use the report button on a website where the image was posted. Speak to your child's school, as they may be able to confiscate phones if they believe the child has forced into sending the message, report this to the police. You or your child can also report the content to CEOP with one of their child protection advisors, exploitation and Online Protection Command.

BLOCKING AND STOPPING SEXING

Show your child how to use the block button on their devices and favourite apps to stop people sending them unwanted messages. You can also set up parental controls with your internet service provider or on your child's phone to stop them from accessing harmful content.

HAS YOUR CHILD RECEIVED A SEXUAL IMAGE?

Firstly, reassure your child that they have done the right thing by speaking to you about the incident. Ask them if they requested the image or if they received it unwillingly. If the image has been sent to your child by an adult and you are concerned about sexual exploitation or grooming, contact CEOP immediately.

What parents need to know about

ONLINE GROOMING

Grooming is when someone befriends and builds an emotional connection with a child to gain their trust for the purpose of sexual abuse or exploitation. They can do this both offline and online, with technology and the internet being commonly used to isolate and facilitate contact with a child. Groomers' trust is a key part of engaging them in sexually explicit behaviour. The groomer, who can either be a stranger or someone a child already knows, tends to use tactics such as building a rapport or exchanging personal information with the child about hobbies and relationships, using flattery and gifts to build a rapport or even making threats and intimidation to gain control. This can take place over varying periods of time - from a few days to several years.

NUMBERS OF GROOMING OFFENCES ARE SOARING

In April 2017, a new government law came into force in England and Wales to allow police to charge adults who send sexual messages to children through mobile phones and social media. In the first year since the law change, there were 3,000 police-recorded offences of sexual communication with a child - a figure 30 per cent higher than experts expected in the first year.

ALL CHILDREN ARE AT RISK

According to a 2018 NSIC report, a quarter of young people have experienced an adult who they don't know in real life trying to contact them online. One in four said they had been sent messages, images, videos or other content that made them feel sad, worried or uncomfortable. One in 10 girls and one in 20 boys under the age of 13 said they had received unwanted sexual messages.

CHILDREN ARE VULNERABLE TARGETS

Groomers use psychological tricks and methods to try and isolate children from their families and friends and will often choose to target more vulnerable children who may be easier to manipulate. In order to seek potential victims, predators are likely to use apps and websites that are popular with children and young people. Groomers can use a 'scattergun' approach to find victims, contacting hundreds online to increase their chance of success.

LIVE STREAMING CONCERNS

Predators may use live video to target children in real-time using tricks, dares or built-in gifts to manipulate them. Grooming often takes the form of a game where children receive 'likes' or even money for performing sexual acts. Social media channels, such as YouTube, Facebook, Instagram and Snapchat, all have live streaming capabilities, but there are many apps which children can use to live stream, including Omegle, Liveme, BIGO Live, YouTube and more.

GROOMING CAN HAPPEN RAPIDLY

Grooming is generally a slow, methodical and intentional process of manipulating a person to a point where they can be victimised. However, according to researchers at the University of Swansea, online grooming can also be very rapid, with analysis that logs revealing that it can take just 18 minutes for some predators to arrange to meet their victims. The fastest predators used sophisticated, persuasive, language-based strategies to rapidly build trust, including the use of small talk and praise which quickly isolated them from support for sexual messages.

ANYONE CAN GROOM YOUR CHILD

Many people expect groomers to be adults posing as children, but this is not always the case. Data from the University of Swansea reveals that groomers' use of identity deception (around age, location and appearance) is fairly low. This can be because they approach many children, limiting their ability to lie. The worry is that honesty can be more damaging to the victim as they are more likely to feel as if they are in a real relationship.

National Online Safety

Top Tips for Parents

IT'S GOOD TO TALK

It's unlikely that you can stop your child using the internet, nor can you constantly monitor their online activities, but you can talk to your child about personal information, such as mobile phone numbers, addresses, passwords or names of their school. By talking openly with them about online relationships, they can quickly ascertain the kind of behaviour which is appropriate or inappropriate. Ask them whether they have any online friends or if they play online games with people they haven't met. This could then help open up conversations about the subjects of grooming.

DISCUSS HEALTHY RELATIONSHIPS

Talk to your child about what a healthy relationship looks like and how to detect someone who might not be who they claim to be. Explain that groomers will pay your child compliments and engage in conversations about personal information, such as hobbies and relationships. They may admire how well they play an online game or how they look in a photo. Groomers will also try and isolate a child from people close to them, such as parents and friends, in order to make their relationship feel special and unique.

CHECK PRIVACY SETTINGS

In order to give your child a safer online gaming experience, it is important to check privacy settings or parental controls on the networks, devices, apps, and websites they may use. If you use location-sharing apps to check where your child is, remember that these could also be used by strangers to follow your child without their knowledge. Ensure that you check options so that location information is never shared with anyone except those they have permission to share with.

BE SUPPORTIVE

Show your child that you will support them and make sure they understand that they can come to you with any concerns they may have. They need to know that they can talk to you if someone does something they are uncomfortable with, whether that is inappropriate comments, images, requests or sexual comments.

LOOK OUT FOR WARNING SIGNS

Child safety experts have identified key grooming patterns and advise parents to look for the following:

- Sensitive behaviour about what they are doing online.
- Internet or smartphone use late at night.
- Going to unusual places to meet up with friends you have not heard of.
- They are angry, have problems sleeping and eating or even bedwetting.
- A lack of interest in extra-curricular activities.
- Having new items, such as clothes or phones, which they seem withdrawn, anxious, depressed or aggressive.
- Having older boyfriends or girlfriends.

HOW TO REPORT

If you're worried that your child is being groomed online or sexually exploited, you can report your concerns to the Child Exploitation and Online Protection (CEOP) Safety Centre, which is part of the National Crime Agency at www.ceop.gov.uk. Reports are read by a Child Protection Advisor who will make contact by phone or email to work with you to make a plan to keep your child safe. If you think a child is in immediate danger, call the Police on 999 or NSPCC on 0800 800 5000.

www.nationalonlinesafety.com

NOS National Online Safety

#WakeUpWednesday

www.nationalonlinesafety.com Twitter - @nationalonsafety Facebook - /nationalonlinesafety Phone - 0800 368 8061

NOS National Online Safety

A whole school community approach to online safety

www.nationalonlinesafety.com

Email us at hello@nationalonlinesafety.com or call us on 0800 368 8061

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www.nationalonlinesafety.com



REMEMBER
IF YOU SEE SOMETHING,
SAY SOMETHING



CYBER
TIPLINE
 www.cybertipline.com
 1-800-843-5678

Thank you for the opportunity to provide these services to your school & community.



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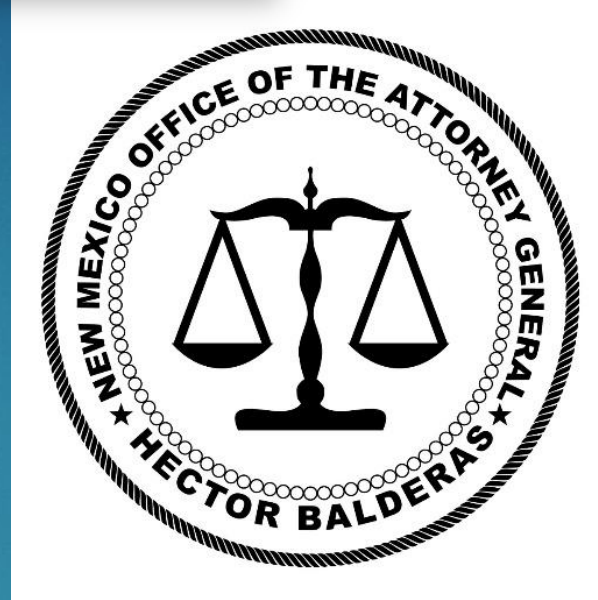
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