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Our Goals for Today:

- Describe how youth use technology
 - Risks vs Reward Perspective
- Talk about Apps, Social Media, Prevention... the topics YOU want to know about
- Assistance to the “technically challenged” parent
- Provide Resources
- Answer YOUR questions

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Tech Dangers

- Sex Offenders
- Cyberbullying
- Sexting & Sextortion
- Inappropriate content
- Distracted driving
- Privacy/personal security



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Benefits of Technology

- Connection
- Creativity
- Education
- Positive Reputation



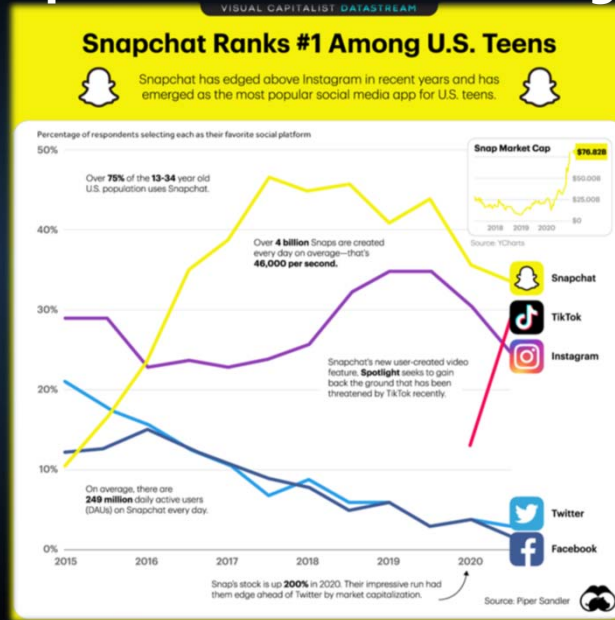
5

Reason for Teen Social Media Use

- **Social media makes me feel...**
 1. Connected to my friends
 2. More informed
 3. Connected to my family
 4. Supported
 5. Like I always need to show the best version of myself
 6. Overloaded with information
 7. Like I am missing out
 8. Overwhelmed
 9. Other
 10. Alone

6

Most Popular Social Networks age 13-17



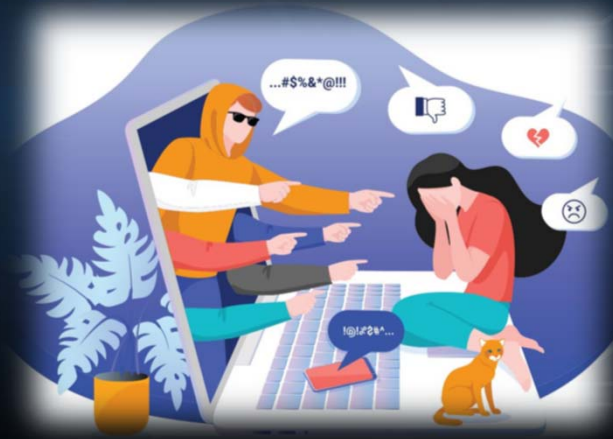
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Cyberbullying Can Lead To:

- Isolation
- Rejection/Exclusion
- Anxiety/Depression
- Despair
- Suicidal behaviors



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Gaming

- Rewards
 - Connecting with friends
 - Escaping problems
 - Problem solving



- Risks
 - Grooming
 - “We’re friends”
 - Manipulation
 - “I’ll give you…”
 - Addictive behaviors
 - Sexting/Sextortion



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Sexting During COVID-19

- Online world
- Lacking personal and physical connection
- Losing relevancy
- Altering Normalized Behavior



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COMMUNICATION is KEY! Conversation Starters...

- Have you ever been asked or pressured to send nudes?
 - What would you do if asked?
- Do you know kids who have sent nudes?
 - How do you feel about that?
- Have you heard of kids sharing nudes without consent?
 - How do you feel about that?
- Have you ever received nudes? What did you do with it?
- What do you think happens if a nude is found on a phone?

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Make it Personal – PROTECT YOUR:

Hello
my name is



REPUTATION

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Teens Want Parents to Know:

- “When you take away one device at night, you might not realize how many devices we still have with us.”
- “Many of us have a fake Instagram account.”
- “If we are passionate or angry about something, we take it to social media.”
- “Talk with us about the apps we like to use and why. Most of you have no idea about our world.”
- “Talk with us about sexting and healthy relationships in a way that isn’t awkward.”

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What Messages Don't Work?

- Scare tactics
- Stereotypes
- Overstated statistics
- Dismissive perspectives
- Shaming
- Don't go to these sites...

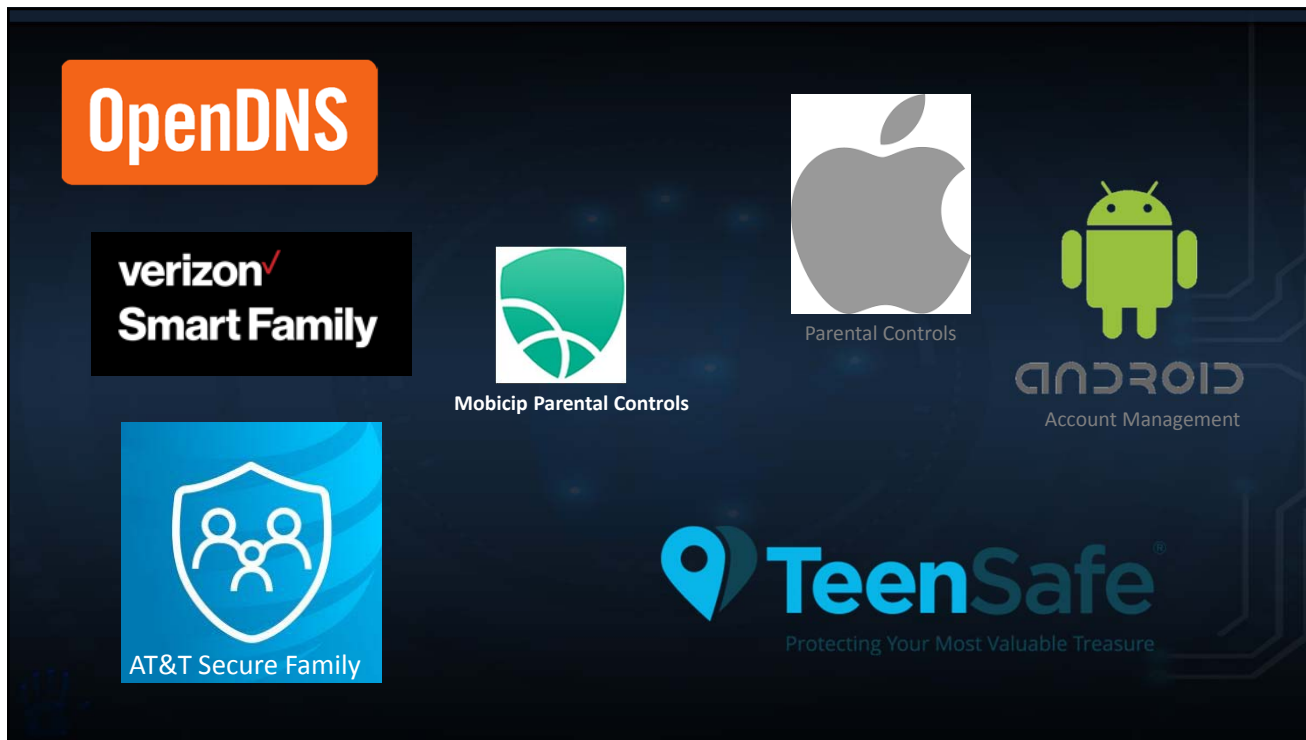


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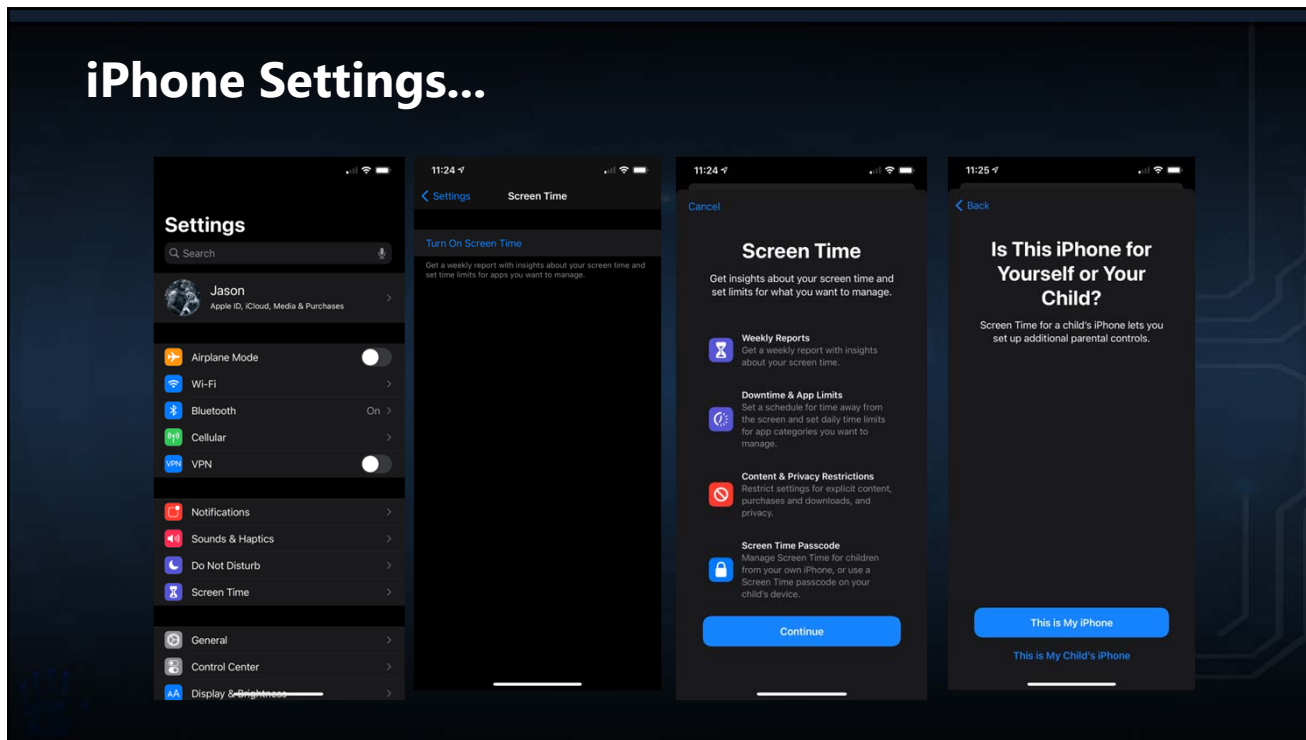
Tech Options...

- Install Filtering & monitoring software
- Consult your cell phone provider
- Research options for other mobile devices
- Look at individual apps
- Explore built-in security features

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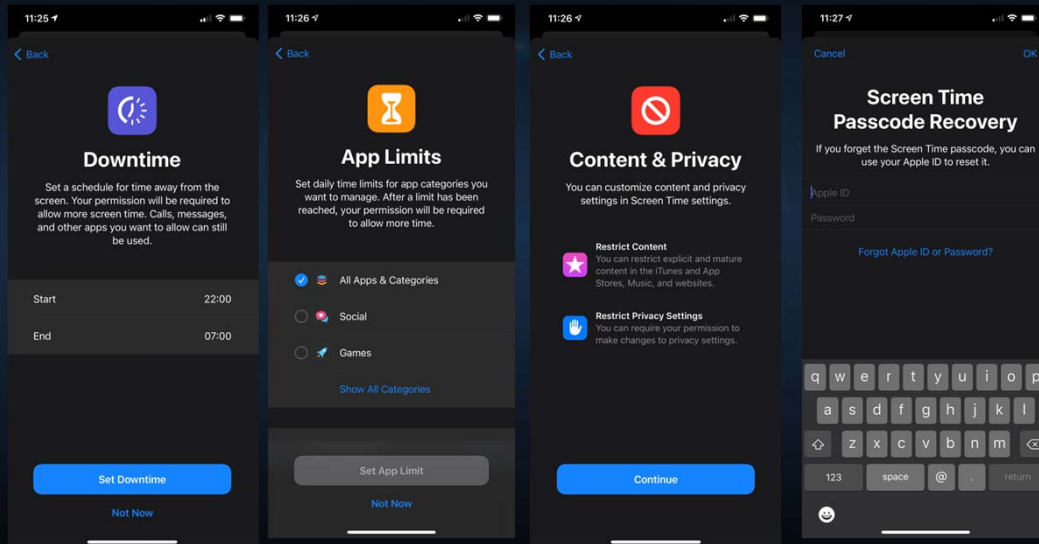


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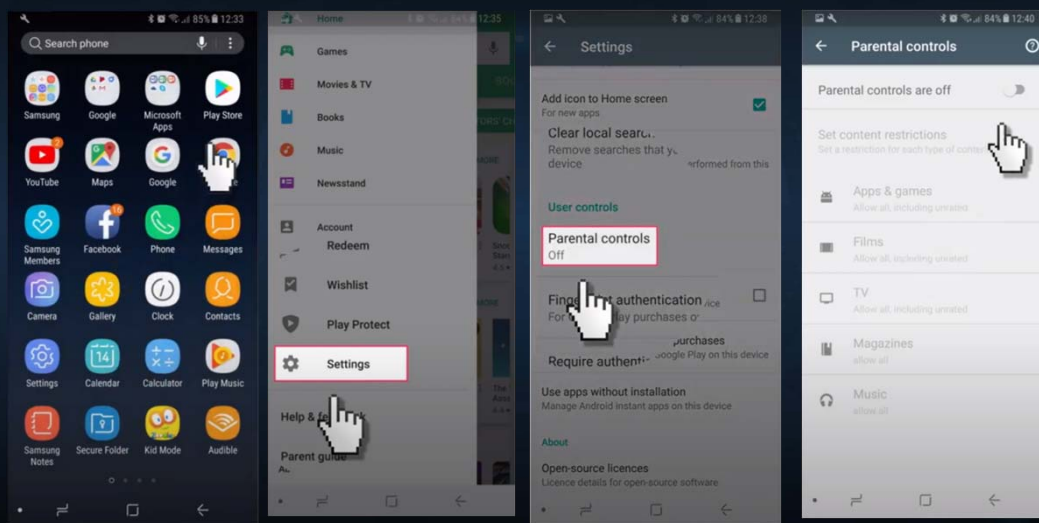
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iPhone Settings...



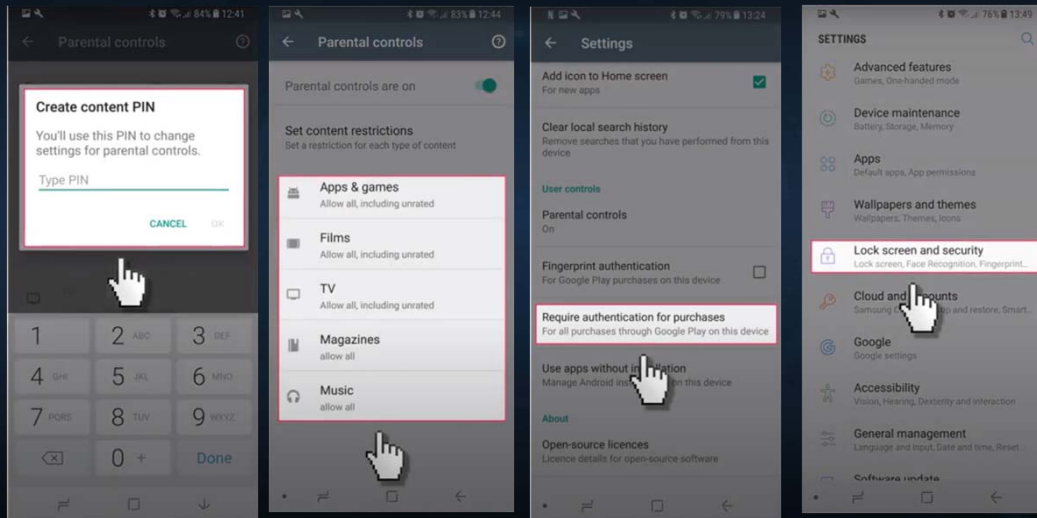
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Android Settings...



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Android Settings...



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TECHNOLOGY CAN'T CATCH EVERYTHING, SO COMMUNICATE!

NetSmartz® Workshop

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NetSmartz.org

- Discussion starters
- Information about the issues
- Safety pledges
- Tip sheets
- Videos

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NetSmartzKids.org

- Activities
- E-books
- Games
- Monthly updates
- Videos

NetSmartz Workshop

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The screenshot shows the NSTeens.org website. At the top, there is a navigation menu with links for VIDEOS, GAMES, QUIZZES, COMICS, BIOS, LOGIN, and REGISTER. A search bar is also present. The main banner features the text "NSTeens CHALLENGE" in a stylized font, with a group of diverse cartoon characters below it. The banner text reads: "Are you smart and safe online? Take the NSTeens Challenge to find out!". Below the banner, a section titled "Helping you make safer choices online" includes an "Educators" button and four content cards: Videos, Games, Comics, and Quizzes. Each card has a thumbnail image and a short description. The "Videos" card mentions cyberbullying and gaming. The "Games" card mentions cyberbully zombies and chessburgers. The "Comics" card asks if the user is going to become a cyberbully. The "Quizzes" card asks if the user is smart and safe online. At the bottom right of the website screenshot, the "NetSmartz Workshop" logo is visible.

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A dark blue slide with a subtle circuit-like pattern on the right side. The text "Thank You" is centered in a large, white, outlined font. Below it, the email address "Jason.Kushmaul@edmondok.com" is displayed in a white, sans-serif font.

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