


@parents: #digitalhealth #youth

A presentation for...



David L. Delmonico, Ph.D.
 Duquesne University
 (412) 396-4032
 delmonico@duq.edu
<http://www.internetbehavior.com/parents>


Myth #1

My child respects authorities and rules offline, so they must do it online too.

The Internet
 Children / Teens
 The Environment
 Others Online

Why do they say/do it?

- You Don't Know Me (Anonymous)
- You Can't See Me (Anonymous)
- See You Later (Escape)
- It's Just a Game (Fantasy)
- We're Friends (Familiarity)
- We're Equals (Familiarity)



(Suler, 2004)

Psychology of the Internet

- **The Concept of FLOW...**
 - State of deep concentration
 - Being "In the zone"
 - Complete attention in order to complete a single task
 - Action and awareness become merged
 - Hours can pass like minutes
 - Offline world is ignored

(Csikszentmihalyi, 1996)

Developmental Vulnerabilities for Older Kids / Teens

- Feeling of invisibility & invincibility
- Lack of rules
- Experimentation, Exploration, Separation
- Curious about sexuality and the human body (both same and opposite sex)
- Sense of Belonging
- Explore the Forbidden

The Adolescent Brain



- Not just a mini-adult brain
- Attending To Risk
 - It doesn't – Actually hormones are present that create a craving for risky behavior
 - Pre-frontal cortex (decision-making center) not fully developed – It is developing
 - Amygdala is overactive – emotional center
 - Accounts for hit and miss syndrome
 - Generalization does not occur
- Brain learns from experiencing modeling

Digital Citizenship

- Digital Footprint
- Appropriate Use
 - Silence
 - Discomfort
- Understanding Permanence
- Environment encourages negative behavior

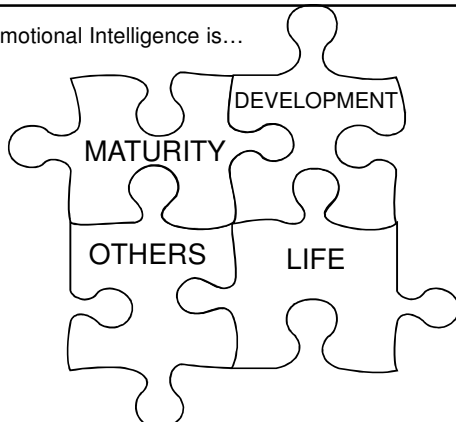
Peer Group Influences

- The Internet does not replace peer pressure
- Sometimes offline peer pressure influence online behaviors
- Online behavior can be influenced by known or unknown people
- Everyone is influence by the crowd (online and offline)

Myth #2

I need to know a lot about technology to keep my child healthy and safe online.

Emotional Intelligence is...



Statistics

- 60% of youth ages 12-17 admit they give out personal information to online acquaintances
- Only 12% of Twitter accounts are private
- 35% add unknown people to their follower/friend list
- 70% of kids say they rely on parents for online safety information (40% say teachers)
- 70% report having seen inappropriate online images (13% say they go intentionally)
- Average first exposure to such images is age 11
- 39% of kids say they change their behavior because of something they read online

Current Websites and Apps

Social Networking Sites

[Facebook](#), Twitter, YikYak, Google Hangouts, Hi5, Tinder, etc.

Video Sharing / Social Networking

Vine, YouTube, Instagram, Vimeo, Google Video, Texting, Skype, Oovoo, Chat Roulette, Omegle, etc.

Photo Sharing / Social Networking

Instagram, SnapChat, Twitter Images, Tumblr, Picasa, Texting, etc.

Young Children Social Networking

Webkinz, Club Penguin, Poptropica, Toontown, Moshi Monsters, etc.

Instant Messengers

Kik, WhatsApp, MSN, Yahoo, Google Talk, etc.

Online Gaming

World of Warcraft, Call of Duty, Skylanders, Dead Island, Midnight Club, Grand Theft Auto, Wii Games, Words with Friends, Draw Something, etc.

File Sharing

Gigatribe, Frostwire, eMule, Shareaza, movie25, etc.

Safe Technology Checklist

- ✓ Know your child's screen name(s) and password(s)
- ✓ Be your child's "friend" / follower
- ✓ Audit Friend/Follower list
- ✓ Encourage the use of:
 - ✓ "Privacy" settings where available
 - ✓ Pre-approval others' posts
 - ✓ Limited photo-tagging
 - ✓ Keep geo-location services off
- ✓ Review rules / expectations

Sample Online Terms

- BRB = Be Right Back
- BTW = By the way
- IDK/C = I don't know/care
- HMU = Hit me up
- NM = Nevermind
- JK = Just kidding
- W/E = Whatever
- WTF = What the F***
- PIR = Parents in Room
- POS = Parent over shoulder
- OMG = Oh my G**
- FML= F*** my life
- NOOB = Amateur
- SMH = Shaking my head
- KK = Ok
- TBH = To be honest
- Obvi = Obviously
- Def = Definitely

noslang.com

Hot New Technologies

- Avatar Based Chatting
 - [Second Life](#), IMVU, etc.
- Geo-Location Apps
 - Foursquare, FB Check-in, Twitter Locations, etc.
- Improved Video Based Connections
 - Facetime, YouNow!, PalTalk, etc.
- Chan Sites
- Interactive Online Gaming
 - Improved graphic quality and more interaction

Myth #3

Blocking / Filtering /
Monitoring is my insurance
policy.

Filter Resources

- Net Nanny - <http://www.netnanny.com/>
Content filtering, blocking, and monitoring software for children and organizations. Free block list updates.
- CyberPatrol - <http://www.cyberpatrol.com/>
Internet filtering, blocking and monitoring software for Windows. Blocking list updates require subscription.
- K9 Web Protection – <http://www.k9webprotection.com/>
Free product with no monthly fees. Updates are free. Licenses available \$20 / 10 computers / year. Windows/Mac/iOS

Mobile Device Filtering

- MobiCIP (iOS/Droid)
- My Mobilewatchdog (iOS/Droid)
- Safe Eyes (iOS)
- Covenant Eyes (iOS/Droid)
- AVG (iOS / Droid)
- eBlaster (Droid)
- CyberPatrol (Droid)
- Fosi.org
- Cellular Companies (various)

Other Considerations

Some game systems have parental controls, but they have minimal effectiveness.

Sites like YouTube / Netflix / etc. are difficult to block unless they are blocked entirely.

OpenDNS / Pandoras Hope – latest types of whole house filtering.

No system is fool-proof and should be used in conjunction with open communication.

Monitoring Resources

Spector Pro – Software package that allows for real-time monitoring of any computer. (www.spectorsoft.com)

Covenant Eyes – Accountability software and filtering to report activity / blocks to a parent for discussion

USB Dataloggers – USB device that automatically records all keystrokes and random screen captures. (www.brickhousesecurity.com)

More Effective Techniques

- Start rules early to establish the norm
- Use blocking / filtering software as part of an AUP
- Consider monitoring software if necessary
- Check with cell phone company on safe options
- Generalize rules to include all technology, not just the Internet
- Monitor your child's use (history, trail, etc.)

Acceptable Use Policies (aka Computer Rules)

- Electronic Management
 - AUP for Family
 - Not just for families with electronic issue
 - Can be used as a preventative measure
 - For the entire family – everyone involved
 - Create early
 - Modify when necessary
 - Needs some TQ

AUP Components

- Preamble
- Time and Place
- Privacy
- Meeting others
- Respectful Communication
- Blocking/Filtering/Monitoring
- Usernames, Passwords and Buddy Lists
- Unacceptable Activities
- What to do if...
- Consequences
- Concluding Statements
- Signature

Myth #4

Pornography online is like looking at Playboy...every kid is curious.

Myth #5

Cyberpredators are the biggest threat to my child on the Internet.

Top Problems for Kids

- Privacy Issues / Digital Footprint
- Security – Identity Theft
- Reputation Management
- Bullying / Trolling
- Compulsive Behavior
 - Gaming
 - Texting
 - 24/7 Connection



If your child is being bullied...

- Talk with your child about the situation
- Support your child
- Print or save the email / text msg / or contact
- Do not respond or interact in any way
- If safety is threatened, notify the authorities and the school
- Use electronic block / ignore features
- Talk with school or parents of bully
- Don't react or retaliate

<http://www.common sense media.org>

If your child is the bully...

- Recognize your need to minimize or deny the problem
- Talk with your child directly and honestly about what you have heard/discovered
- Make it clear that such behavior is unacceptable
- Keep an open mind – your child may be reacting to their own bullying or other difficult situations
- Seek the help of the school
- Don't let embarrassment prevent you from helping your child

At-Risk Youth

- Youth with offline histories of physical or sexual abuse
- Youth who are alienated from their parents
- Youth who struggle with social interactions
- Youth who suffer from depression
- Youth who have delinquent tendencies
- Youth engaged in sexual risk taking
- Girls and boys who are gay or questioning their sexual identity
- Youth who experience extreme pressure to succeed, strive to be perfect

Signs of Online Trouble

- Giving up offline activities to stay online
- Keeping behavior a secret even from peers
- Increased depression/anxiety
- Increased problems with offline behavior
- Deleting/hiding things from you about computer use
- Meeting online people offline
- Life Consequences

Risk Factors for Sex Exploitation

- Interacting with unknown people
- Having unknown people on buddy list
- Using the Internet to make rude and nasty comments
- Sending personal information to unknown people met online
- Downloading images from file-sharing programs
- Visiting X-rated sites on purpose
- Using the Internet to embarrass or harass people youth are mad at
- Talking online to unknown people about sex

Myth #6

It is one group's responsibility to keep my child safe online.

Guidelines for a "Connected" Approach

- Start Early in Teaching Internet Rules
- Help Children Discern Good/Bad Areas
- Teach about all aspects of the Internet
- Incorporate a Curriculum
- Block Judiciously
- Establish Clear Contracts
- Educate the Educators

Recent Research

- Internet Safety Education must:
 - Move beyond cyber-safety and address the complex social-emotional behaviors of youth
 - Reduce the reliance on scare tactics
 - Encourage research, youth engagement, and avoid moral panic
 - Be honest with kids and respect their developmental and intelligence level

© Jones, Mitchell, Walsh
© Magid

Use Curriculums

- www.cybersmart.com
- www.commensensemedia.org
- www.isafe.org

Myth #7

The Internet is a bad place.
I'll just pull the plug.

Find ways to Connect with One Another with the Internet

- Communication
- Sharing Information
- Planning Trips and Other Fun Events
- Discover mutual interests
- Learn about one another

Different versus Bad

- Research suggests:
 - Empathy is decreased online
 - Cyberbullying is more frequent
 - It is unclear how the technology will impact kids socially
 - The online environment can increase social skill development
 - The online environment can help with relationship development
 - The online environment can improve writing skills
 - concise and creative

The “To Do” List

- ✓ Have a conversation with your child about the Internet – your expectations – their behavior
- ✓ Explore the Internet to increase your technology knowledge
- ✓ Inventory all technology that can communicate with others
- ✓ Install blocking / filtering software
- ✓ Google yourself & family
- ✓ Preview curricula for parents
- ✓ Develop a family acceptable use policy
- ✓ Do something fun online with your child

Resources

- <http://fbi.gov>
- <http://ncmec.org>
- <http://cybersmart.org>
- <http://isafe.org>
- <http://netsmartz.org>
- <http://safekids.com>
- <http://getnetwise.com>
- <http://protectkids.com>
- <http://fosi.org>
- <http://commonsensemedia.org>

Cyberbullying Resources

- <http://isafe.org/>
- <http://ncpc.org/cyberbullying>
- <http://stopcyberbullying.org/>
- <http://cyberbullying.us/>
- <http://embracecivility.org/>