

Advanced Online **Safety**



NetSmartz®

A program of the



NATIONAL CENTER FOR
**MISSING &
EXPLOITED**
CHILDREN®

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Part I

What's new in this version?

If you have used previous versions of NetSmartz presentations, you will notice several differences. These edits were made to improve the audience's experience and give you more flexibility as a presenter. Please note the following changes:

- **Unlocked presentations**
You will be able to add, remove or change the order of the slides if you wish. You will not be able to edit individual slides.
- **Shorter presenter's notes**
The main points are now outlined in bulleted lists to allow you to personalize the presentation and speak more in your own words.
- **Presentation Title Change**
We have renamed this presentation "Internet Safety" rather than including "Teens" in title of the presentation. This allows you more flexibility to use this presentation with different age groups. We recommend using this presentation for students in 9th-12th grade. However, we strongly encourage presenters to review the PowerPoint presentations before deciding which one to use and to consult with the hosts of your presentation (e.g. administration and/or support staff if presenting at a school) to select the most appropriate presentation for your audience. Depending on your audience's previous exposure to internet safety and related topics, you may need to deviate from the age guidelines to find the most relevant information and format. Contact us at outreach@ncmec.org with questions or for assistance.
- **News Stories**
News stories are no longer included in the presentations though you may wish to include local stories in your presentation that may help students to relate to the material presented.

Part II

Presentation length

If you use the presenter's notes, the presentation's time should run as follows. Please make sure to build extra time into your presentation for Q&A.

45 minutes

Part III

Five things to know before giving a NetSmartz presentation

1. Additional assembly required.

These PowerPoint presentations contain videos with sound and are meant to be projected on a large screen. In preparation for your presentation, make sure that you have:

- LCD projector
- Speakers
- Projection screen

2. Familiarize yourself with the latest technologies and trends.

Explore the latest online applications, gaming systems and cell phones. Consider logging on to popular social media sites and apps to see how they work.

3. Understand the risks.

The following are the five main risks discussed in this presentation:

- Inappropriate Content - Things you may not want teens seeing or posting online including pornography, excessive violence and hate speech.
- Online Privacy - The protection of teen's personal information such as passwords and phone numbers.
- Sexting - The use of cell phones to send sexual messages, pictures and videos.
- Online Sexual Solicitations - Unwanted requests to engage in sexual activities or talk, or any sexual request by an adult.
- Cyberbullying - The use of Internet technology or mobile technology, such as cell phones, to bully someone.

4. Localize your presentation.

You may want to include real-life examples from your local community to illustrate possible consequences to online behavior. When deciding to include real-life stories, presenters should be cautious to only include stories that help reinforce concepts and skills that are included in the presentations. Stories that are intended solely to scare the audience into adopting safer behaviors should be avoided. In addition to these stories, consider conducting research on local cases with which your audience may be familiar. If you give a presentation in a school, you may want to find out about the state's laws and/or the school district's policies towards cell phones, cyberbullying and sexting.

5. Include additional NetSmartz resources if you have extra time.

When presenting to students, consider printing reinforcing materials to distribute to the audience as well as materials that can be given to the child-serving professionals (e.g. teachers or after school program staff) to reinforce the messages from your presentation with the audience. Also consider ways other reinforcing materials could be distributed to parents and families through other community partners. Printable tip sheets can be found at MissingKids.org/NetSmartz/Resources#Tipsheets

Part IV

Glossary of Internet terms

Blog

A Web log, or blog, is an online journal or diary where writers, known as bloggers, may chronicle their daily lives or comment on news and popular culture. Blogs can be set up on social media sites or on separate blogging websites.

Chat acronym

An acronym used to communicate, usually through direct and text messaging.

Some acronyms include:

- BRB - Be right back
- DTF - Down to f***
- FT - Facetime?
- IDK - I don't know
- IRL - In real life
- KMS - Kill myself
- LOL - Laugh out loud
- PFP - pic for pic
- PRON - Porn
- RDH - Rate date hate?
- SMIM - Send me an instant message
- SMH - Shaking my head
- TBH - To be honest
- TMI - Too much information
- WTF - What the f*** or Who the f***
- WYA - Where are you? / Where ya at?
- WYD - What are you doing?

Direct messaging

Through direct messaging (DM), users can send and receive messages to anyone on certain social media platforms often regardless of “friend/ follower” status. Messages from followers appear almost

instantly in the recipient's inbox, while messages from non-followers must be approved by the recipient in order to open.

File-sharing program

Any program that allows many different users to share files, such as movie, music, and image files, directly with each other. There may be a risk of illegally downloading materials or downloading a computer virus.

Geolocation services

Users may use these services to share their locations with their friends or with other users. Some social media applications utilize maps so that users can continually share their location with friends.

Grooming

This is the process adults use to manipulate minors into sexual relationships or into producing sexual images of themselves. It often includes the giving of compliments or gifts.

Instant messaging

Through instant messaging (IM), users can quickly exchange messages with other online users, simulating a real-time conversation or “chat.” Messages appear almost instantly on the recipient's monitor, and anyone designated as a “buddy” can participate.

Live Streams

An interactive video stream involving one party live streaming a video of themselves and viewers publishing comments. Live streams can take place on a multitude of social platforms including Facebook®, Instagram® and TikTok®.

Part IV

Glossary of Internet terms (cont.)

Predatory offender

An individual who uses the Internet to connect with minors in order to develop a sexual relationship. This may mean getting the minor to meet face-to-face and/or convincing the minor to produce or allow sexual images to be taken of him or herself.

Sexting

The use of cell phones to send sexual messages, pictures and videos.

Smartphone

Unlike its more basic counterparts, smartphones have operating systems and allow users to run applications similar to those used on computers. For example, users may be able to view, create and edit documents from a smartphone.

Social media

Internet applications that are used to facilitate communication between users. These applications include:

- Blogs, microblogs, and vlogs such as Tumblr®, Blogspot®, Twitter® and YouTube®
- Email programs such as Gmail™, Yahoo!Mail® and Hotmail®
- Picture and video sharing sites such as Flickr®, Instagram®, TikTok® and YouTube®
- Social networking sites such as Facebook®
- Virtual worlds and games such as Poptropica®, X-Box®, Fortnite® Animal Jam®

Social networking site

An online community where people from all over the world may meet and share common interests. These sites allow members to set up a profile, which may include information such as name, location, phone number, age, and gender. Often users will post pictures and videos.

Vlog

Video logs, or vlogs, are an increasingly popular format of communication. Utilizing platforms such as YouTube®, “vloggers” document the activities of their daily life on camera.

Webcam

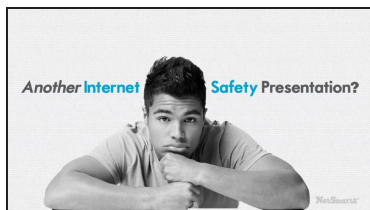
Webcams, also known as “cams,” are video cameras set up on home computers or laptops that can be accessed online.

Slide 1



(Introduce yourself.)

Slide 2



Today, we are going to talk about how you can stay safer online and be a better digital citizen while using the Internet. Now, maybe you're thinking, "**Another** Internet safety presentation? I know all this stuff already!" But you shouldn't tune out, and here's why. Around the country, teens just like you are:

- Dealing with unwanted sexual requests.
- Facing the consequences of sharing too much information online.
- Being cyberbullied.

Even if you know how to avoid all of these things, there are teens who don't. One of them could be your friend, sibling or classmate. Good digital citizens protect themselves and others online. So if you pay attention here today, you will walk away ready to help yourself and your friends deal with some of the difficult situations that come up online.

Examples from the news

- Unwanted sexual requests- An AL teen exchanged phone numbers with a man she met online. He then began texting her suggestive photos.¹
- Personal information - A 17-year-old Australian girl was helping her grandmother count a lot of money. She posted a picture of the money online, and two men broke into her house to try and steal it.²
- Inappropriate information - A NJ high school football player was expelled after posting several sexually explicit and racially offensive tweets. One of the colleges that had been interested in recruiting him retracted its scholarship offer.³
- Cyberbullying - As a prank, a MA teen shared the password to his teacher's Web portal. He expected that people would post funny pictures and jokes, but instead they posted threatening and obscene content. The student was suspended, and he lost his college scholarship.⁴

Slide 3



Using the Internet safely and responsibly is important because it's such a big part of our lives. What are some of the things that you like to do online?

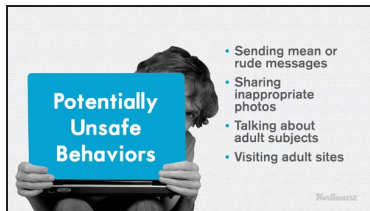
(Pause for audience response. If you need to prompt the audience, use the questions below. Take note of their answers and tailor your presentation to their current interests.)

How many of you like to:

- Play games online or on a console like PlayStation or Xbox?
- Post images or videos on sites like Instagram, Pinterest or YouTube?
- Go online to research homework assignments?
- Shop online?
- Talk with friends and family through sites like Skype or Facebook?
- Download apps to your smartphones?

Throughout this presentation, we'll discuss some ways that you can stay safer while doing these things.

Slide 4



First, you have to know which behaviors put you at risk. Some examples are:

- Sending mean or rude messages.
- Sharing inappropriate pictures through online posts or text messages.
- Talking about adult subjects, like sex, with people you don't know.
- Visiting adult sites.

While these behaviors may not sound very risky, each of them can contribute to getting you or a friend in trouble or putting you in danger. These are all risks you don't have to take, so choose to protect yourself by avoiding them.

Note: Depending on the audience pornography can be discussed explicitly as an example of an adult site. You might also mention the risk of downloading pornography- downloading images in which children appear (even by accident) is illegal and often results in strict penalties including spending time in jail.

Slide 5



By now, you probably know there's some pretty crazy stuff online – and some of it is stuff you don't want to see. Many teens handle this inappropriate content by navigating away from it or reporting it.

Now that you're older, it's not only important to avoid inappropriate content online, but to refrain from **posting** it yourself. You should be cautious about posting images and comments that are inappropriate such as:

- Drinking, drug use and other criminal activities.
- Hate speech - such as slurs against someone's sexuality, race or religion.
- Lewd or offensive gestures.
- Profanity.
- Revealing or suggestive images.
- Threats.

Slide 6



Posting these things online may:

- Ruin your reputation.
- Get you in trouble with your parents, school or the law.
- Damage future opportunities such as getting into college or getting a job.

Examples from the news

- Two MA high school students were suspended after posting a homecoming picture of themselves holding replica guns. Even though the guns were not real, school officials considered the photos to have caused a significant disruption to the school.⁵
- A GA teen was suspended after posting his principal's mug shot on Instagram and claiming she was arrested on suspicion of drinking and driving. She was actually arrested after missing a court date for a speeding ticket.⁶
- More than 100 TN high school students were suspended after a video showing students swearing was posted on YouTube. The video was shot during the school day.⁷
- A 17-year-old MA boy was fired from his job at a sandwich shop after posting racist tweets.⁸

Slide 7

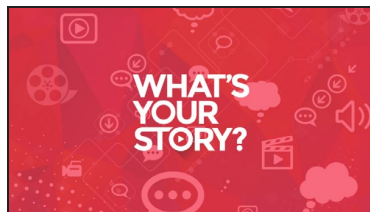


Defining what information is inappropriate can be tricky, but here's a good rule of thumb. If it can get you in trouble **offline**, it can probably get you in trouble **online** too.

In order to limit misunderstandings, consider the following before posting content online:

- Would the adults in my life - parents, relatives, teachers, coaches and employers - think this is appropriate?
- Could this get me into trouble at school or with the law?
- Who might be hurt or embarrassed by this content?
- Does it give any information about me or another person that should not be shared?
- What does this content say about the kind of person I am? Is that how I want to be seen?
- How could this impact my future opportunities, such as scholarships, college acceptances and employment?

Slide 8



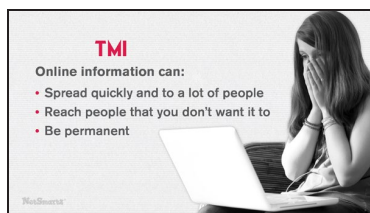
You are responsible for what you post online and for all of the consequences (good and bad) of what you post.

Slide 9



You are responsible for what you post online and for all of the consequences (good and bad) of what you post.

Slide 10



How many of you know people that share information about themselves through social media sites like Facebook, Twitter and Instagram? It can be easy to put a little bit of information about yourself in a lot of places online. You may not even realize how much you're sharing. You should try to be careful about how much you reveal because online information can:

- Spread quickly and to a lot of people.

- Reach people that you don't want it to.
- Be permanent.

The Internet doesn't keep things private just because you want it to. You should even be careful about what you post when using apps that promise anonymity like Whisper and Yik Yak. Privacy is not guaranteed online.

Slide 11



Take a minute to think about how much information you are comfortable sharing online. Are you the type of person who posts status updates 12 times a day or 12 times a year? No matter which type you are, you should be careful about sharing personal information like your:

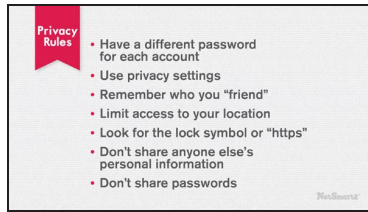
- Passwords.
- Home address.
- Location.
- Home/cell phone number.
- Email address.

It's not that you should never share this information. There are lots of great, legitimate sites that require it. But once you put information online, it's easy to lose control of who sees it and what they do with it. Revealing personal information online can make you a target for identity theft, scams, computer hacks and other trouble.

Examples from the news

- A 14-year-old English girl posted details about her birthday party online only to have it crashed by 800 people. Her uninvited "guests" did more than \$48,000 of damage to her parents' home.⁹
- A 17-year old MD teen was playing a game on Facebook which asked users to fill out loan applications for extra points. The teen was later contacted by a car dealership that wanted to discuss his application.¹⁰

Slide 12



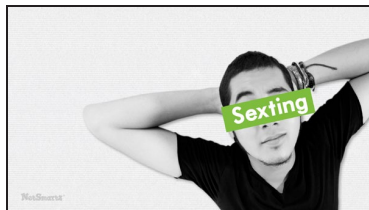
Guard your personal information online:

- Have a different password for each online account - If they all use the same password, they will be easier to hack into.
- Use privacy settings to limit who has access to your information - These can change often, so don't forget to check back and make sure your information is still limited to the people that you want to see it.
- Remember who you friend - Your friends have access to whatever you post, so make sure they are people you trust.
- Limit access to your location - A lot of services and devices have GPS capabilities which let you share where you are. For example, geolocation tags may be automatically embedded in the pictures you take with smartphones and tablets. Make sure to disable these functions and only give people you trust information about your whereabouts.
- Look for a lock symbol or "https" in the address bar of websites that ask for financial information.
- Don't share others' personal information, for example, sharing a friend's cell phone number online.
- Don't share passwords, even with close friends, a boyfriend or a girlfriend.

Suggested activity

NetSmartz Workshop offers the tip sheet "Social Media Safety for Teens" at MissingKids.orgNetSmartz.org/resources#tipsheets. Have teens read it and discuss why they are or are not following the tips.

Slide 13



Sexting is one way that some teens share inappropriate information. Sexting is the sharing of nude or suggestive pictures and videos through text messages. Research suggests that 15% of teens are sexting.¹¹ You may even know people who have been asked to do it. Teens who get involved with sexting are usually:

- Joking around with friends.
- In a relationship, where a girlfriend or boyfriend asks for a photo.
- Flirting or trying to impress a crush.

Remember that if 15% of teens are sending sext messages that means that 85% are not.

Getting a request to sext might make you feel:

- Flattered, because it means that someone thinks you're attractive.
- Angry, because someone is asking you for something so private.
- Pressured, especially if it comes from a boyfriend, girlfriend or crush.

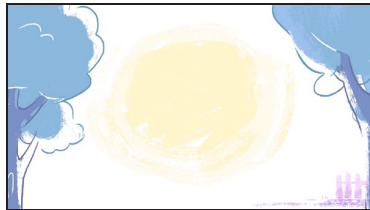
Slide 14



As you watch this video, think about how the girl feels when she gets a request to sext. Then, think about how she feels after it has been sent.

(Click to show video.)

Slide 15



(Video plays.)

Facilitate a discussion of the implications of the video.

Suggestions below.

Consequences:

What were some of the consequences of sharing the photo?

- Can get lost or misplaced
- Shared without permission
- Become a source of embarrassment/shame/guilt
- Rumors/gossip/cyberbullying can result
- Legal consequences

Choices:

- *What was the very first choice made in the video?*
Most students reply the girl's decision to send or not send – answer: the boys decision to ask for the photo in the first place – was a conscious decision – may or may not realize the consequences of the ask.
- *What were other decisions made in the video?*
Others deciding to share the photo, maybe adding rumors and gossip, some students decided not to share.

- *Which is the better choice?*
Not sharing.
- *How can sharing the photo be damaging?*
Contributes to an unwelcoming environment at school, contributes to rumors/gossip/embarrassment for the person in the photo.
- *How can this affect the person in the photo (emphasize that this can happen to boys too)?*
May not feel comfortable going to school, lose concentration in class, grades slip, change in peer groups or social dynamics, contribute to low self-esteem/confidence, may develop feelings of depression/anxiety.

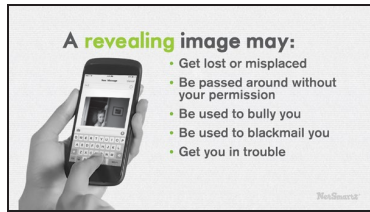
Healthy Relationships:

- *The person asking for the photo, what was their relationship with the girl?*
Boyfriend, friend, crush...
- *In a healthy relationship, is it ok for someone to make requests that put the other at risk?*
No.
- *Did the girl have to comply?*
No.
Why may she?
Trust, in love, for his eyes only.

Make the point that asking for the photo was asking the girl to put herself at risk. There is no such thing as “for your eyes only” when technology is involved, even with the best of intentions. If the person cares about you, they would not want to risk embarrassing you or hurting you.

If you are being pressured to send inappropriate content by anyone, you can say no. If you are struggling with that decision, it can help to talk it out – reach out to a trusted adult. Feeling supported can help make tough decisions a little easier. If you trusted someone and already sent a pic – trusted adults can also help with minimizing the spread of that image.

Slide 16



The girl in the video thinks that only the person she sent the picture to will see the image. But she soon learns that once you share an image, it is out of your control. One study estimated that 88% of the self-made sexual or suggestive images that teens post online are re-posted to adult websites.¹²

If you take a revealing image of yourself:

- It could be lost if you misplace or lose your cell phone.
- It may be passed around without your permission. For example, an ex-boyfriend or girlfriend may share the sext to get revenge.
- People may bully or judge you because of the image. Some teens have been bullied so badly because of sexting images that they have been afraid to go to school.
- The person that receives the image might try to use it to blackmail you into sending more images.
- You may get in trouble with your school or with law enforcement, especially if there is evidence of blackmail, bullying or forwarding without permission. Some teens have been suspended from class, sports teams and other activities. Others have been charged with a crime and had to complete community service or educational programs.

Examples from the news

- A 15-year-old IA teen was arrested and referred to juvenile court on suspicion of extortion after uploading nude photos girls had sent him in an effort to get them to send more.¹³
- A 15-year-old TX teen was sent to an alternative school for a month for showing another student a nude image he received while on school grounds.¹⁴
- A 16-year-old GA teen was suspended for six days after tweeting a revealing photo that a classmate posted to his Facebook page. The school suspended him on a bullying violation.¹⁵

Slide 17



Once a sexting picture or video is out of your hands, it is out of your control. Fortunately, you can choose to stay in control before it ever gets to that point.

- Don't take images of yourself that you wouldn't want everyone to see.
- Don't forward anyone else's picture or video. Imagine how betrayed you'd feel if this happened to you.
- Don't ask or pressure anyone to share an image. Many teens send sexts because they've been asked to by a boyfriend, girlfriend or crush. But you shouldn't ask anyone to take this kind of risk, especially if it's someone you care about.
- Talk to a trusted adult if you receive a revealing image, are being pressured into sending one or have sent one.

While talking to an adult may seem difficult or embarrassing, it is important that you get one involved. An adult can help you by:

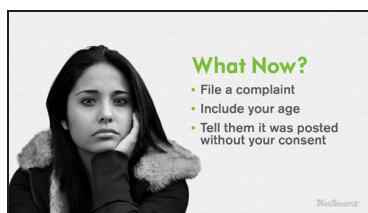
- Talking to your school to stop any bullying that has happened because of the image being shared.
- Working with law enforcement to investigate the situation.
- Getting the image removed from any websites that it's on.

The National Center for Missing and Exploited Children also has resources to help you remove your explicit images if they are out there online. Go to www.missingkids.org/gethelpnow for more information

Suggested resource

NetSmartz Workshop offers a tip sheet about sexting for teens called "Think Before You Send" at MissingKids.org/NetSmartz.org/resources#tipsheets.

Slide 18



If a sexting image or video has been posted to a website or app, there are steps you can take to try to get it taken down. First, find out which websites the image is on and file a complaint. Trustworthy websites and apps work hard to keep off sexual images of minors and will remove them if notified. Include your age in the report and be clear that the picture was posted without your consent. Don't forget that each website has its own reporting

procedures, so you have to file a complaint for each one the picture or video is on. If your image is on a website that looks untrustworthy or doesn't have a way to report, then consider contacting the police or filing a report at the National Center for Missing & Exploited Children's CyberTipline.org.

It's important to remember that you're not alone – this has happened to other teens too. You can always reach out to a friend, a counselor or another adult you trust for help or support. You have the strength to move past it.

Slide 19



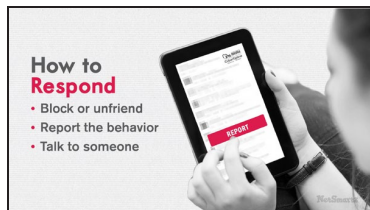
Now let's move from what you're doing online to who you're talking to. It's important to understand that some people don't have the best intentions and may make inappropriate requests. If the request is unwanted or made by an adult, then it's called a sexual solicitation.

Here are some examples of solicitation:

- You're in a video chat with someone you just met online and he asks you to pull up your shirt.
- A friend keeps asking you for revealing pictures even though you keep saying "no."
- You're talking to someone on a social media site who asks you sexual questions and wants to meet up.

If another teen or an adult asks you to do something like this, you don't have to do it. Some teens are bothered by these requests, others aren't. But you **all** have the right to say "no."

Slide 20



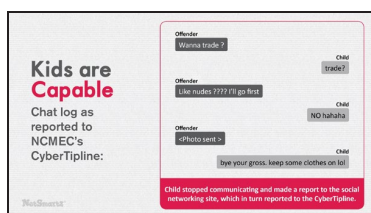
Even though many teens aren't bothered by these kinds of requests, **it's OK for you to be upset**. If you get any kind of unwanted sexual request, you should:

- Block or unfriend the person who sent it.
- Report any inappropriate behavior to the website or app you're using.
- Talk to someone – a friend, an older sibling, or an adult you trust.

When you make a report to the CyberTipline, the National Center for Missing and Exploited Children makes that report available to law enforcement all

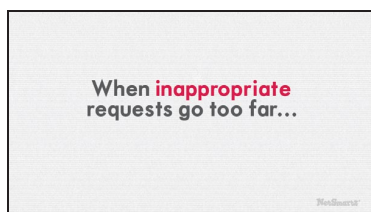
over the country to figure out how to take action if necessary to stop someone from hurting children and teenagers.

Slide 21



Here is an example of a 15 year old who made a report about inappropriate behavior online. Remember that even if you are not bothered by an inappropriate comment you should still report it to help keep the internet safe for others. Remember that the person sending you inappropriate messages or pictures is probably trying to do the same thing to another child who is younger or more vulnerable.

Slide 22



Sometimes sexual solicitations can develop into more dangerous relationships with adults. In these cases, the adult tries to gain your trust by offering affection and attention. They may even try to meet you offline.

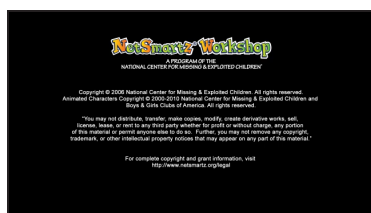
Slide 23



You can see some of these methods in this video where two teen boys end up meeting people offline. Notice how the relationships grew out of something they thought was innocent.

(Click to show video.)

Slide 24



(Video plays.)

Slide 25



Ryan says, "I knew better than to meet in person with someone I'd met on the Internet," but he still continues the relationship online and gives out information about where he lives. How does the adult get him to do that? **(Pause for audience response.)**

Ryan thinks he found a friend who understands him and puts him first. This makes Ryan drop his guard and do something he knows is dangerous. The method used to gain Ryan's trust is called "grooming."

Someone trying to groom you might:

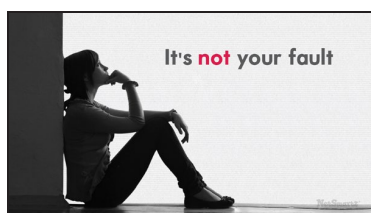
- Flatter you.
- Send you gifts, like cellphones or bus tickets.
- Discuss adult subjects, like sex.
- Ask you to keep secrets, such as not telling anyone about the relationship.
- Turn you against your family and friends - They want you to depend on them.
- Share or ask for revealing images.
- Blackmail you - If you've shared revealing images or secrets with someone, they may threaten to make them public unless you send more. You should never give in. Instead, tell an adult you trust immediately so they can help report it to law enforcement.

It is important to know that a person might do something harmful to you online even without any of these grooming behaviors. Anything that makes you uncomfortable, afraid, upset or is inappropriate should be reported whether or not there are signs of grooming. Talk to a trusted adult right away about any online behavior that is inappropriate or if you think someone might be 'grooming' you to do something dangerous or inappropriate. You can also report inappropriate conversations or pictures to the CyberTipline.

Examples from the news

- An adult convinced a 15-year-old MA teen to send him nude photos by pretending to be in the modeling industry. He then threatened to distribute the photos unless she had sex with him.¹⁶

Slide 26



- An adult manipulated teen boys into performing sex acts on webcam and then threatened to publish the videos on pornography websites if the boys did not continue performing sex acts for him.¹⁷

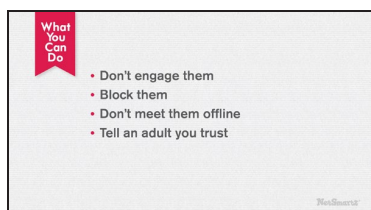
Some people are so good at manipulating teens that sometimes the teens don't even realize they've been tricked. Then they might be afraid to say anything about it because:

- They've been threatened.
- They feel guilty and think people will blame them.
- They think that no one will believe them.

It might seem like you would be able to tell if someone online was not who they say they are but reports made to NCMEC's CyberTipline show that people go to great lengths and are really skilled at pretending to be someone they are not.

It's never your fault, and you should not be ashamed to tell someone and ask for help. The fault lies with the adult because responsible adults do not start or have romantic relationships with teens. If an adult acts interested in a romantic relationship with you, it's a red flag that you cannot trust them.

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If someone online sends you an inappropriate request, here are some steps you can take:

- Don't engage them - Refuse to talk about sex, and don't accept or share sexual images.
- Block them or unfriend them.
- Don't meet them offline.
- Tell an adult you trust.

Telling an adult you trust is important even if you've already handled the situation. Some teens don't want to talk to an adult because they:

- Worry the adult will overreact.
- Are afraid they'll be blamed.
- Think the adult can't help.
- Are embarrassed.

But telling someone like a teacher, school counselor, parent or other relative can be a good move. They can help you take next steps, such as deciding what evidence to save. They can also help you get some perspective on the situation. No one should make you uncomfortable online, especially adults. Get an adult that you feel comfortable talking with to help you handle and report the situation.

Suggested activity

Divide the audience into pairs and have each pair answer the question, "What advice would you give a friend who was thinking of meeting someone offline?" If you have more time, ask the pairs to act out their scenarios with one teen giving advice and the other teen receiving advice.

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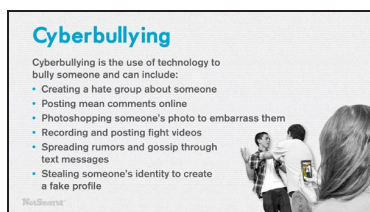


An adult can also help you report to law enforcement and the National Center for Missing & Exploited Children's CyberTipline. All reports made to NCMEC's CyberTipline are made available to law enforcement for their review and investigation. You can report:

- Anyone who sends you adult images.
- Anyone who asks you to send images of yourself.
- Anyone who talks to you about adult subjects.
- Anyone who asks you to meet offline.

It may seem easier to just ignore these kinds of requests instead of reporting them, but when you make a report, you help make the Internet that much safer for your friends, siblings and peers. The person contacting you may be reaching out and doing the same thing to children who are younger than you or more vulnerable.

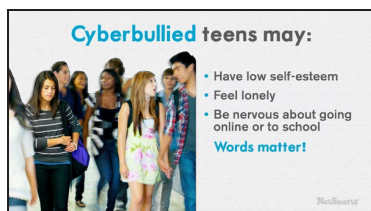
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The last risk that we are going to discuss is one that many of you are probably aware of – **cyberbullying**. Cyberbullying is the use of technology to bully someone. Some examples are:

- Creating a hate group about someone.
- Posting mean comments online.
- Photoshopping someone's photo to embarrass them.
- Recording and posting fight videos.
- Spreading rumors and gossip through text messages.

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- Stealing someone's identity to create a fake profile.

Some of these things may seem more like jokes or pranks than bullying to you. But even if you did not intend to hurt someone's feelings, it can still be cyberbullying.

You've probably heard the saying, "Sticks and stones may break my bones, but words can never hurt me." I want you to ask yourself, is that really true? Think about how that would make you feel. Perhaps you would:

- Have low self-esteem.
- Feel lonely and isolated from friends and family.
- Be nervous about going online or to school.

Sometimes teens who are cyberbullied feel like hurting themselves, although suicide is rare. If a cyberbullied teen does commit suicide, he or she is usually dealing with other problems too.

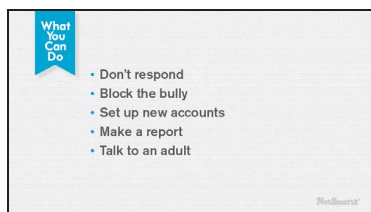
We can all be careful about what we do and say to people, both on- and offline. And if you know that one of your friends is thinking about harming his or herself, bring it to the attention of a teacher, school counselor or other trusted adult immediately.

(If your state has a local suicide hotline, you may want to share the contact information here. Or, you may want to share the National Suicide Prevention Lifeline, 1-800-273-8255.)

Suggested activity

Ask teens to share aloud about how being cyberbullied would make them feel or have them write a paragraph from the perspective of someone who is being cyberbullied.

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If you are being cyberbullied, it may feel like there's nothing you can do, but that isn't true. Here are some steps you can take:

- Don't respond - That could make things worse.
- Block the bully - Check out what options the websites and your cellphone provider have for blocking other users.
- Set up new accounts - Make sure that only people you trust can contact you.
- Make a report - Many websites have terms of service which prohibit cyberbullying and will remove offensive posts.
- Talk to an adult you trust.

Some teens don't want to tell an adult if they're being cyberbullied. They may worry they'll be told to stay offline or think that an adult can't help. But adults can be very helpful in dealing with cyberbullying. They can:

- Help you set up new accounts, especially if you need a new cellphone number.
- Decide if you need to save the messages and who to report them to.
- Talk to your school - If a classmate is bullying you, your teachers and other school administrators may be able to help.
- Work with law enforcement - If the bullies are threatening to harm you, have your trusted adult report it to law enforcement immediately.
- Offer support - Sometimes it just helps to know that someone is on your side and available if you need to talk.

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If you aren't being cyberbullied, you may know someone who is experiencing it. Online there are often many bystanders – people who see the bullying happen, but aren't involved. Bystanders may want to help, but are often afraid that:

- The bully will turn on them.
- They will be labeled a "snitch."
- That saying something will make the bullying worse.

But bystanders are important. They can help bring cyberbullying to an end by making it clear that bullying behaviors won't be tolerated in their schools

and friend groups. **If you are comfortable** standing up to a bully, then you can try the following steps:¹⁹

- Don't encourage bullying behavior - For example, don't "like" or share mean comments and posts.
- Don't participate in the bullying just to fit in.
- Stand up for the victim - You can offer support through actions such as sending a friendly text message, making a positive post on their page or walking with them in the hallway.
- Report the bullying to the website or service provider and to an adult you trust.

Suggested activities

Ask the audience to work with the person or people next to them to brainstorm more ways that bystanders can help cyberbullying victims.

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Sometimes people feel like they have good reasons to cyberbully someone, like if that person has been bullying them too. But a cyberbullying situation can easily get out of control, and you don't know what could happen. Remember, even though you're behind a screen, you're talking to real people. Just because you can't see their reactions doesn't mean they weren't hurt. Imagine how those comments would make you feel.

If you're tempted to cyberbully, remember:

- While you don't have to like everyone, you can keep critical comments to yourself.
- You don't have to forward rumors or embarrassing photos.
- You don't have to comment on insulting or harassing posts.

Instead of cyberbullying, focus on creating a better online environment by treating others with respect.

Suggested resource

You may want to review the school's rules about bullying and online harassment and its specific consequences. You may also want to review the state's laws about cyberbullying and talk to the audience about those.

Examples from the news

- Two FL teenagers were charged with aggravated stalking of a minor under 16 after they set up a fake profile for a classmate. They had altered images of her to make it look like she was engaged in sexual acts.²⁰
- 20 high school students in OR were suspended after tweeting and retweeting that a teacher at their school flirts with her students.²¹
- Middle school students in CA were investigated by law enforcement for allegedly hacking into a classmate's Instagram account and placing sexually derogatory content on it.²²

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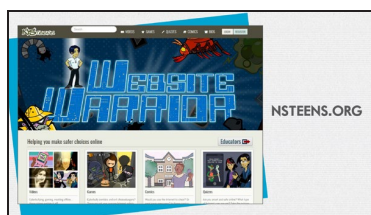


Some people think that what they do online is separate from their “real” lives. But as we’ve seen today, what we do **online** matters **offline** too. Make the choice to create a safe and positive on- and offline environment at school and with your friends by:

- Being careful about what you share.
- Not cyberbullying or encouraging it.
- Not asking or pressuring anyone into sharing inappropriate content.
- Reporting inappropriate online behavior.

Most importantly, don’t forget to communicate with the adults you trust about what you do online. You don’t have to wait for something bad to happen. Take the lead and show them all of the ways that you are a responsible digital citizen.

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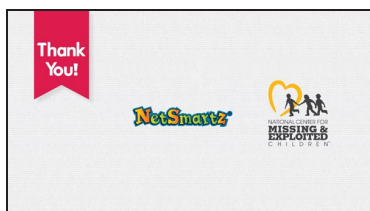
For more tips on responsible Internet use, visit NSTeens.org.

(You may want to review www.NSTeens.org and look for games and videos that address the issues the teens in your audience are facing.)

- Challenge your friends to *Stop That Post*, a game about revealing too much information online, to see who can get through the levels the fastest.
- Watch more videos to see how other teens are dealing with the challenges of being online.

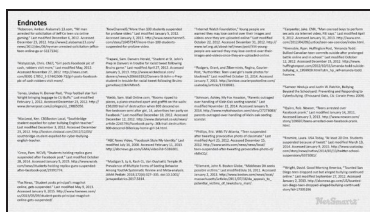
At the end of the day, your online experience is going to be what you make of it. Why don't you work with your friends to make it great?

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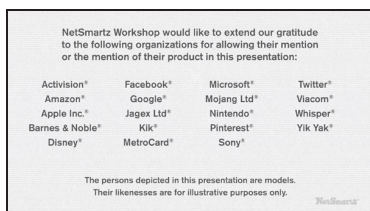


Thank you.

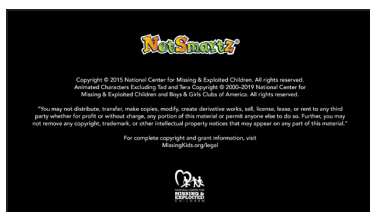
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Slide 39



Mac troubleshooting FAQs

Q: Why are the videos not playing for me?

A: To play the presentations, you need to have PowerPoint 2016 or above. If you are using Keynote or an earlier version of PowerPoint, the presentation will not play properly.

Q: Why did the video stop playing?

A: You may have pressed the pause button or clicked the mouse. Click the pause button or the mouse again and the video will resume.

Q: Why did the screen go black after the video segment?

A: It is normal for the screen to fade to black after the video plays. Advance to the next slide by clicking the mouse or pressing the right arrow key on your keyboard.

Q: Why is there no image on the screen even though I have connected to the projector?

A: You may need to use a keyboard command to tell the laptop that something is connected to its external output port. Look for a symbol of a monitor on your function keys. For instance, on some laptops, the command is “Function key + F4.”

Q: How may I share the presentation files with others?

A: To share the presentation, you just need to save any changes you made to the PowerPoint file and share the file with others. Please note, they will need to have PowerPoint 2016 or above for the presentation to play properly.

Remember, all NetSmartz presentations may be downloaded for **free** from **MissingKids.org/NetSmartz**.

If your question has not been answered, please email netsmartz_tech@ncmec.org.

PC troubleshooting FAQs

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