Resources

- NCMEC's online safety education program provides age-appropriate videos and activities to help teach children to be safer online and increasing awareness: **www.netsmartz.org**

- NCMEC assists families in preventing crimes against children. Their services include recovering missing children, a cyber-tip line and support services for families: **www.missingkids.org**

- This program provides resources to support young people as they learn to recognize, avoid, and prevent dating violence: **www.thatsnotcool.com**

- This program offers tools to children and parents to help discuss sex education in a healthy way: **www.culturereframed.org**

- This program provides information on internet dangers and safety solutions. It offers resources on social media and phone safety, cyber bullying, pornography and trafficking: **www.InternetSafety101.org**

What Can You Do?

- If you see an inappropriate video or picture, do not forward. Contact the school resource officer and local police to investigate.

- Support your child and keep the internet safety conversation going.

- Check on how your child is coping and if any other issues have occurred.

Contact Us

NORFOLK ADVOCATES FOR CHILDREN
12 Payson Road, Foxborough, MA 02035
Ph: 508.543.0500
www.norfolkadvocatesforchildren.com

NORFOLK DISTRICT ATTORNEY'S OFFICE
45 Shawmut Road, Canton, MA 02021
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The services provided at Norfolk Advocates for Children are free of charge.

Norfolk Advocates for Children (NAC) is a program of the Norfolk District Attorney's Office, in partnership with the NAC, a 501(c)(3).

INTERNET SAFETY
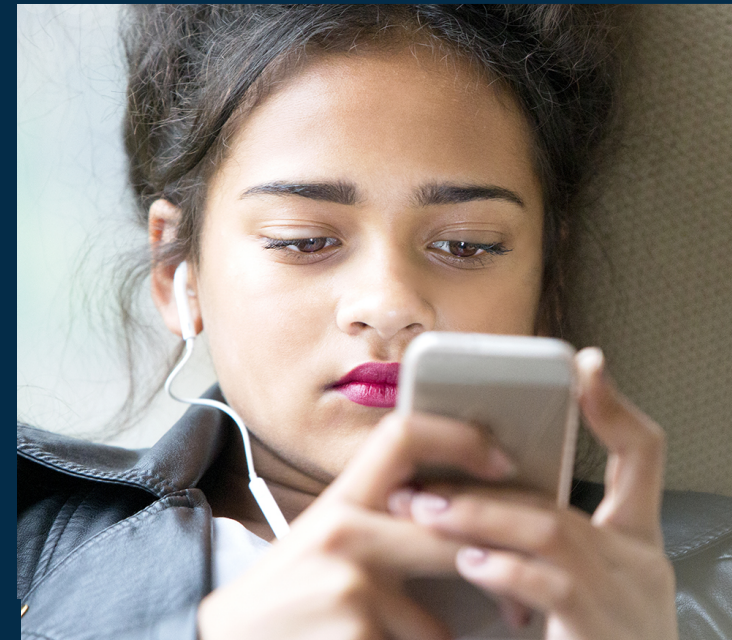# A GUIDE FOR CAREGIVERS

Norfolk Advocates for Children

12 Payson Road | Foxborough, MA 02035

www.norfolkadvocatesforchildren.com

Children may be exposed to a range of concerning content on the Internet. There are ways to limit your child's exposure to the harms of the Internet.

What You Should Know About Sexting and Social Media

- Sexting is the sending of sexually explicit messages, photos and or videos electronically through phones, websites and applications.

- Nearly 1 in 5 teens have participated in sexting.

- Nearly 1 in 5 sext recipients have passed the picture onto someone else.

- The majority of teens who sext report being pressured or coerced into participating.

- Teens who participate in sexting are more likely to participate in other risky sexual behaviors.

- Snap Chat, KIK, TextPlus, WhatsApp, Secret Calculator, Facebook, Twitter and Instagram are all popular social media apps. You can educate yourself on the many social media apps with the resources listed here and by asking your child what social media apps they use.

Prevention

- Talk to your child in an age appropriate way about the Internet and be clear about the safety risks and benefits of the Internet.

- Parents and guardians should know and approve of any apps their children are using and maintain the passwords to directly monitor their use.

- Parents and guardians should "friend" or "follow" their children on their apps.

- Make sure your child's privacy settings are set to only allow contact with individuals you know.

- Use filtering and monitoring technology on computers, cell phones and devices. Some of these include: My Mobile Watchdog, BARK, Qustodio and WebWatcher.

- Frequently and consistently check your child's phone and screen all messages, texts, videos, pictures, etc. Be transparent with your child about these checks and inform them that they will be checked regularly.

- Talk with your teen about healthy relationships. People in healthy relationships do not pressure each other to sext.

- For younger children, talk with them about how text messages should never contain inappropriate material and if they see something, talk to you about it.

SAFETY TIPS FOR KIDS ★

People don't always tell the truth online. Here are some tips to keep you safe.

- Remember anything you share or post can be made public.

- Before you post or share a photo just think about if it is ok for everyone to see.

- Do not give out your personal information.

- Do not go into private chats or talk with people you do not know.

- If you are being contacted by someone you do not know, you can block or unfriend them. Tell a trusted adult (school resource officer, guidance counselor, parent and/or teacher). Report abusive or inappropriate behavior to social media hosts.