

PARENTS' GUIDE TO SMART PHONE SAFETY

SMART OR SCARY?

Smartphones are essentially little computers, so you might be a little worried when handing one over to your child. Take some time to understand the risks and implement a few safeguards so that you can help your child use smartphones safely.



THE RISKS

▪ CYBERBULLYING

With the constant connectivity of smartphones, your child may be more susceptible to cyberbullying or have more opportunities to cyberbully others.

▪ GEOLOCATION

A GPS-enabled smartphone can reveal your child's location through online posts and uploaded photos.

▪ INAPPROPRIATE CONTENT

With smartphones, your child has mobile access to content you may consider inappropriate, such as pornography or violent videos.

▪ SEXTING

Your child may use the Internet and social apps to send, receive, or forward revealing photos.

▪ VIRUSES & MALWARE

Just like a computer, a smartphone is vulnerable to security attacks if your child accesses unsecured websites and apps.

5 WAYS TO BE SMARTER THAN THE SMARTPHONE!

1. Be a parent and a resource.

Establish clear guidelines, including time limits and consequences for inappropriate behavior, but be open so your child will come to you with any problems.

2. Set up smart security.

Smartphones today include a variety of security mechanisms including fingerprint scans, facial recognition and password locks. Enable these to protect access to the phone as well as apps with sensitive data.

3. Update the operating system.

New versions often contain important security fixes.

4. Approve apps before they are downloaded.

Make sure you understand their capabilities and approve their content.

5. Understand location services.

GPS features are useful when using maps, but you'll want to disable location-tagging when your child posts anything online.

For more resources visit MissingKids.org/NetSmartz/Resources

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Internet Safety at Home

As adults and children alike have turned to digital tools for school, work, and socialization, **online safety matters now more than ever.**

Here are **five tips** for keeping kids safer online, adapted to fit the current “safer at home” environment.

Tip 1:

Keep the Ground Rules



Even if our online habits have changed significantly, you can still set boundaries that work for your family and schedule. Involving children in setting these rules may help them stick to the guidelines.

Consider:

- Distance learning tasks **before** social media or gaming
- **No devices** during meals
- At least **___ minutes** of non-electronic activities per day
- **“Digital curfew”**: no devices after a certain hour

Tip 2:

Modify How You Monitor



Even the strictest monitoring programs and content blockers can't ensure that children are totally protected online. The best tools for keeping kids safe are time, attention and active conversation about digital behaviors.

Consider:

Setting up **workstations** for children and teens that provide **quick visual access** to the screens for **easy check-ins** from parents/caretakers as they telework or complete household tasks.

Tip 3:

Engage with the Platforms



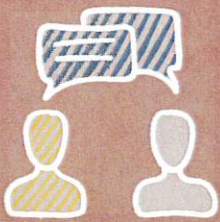
Take advantage of this time at home and online to get more familiar with the technology platforms your child likes to use. Taking a genuine interest in the games and platforms your child enjoys will help you better understand what your child is doing online.

Consider:

If you're teleworking, **take a short break** to join your child on a round on the **game console**, or forward a funny **meme or video** you saw on one of the social media channels they use. It's a quick way to show you're willing and able to be **involved** in your child's online life.

Tip 4:

Chat IRL



Chat "in real life" with your children. With our social lives being conducted entirely online these days, it's important to have face-to-face discussions about how children and teens are maintaining healthy relationships online, and to give them opportunities to also talk about anything unhealthy or uncomfortable happening to them online.

Consider:

Showing that you're willing to **listen and respond calmly**, even if what you hear is uncomfortable or troubling.

Tip 5:

Don't Take the Tech



Taking away internet access because a child has made a mistake online rarely solves the problem. Taking access away during a lockdown would likely do far more harm than good. Beyond affecting a child's ability to complete distance-learning tasks, it would all but completely isolate them from friends and other family; a support system that is essential right now. Find ways to give consequences that don't involve removing online access entirely.

Consider:

If you must, **limit access** (shorter window for digital socializing, gaming, restricted use to certain public areas of the house, etc.) **rather than** removing it entirely.

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For more resources visit MissingKids.org/NetSmartz

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A program of the



NATIONAL CENTER FOR
**MISSING &
EXPLOITED**
CHILDREN

I AM A VICTIM OF SEXTORTION, WHAT CAN I DO?

IT IS NOT YOUR FAULT

You have been tricked and you are not alone!

HERE'S WHAT YOU CAN DO:

WHAT TO DO ABOUT THE OFFENDER

- a) *Don't pay them. If you already have, stop paying them.*
 - *Paying them only leads to a demand for more money.*
- b) *Stop all contact.*
- c) *Block them and report to the platform.*
- d) *Don't delete any communication to/from them.*
 - *Screenshot the messages (not explicit imagery)*

SECURE YOUR DIGITAL ACCOUNTS

- a) *Change your passwords on all social media accounts.*
- b) *Update privacy settings and use two-factor authentication.*

NOTIFY YOUR LOCAL POLICE

IF YOU FEEL YOU CAN'T DO THAT, TALK WITH SOMEONE ABOUT IT

- a) *A parent*
- b) *An older sibling*
- c) *A close friend*
- d) *A teacher/counselor/coach*

NOTIFY THE CYBERTIPLINE

<https://report.cybertip.org>

AVOID PAYING A "SERVICE" TO INVESTIGATE YOUR CASE

This can also be a scam, or a continuation of the scam.
Only report sextortion to law enforcement or a law enforcement agency.

UTILIZE FREE TRUSTED RESOURCES

See back of this page for free trusted resources.

www.icactaskforce.org

I AM A VICTIM OF SEXTORTION, WHAT CAN I DO?

IT IS NOT YOUR FAULT

You have been tricked and you are not alone!

*You are a victim of organized crime, extorting
many people, both minors and adults*

**STOP
&
GET HELP**

USE FREE TRUSTED RESOURCES

NATIONAL CENTER FOR MISSING & EXPLOITED CHILDREN

Take It Down Tool

Tool: takeitdown.ncmec.org/

PSA: youtube.com/watch?v=pAaXbBzVdJE

What to do: missingkids.org/theissues/sextortion

Request Victim/Family Support - email:

gethelp@ncmec.org

Report to the CyberTipline and Survivor Services
will reach out with additional resources:

cybertipline.org

NATIONAL CRISIS HOTLINE

Call 988 or Text 4HOPE to 741741 or

<https://www.crisistextline.org/>

for access to a trained counselor

THORN

Stop Sextortion Get Help Now:

stopsextortion.com

Text THORN to 741741 for access to a
trained counselor

Parent resources: parents.thorn.org

FBI

"How Can We Help You":

[https://www.fbi.gov/how-we-can-help-](https://www.fbi.gov/how-we-can-help-you/safety-resources/scams-and-safety/common-scams-and-crimes/sextortion)

[you/safety-resources/scams-and-](https://www.fbi.gov/how-we-can-help-you/safety-resources/scams-and-safety/common-scams-and-crimes/sextortion)

[safety/common-scams-and-crimes/sextortion](https://www.fbi.gov/how-we-can-help-you/safety-resources/scams-and-safety/common-scams-and-crimes/sextortion)

ICAC

Task Force Contacts:

<https://icactaskforce.org/TaskForceContacts>

LOCAL RESOURCES



www.icactaskforce.org

iCAC

Internet Crimes Against Children
Task Force Program