INTERNET SAFETY Tweens & Teens

Grooming

Watch what you post

WATCH what you post

BULLYING + TECHNOLOGY CYBERBULLYING

Sexting

Privacy

Cyberbullying

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TROUBLESHOOTING FAQS

For more information about the presentations, our other safety resources, and NetSmartz promotional items, please contact NetSmartz_contact@ncmec.org.
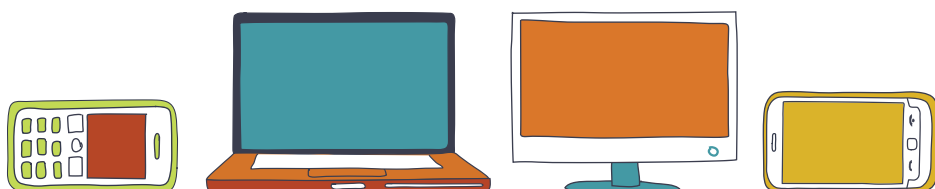
PART 1

Presentation Length

If you use the Presenters' Notes, the presentations' times should run as follows. Please make sure to build extra time into your presentation for Q&A.

- Tweens...30 minutes
- Teens...30 minutes

PART 2

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
- Projection screen
- Speakers

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 networking sites to see how they work.

3. Understand the risks.
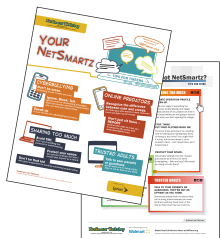The following are the three main risks discussed in this presentation

- **Cyberbullying** - The use of Internet technology or mobile technology, such as cell phones, to bully or harass someone.
- **Online predators** - Those who express a sexual attraction to minors and try to get them to reciprocate with sexual chats, images, and meetings offline for sex. Predators may manipulate and gain the trust of a minor in a process called "grooming."
- **Revealing too much** - Personal and private information shared through texts, images, or videos may attract unwanted attention from cyberbullies or online predators. This may also lead to serious offline consequences at school and with the law.

4. Localize your presentation.
This presentation uses real-life examples to describe the offline consequences of children's online actions. 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 copies of the tween and teen safety tips to hand out. The tips are located at www.NetSmartz.org/Tipsheets.

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Supplementary News Stories

The following news stories from around the country may be incorporated into your presentation in addition to the stories already found there.

Cyberbullying

- A 13-year-old Pennsylvania boy was attacked by a group of seven other teens while walking home from school. They took video of the attack and posted it on YouTube®. Police found the video and are using it as evidence in a case against the teens. Story accessed January 2011: http://www.myfoxphilly.com/dpp/news/local_news/13111-bullies%27-teen-victim-talks-to-fox-29.

- In North Carolina, a 16-year-old girl was charged with a misdemeanor for posting a "hit list" on Facebook®. Story accessed February 2011: http://www.wchl1360.com/details.html?id=17480.

Online Predators

- A 13-year-old Maryland boy was groomed by a 36-year-old woman he met through Xbox® Live. She flew from her home in California to meet with the boy for sex. Story accessed January 2011: http://www.gamepolitics.com/2011/01/10/ca-woman-seduces-13-year-old-over-xbox-live-gets-caught.

- A New York teen was groomed by a man she believed to be 23 years old. She sent him explicit videos, only to have him pressure her for more. He threatened to send the videos to her family if she did not keep making them. Eventually, she reported him and he was arrested. Story accessed October 2010: http://newyork.cbslocal.com/2010/10/21/l-i-girl-helped-put-alleged-online-predator-behind-bars/.

Revealing Too Much

- Two Texas girls took nude pictures of themselves and shared them with two boys at their middle school. Three of the children were suspended, while the child believed to have distributed the photos may have to go to an alternative school. Story accessed November 2010: http://www.kens5.com/news/San-Antonio-middle-school-teens-caught-sexting-face-disciplinary-charges-109315489.html.

- Three California teens were fired from their jobs at KFC after one of the teens posted pictures on MySpace® of them bathing in the restaurant's sinks. Story accessed December 2008: http://www.nydailynews.com/news/national/2008/12/11/2008-12-11_kentucky_fried_chicken_trio_photographed.html.

- A Michigan teenager had a friend video him kicking another man in the groin. The teen then posted the video on YouTube, where it was found by the police. The police were able to use the teen's YouTube account to find his Facebook account. The teen was charged with a misdemeanor, and the friend who recorded the incident could be facing charges as well. Story accessed October 2010: http://www.mlive.com/news/flint/index.ssf/2010/10/police_use_attackers_own_video.html.

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PART 4

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 networking sites or on separate blogging websites, such as Xanga® and Blogger®.

Chat acronym – An acronym used to communicate, usually through instant and text messaging. Some popular acronyms include

- ASL – Age/sex/location
- BRB – Be right back
- CD9 – Code 9, parents around
- F2T – Free to talk
- IDK – I don't know
- LGH – Let's get high

- LMIRL – Let's meet in real life
- LOL – Laugh out loud
- MorF – Male or female
- POS – Parents over shoulder
- PRON – Porn
- TMI – Too much information

Chat room – An interactive forum where you can talk in real-time. The chat room is the place or location online where the chat is taking place. Many chat rooms are established so that people can discuss a common interest like music or movies.

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. Examples of these services include

- Facebook® Places
- Foursquare®
- Gowalla®

Grooming – This is the process predators 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.

Glossary, cont. 👉

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Online predator – 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 which are used to facilitate communication between users. These applications include

- Blogs and microblogs such as LiveJournal® and Twitter®
- E-mail programs such as Gmail™, Yahoo!Mail®, and Hotmail®
- Picture and video sharing sites such as Flickr®, Photobucket®, and YouTube®
- Social networking sites such as Facebook®, MySpace®, and MyYearbook®
- Virtual worlds such as Club Penguin®, Habbo®, and Nicktropolis®

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.

Web 2.0 – The evolution of the Internet which allows users to create their own content and put it on the Web, in addition to downloading content. Social networking sites, like Bebo®, and video-sharing sites, like YouTube, are both part of Web 2.0.

Webcam – Webcams, also known as "cams," are video cameras set up on home computers or laptops that can be accessed via the World Wide Web.

Slide 1
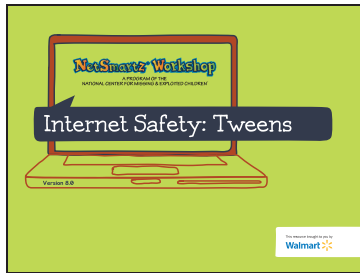
(Introduce yourself.)

Slide 2

How many of you have heard about Internet safety before?

(Pause for audience response.)

You may have heard about it from your teachers or in an Internet safety presentation like this one. You might have even talked about things like cyberbullying and people online that are trying to trick you. But what you may not have talked about are **responsible online choices**. Responsible online choices are the choices that **you** make which can help keep you safer and help you have more fun while using the Internet.

Slide 3

So let's talk about some of the fun things that you do online. Raise your hand if you are

- Using Google to look up things for your homework?
- Texting with your cell phone?
- Playing games online or with a Nintendo DS or PSP?
- Creating avatars in virtual worlds like Club Penguin or Habbo?
- Downloading songs?
- Watching videos on YouTube?

(Note: Virtual characters are from Neopets, WebKinz, Club Penguin, and Habbo.)

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Teens
Tweens

Slide 4

No matter what you're doing online, making responsible online choices will help keep you safer. But what does a responsible choice look like? It looks like

- Deciding **not** to be mean to someone in a text message
- Thinking about the pictures you post, **before** you post them
- And, choosing **not** to talk to people that you don't know about sex or other adult things

Doing these things just once might not get you into trouble, but if you continue doing them, you could put yourself at risk.[1]

Citation
[1]Wolak J, Finkelhor D, Mitchell K, Ybarra M. Online Predators and Their Victims: Myths, Realities, and Implications for Prevention and Treatment. American Psychologist, 2008; 63:111-128.

Slide 5

One of the easiest ways to avoid these risks is to make responsible choices about what you post. Think; how much is **too much** information? Should you share your cell phone number? Your address? Your passwords? All of these things allow people access to you, so you have to be careful about who you tell them to.
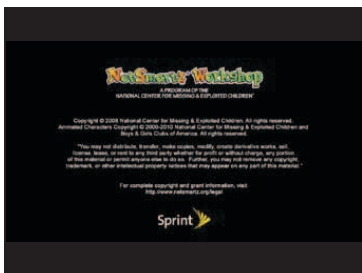
Slide 6

In this video, you'll see Tad try to control what people know about him through his profile.

(Click to show video.)

Slide 7

(Video plays.)

Slide 8

As you saw, Tad was trying to clean up his profile. How many of you have a profile on a social media site like Facebook or MySpace? Or with virtual worlds like Club Penguin or Habbo?

(Pause for audience response.)

These sites give you the chance to share jokes, stories, and pictures with family and friends, but once you put that information out there, other people may see it too. So if you're going to use these sites, you should learn some basic tips to help keep yourself safer, like choosing smart screennames.

Slide 9

Usernames or screennames are often the first thing you create for a new account. They're also the first impression you give to people online. Think before creating your screennames because you may be giving away a lot of information or the wrong impression. Let's take a look at some of these screennames and see what we can guess about the kids who have them.

(Pause for audience response.)

"Hottie Baby" may have picked her screenname because she thinks it's cute or funny, but it could make people think that she's interested in talking about sex. And "Kid_Boozer" may have picked his screenname as a joke, but he's joking about something that wouldn't be funny to his parents or teachers. Now, **(click)** let's take a look at these names. These indicate sports, hobbies, and interests, but are not sexy, violent, or rude. So create a screenname like "Baseball Jock" to avoid giving the wrong impression.

Slide 10

Just like a good screenname protects your reputation, privacy settings help protect your information. How many of you currently use privacy settings?

(Pause for audience response.)

On social networking sites you can make sure that only friends can see things like your posts and photos. So choosing to use privacy settings is a responsible choice. You can use privacy settings on instant message and e-mail programs, virtual worlds, and social networking sites to prevent unknown people from seeing your page or contacting you. Even some online games have these settings.

When you use these settings, it's like putting a lock on your door. It makes it harder for a burglar to get in, but not impossible. Using these settings is a good step, but it doesn't mean that you can say or post anything you want. You still have to think about the people on your friends list because they can save, copy, and repost what you put online.

Slide 11

A friends list is a list of contacts. You might have one on your social networking page or in your cell phone. How many friends do you have on your page or buddy list? More than 50? 100? 200?

(Pause for audience response.)

Are you sure all of them are **real**? Picture this; you get a friend request from someone who says he's 12 and friends with one of your friends. You accept him, even though you don't know anything about him. Do you think that is a good idea?

(Pause for audience response.)

What's great about friends lists like those on your social networking page and cell phone is that you get to choose who to add. So you should think carefully before accepting friend requests. Ask yourself, do I want these people to be able to see my comments and pictures? Do I want them to be able to send me text messages or call me? Once you give people access to your profile or cell phone, it might be hard to get rid of them. So be careful, and don't add anyone you don't know in real life.

Slide 12

Control What You Say

If any of you play games online or through systems like Xbox and PlayStation, you may join games with people that you don't know. You may not have a choice of who you play against, but you do have a choice in what you say. Don't give out personal information to other players. And just because someone is being rude or offensive to you doesn't mean you have to be rude back. Learning how to control what you say online is really important.

Slide 13

Say What?

im gonna get her!!!
i h8 my teacher!
#@$%& +?&@!
#@$%& #%&
did u c wat she's wearing??
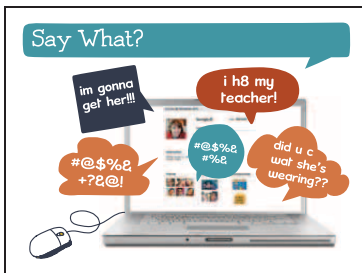
The comments you make online or the texts that you send might be seen by more people than you think. If I sent a text to my friend about how much I hated my job and it got forwarded to my boss, what do you think would happen? I'd get in a lot of trouble! I might even lose my job.

Before you post anything online, ask yourself: What will happen later? Will I get in trouble? What will people think of me? And by "people" I mean your teachers and your family members. Would your best friend have the same reaction as your teacher or your parent? Just imagine posting a comment like, "English class is so boring! And the teacher's breath stinks!" Your friends might laugh, but if your teacher saw this you might get in trouble.
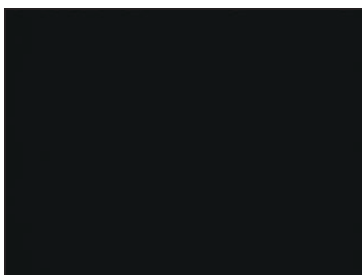
Slide 14

EVERYONE KNOWS YOUR NAME

Comments aren't the only things you have to be careful about posting. Pictures and videos that are revealing or show something inappropriate can get you into trouble too. Let's see what happens to this girl who posts too much.

(Click to show video.)

Slide 15

(Video plays.)

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Slide 16

As you saw, it's not just **what** you share, but **who** you share it with. Sarah thought that only **these** people could see her pictures, but actually **(click) ALL** of these people could see them, like a coach, a teacher, and maybe even an online predator.

Slide 17
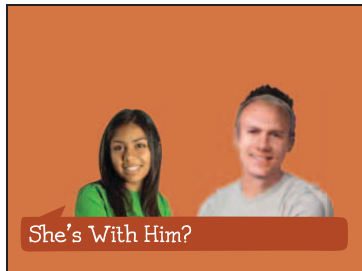
Online predators are people who try to meet kids offline to harm them. Now you may be picturing someone like this, but what if he looked like this? **(Click.)**

(Pause for audience response.)

Even though this guy looks young, he's over 18 and that means he shouldn't date someone your age. So don't just go by how someone looks in their online pictures, go by what they do. Look for red flags, like if they ask you to send an inappropriate picture or to meet offline.

Slide 18
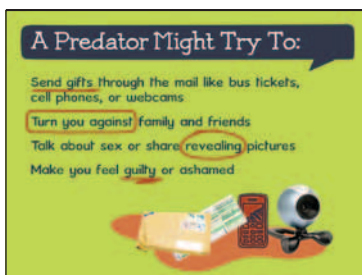
When predators try to get you to trust them, it's called "grooming." This process looks a lot like how a boyfriend or girlfriend might try to impress you. A predator who is trying to groom you might

- Send gifts through the mail like bus tickets, cell phones, or webcams
- Turn you against family and friends
- Talk about sex or share revealing pictures
- Or, make you feel guilty or ashamed

Slide 19
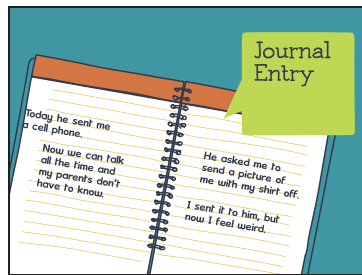
Take a look at this journal entry from a teen writing about someone they met online:

Today he sent me a cell phone. Now we can talk all the time and my parents don't have to know. He asked me to send a picture of me with my shirt off. I sent it to him, but now I feel weird.

Can you see any signs that this boy or girl is being groomed?

(Pause for audience response.)

Predators will pretend to love or care about you, but it's a trick. What they really want to do is take advantage of you, get you to do things that make you uncomfortable, like sending revealing pictures, or even meet you offline. If someone has been doing any of these things to you or a friend, tell a trusted adult right away.
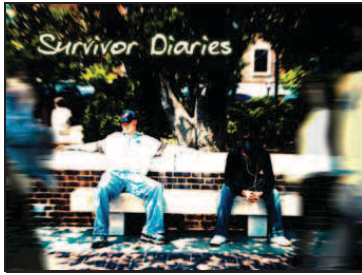
Slide 20
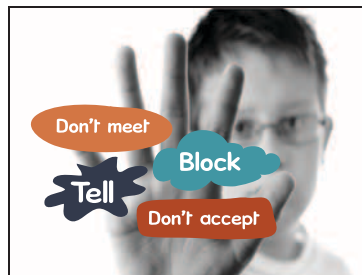
Although some people think that predators are super-genius computer hackers who find kids by tracking them online, predators really focus their attention on kids who respond to them. That's not to say that predators can't use personal information on your social networking sites, like addresses and phone numbers, to find you, but they are more likely to groom you through gifts and attention so that you meet face-to-face with them willingly. So you have to be careful about who you talk to when you're online; this includes online games, social networking sites, and your cell phone. Here are some responsible choices that you can make if someone makes you feel uncomfortable while you're online. You should

- Block them
- Not accept them as a friend
- Not agree to meet them offline
- And, tell your trusted adult

Slide 21

In this video, you'll meet Ryan and Noah, two teens who were targeted by predators and groomed into meeting them offline.

(Click to show video.)

Slide 22

(Video plays.)

Slide 23

Ryan and Noah's predators made them feel like they didn't have any control over the situation. But when they decided to report, they took control. **It's important that you do the same**. No matter how hopeless a situation feels, you always have the power to do something.

If someone makes you feel uncomfortable online, report it to the National Center for Missing & Exploited Children's CyberTipline. Report

- Anyone who sends you obscene photos or videos
- Anyone who talks to you about sex
- And, anyone who asks you to meet offline

It's important to report, even if you're not bothered by it. You can help protect somebody else, maybe even someone close to you. Reporting means you're standing up for yourself and making sure no one else becomes a victim.

Slide 24

Now that we've talked about how to deal with online predators, let's talk about how to deal with another online threat—cyberbullies. Have any of you ever heard of cyberbullying? Cyberbullying is exactly what it sounds like—the combination of bullying and technology. It can be someone sending mean text messages all night long or posting fight videos on YouTube.

Slide 25
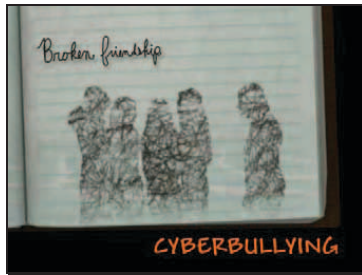
Sometimes kids who are bullied are afraid to stand up for themselves and need a little help. As you watch this next video, imagine how differently this situation would have played out if someone had reported the bullying.

**(Click to show video.)**

Slide 26

(Video plays.)

Slide 27

If any of you have seen e-mails or text messages like this going around your school, you've had a few options about how to respond. You could choose to join in and add to the mean comments. You could read the messages and laugh, or you could choose to ignore them. Ignoring it might seem like a good idea. It keeps you out of trouble and you really aren't doing anything mean. But you have a fourth option; you can report it. If you're afraid of being seen as a tattletale, try talking to your teachers about having a drop box where you can report cyberbullying incidents in secret. Because if you sit by and do nothing, you're letting a bad situation get worse.

Slide 28
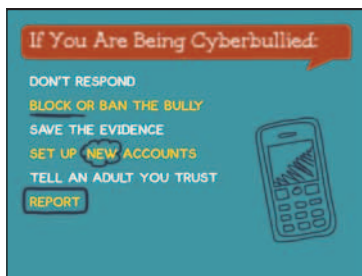
So if you are being cyberbullied or you know someone who is being cyberbullied, what should you do?

- First, don't respond to the messages
- Then, block or ban the bully
- Save the evidence
- Set up new accounts
- Tell an adult you trust
- And, report it to the website

A lot of sites, like YouTube and Facebook, have safety pages with advice about handling bullies. Be sure to check these pages on the sites you're using.

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Slide 29

If any of the cyberbullying stories I've told sound familiar, because **you** are the one doing the bullying, now's the time for you to listen up. Kids have gotten into trouble for cyberbullying. 20 middle school students in California were suspended when they joined a MySpace group to bully another student. [1] Remember that what you say can be traced back to you, so make it something you're proud of saying. At the end of the day, you are responsible for what you post and who you talk to.

Citation
[1]http://www.pacificasd.org/parentres/sfgateatricle2.pdf

Slide 30
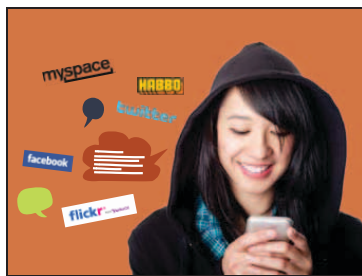
All of the issues that we've talked about today are really serious, but they don't have to be more than you can handle. Whether you're playing games online, texting on your cell phone, or updating your profile, making responsible online choices, like we've talked about in this presentation, will help keep you and your friends safer.

Don't just go along with cyberbullying. Speak up if you see it happening because you can help stop it. Don't share information online that's going to embarrass you or somebody else. And never be afraid to report. Whether someone is cyberbullying you or making you feel uncomfortable by asking you to meet offline, you can always talk to a trusted adult, like your mom, dad, or a teacher. Don't let the bad behavior of a few ruin your time online.
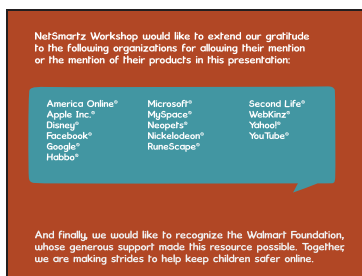
Slide 31

To help you remember what we've learned today, check out the videos and games on NSTeens.org.

Slide 32
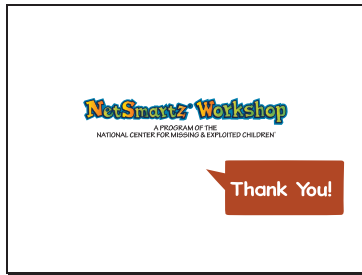
Thank you.

Slide 33

Slide 34

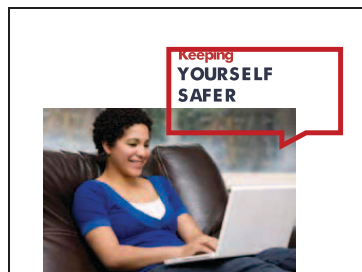This resource brought to you by

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Slide 1

(Introduce yourself.)

Slide 2

So you're here for an Internet safety presentation. You probably think I'm going to tell you that the Internet is a dangerous place, to get off social networking sites, and watch out for predators. But I'm not going to do that. I'm really here to talk to you about how making responsible online choices will create a better environment for you and your friends. I'm going to talk about the risky decisions that some people make and some of the things you might be facing, like cyberbullying, but also about what **you** can do to keep yourself safer.

Slide 3
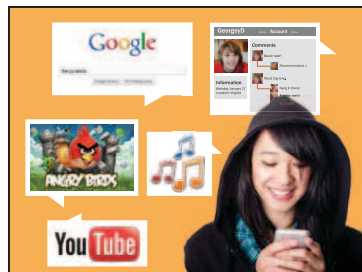
So here are some of the things we're going to talk about today. Raise your hand if you

- Use Google to do your homework?
- Update your profile from your cell phone?
- Game online all night?
- Download songs legally...or illegally?
- Post videos to YouTube?

And, how many of you wish you were texting right now?
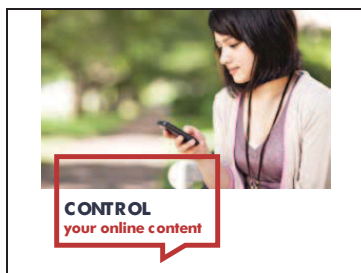
Slide 4

No matter what you're doing online, the key is to be responsible for your safety. That means not making decisions like sending mean texts, posting revealing pictures, talking to people you don't know, and talking about sex. Doing just one of these things might not get you into trouble, but a combination of these behaviors can really put you at risk.[1]

Citation
Wolak J, Finkelhor D, Mitchell K, Ybarra M. Online Predators and Their Victims: Myths, Realities, and Implications for Prevention and Treatment. American Psychologist, 2008;63:111-128.

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Slide 5

To avoid this, you have to control what you put online. We're going to talk about some ways to do that by going through some of the social applications and technologies you use, what you say when you're on them, who you say it to, and what you show.

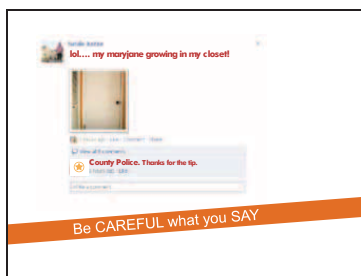Watch how this YouTube star is careful about what he tells people.

(Click to show video.)

Slide 6
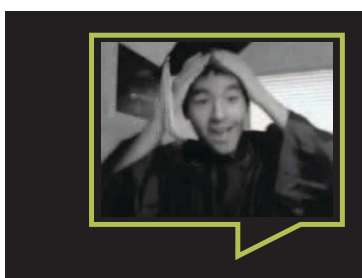
(Video plays.)

Slide 7

You just saw a very basic rule about being online: be careful what you say. A lot of you are on sites, like Facebook and YouTube, which allow you to leave comments. Have you ever taken the time to read those comments? What do you think about people who use a lot of rude language or say offensive things? Maybe you think they're funny, but not everyone's going to think so. Parents, teachers, or employers may think they're immature or irresponsible.

People have been expelled from school, kicked off of sports teams, and even arrested for the comments they post. A Wisconsin teen posted a picture of a marijuana plant with the comment "My Mary Jane that's growing in my closet right now."[1] Can you guess what happened next? Police officers checking social networking sites for gang activity came across this comment and arrested him.

Citation
[1]http://www.myfoxtwincities.com/myfox/pages/News/Detail?contentId=2685736 &version=1&locale=EN-US&layoutCode=TSTY&pageId=3.2.1

Slide 8

Because texts and status updates can sometimes be misunderstood or taken out of context, what you see as joking, someone else may take as a threat. This Tennessee teen was expelled from school after posting the status update, "I'ma kill em all," and other threats to his Facebook page. He had been butting heads with his coaches and was frustrated. He now says that he didn't mean anything by the threat, but his school wasn't willing to take that chance.[1]

Citation
[1]http://www.wbir.com/news/local/story.aspx?storyid=112019

Slide 9

And it's not just teens who have to watch what they post. An English woman complained about her boss and her job on Facebook. Unfortunately, she'd forgotten that her boss was one of her Facebook friends. Her boss read the comment and responded to it with one of his own—"You're fired!"[1]

So before you post anything online, text something to a friend, or send any message or comment, you should ask yourself: Will I regret this later? What will people think of me? And by "people," I mean people other than your friends. Would your best friend have the same reaction as your teacher or your parent?

Citation
[1]http://cybersmokeblog.blogspot.com/2009/08/facebook-firing-after-friend-boss.html

Slide 10

People will react differently to the comments you post and the messages you text. That's why it's important that you are aware of who can see them and who you are sending them to. These are the people on your friends or contact lists.

What's great about contact lists, like those on your social networking page and cell phone, is that you get to choose who to add. And you should choose them carefully, because these people may be able to see any comment or picture that you post. Someone on your friends list can save, copy, and post your pictures and messages somewhere else online.

Slide 11
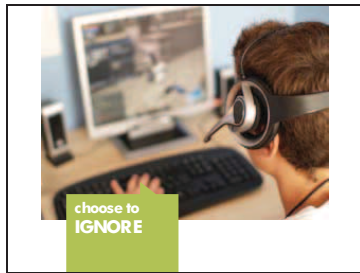
If any of you play games online or through systems like Xbox and PlayStation, you may join games with people that you don't know. You may not be able to choose whether or not you play with them, but you **can** decide how to respond to them. If someone is being rude or offensive, you can choose to ignore them.

Slide 12

Along with ignoring people who bother you online, you can also use privacy settings to control **who** sees **what**. On Facebook, for example, you can choose between several levels of privacy. You may want some people to see everything you post, while others may be blocked from seeing specific parts of your page, like pictures and videos. When you go home today, check the privacy settings on the sites you're using, and make sure you're not sharing information that you want to keep private.

Slide 13
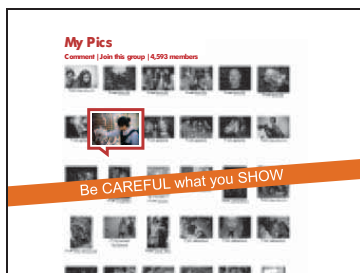
Setting your page to private is a good step, but it's not a license to post anything you want. Along with being careful about what you say, you should also be careful about what you **show**.

Pictures and videos that are sexy, or show something inappropriate or illegal can get you into trouble. Remember the teen with the marijuana? Along with his comment, he had a picture of the marijuana plant growing in his closet. But his story isn't the only one.

Slide 14

Teens have been caught drinking, smoking, and doing other illegal things because of pictures and videos posted to their pages. Teens have also gotten into trouble for exchanging nude images with each other, either online or through picture messaging.

Ever heard of sexting? It's when people take and send nude pictures or videos through their phones. Although some teens like to do it to joke around or to flirt with a crush or with their boyfriends or girlfriends, it can be illegal for minors. You're probably thinking, "It's my body. I can do what I want!" But if you have a picture like this on your phone, you can be charged with possessing child pornography. And if you send it to someone else, you can be charged with distributing it. So again, it doesn't matter that it's a picture you took of yourself; you can still be charged.
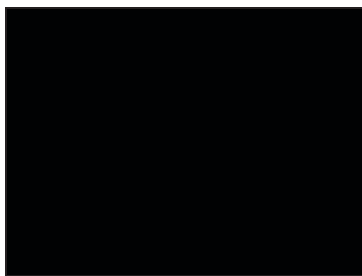
Slide 15

And it's not only legal consequences that you might have to deal with. You could lose scholarships, be kicked off athletic teams, or lose your job. Even if it doesn't get that far, teens who sext may find themselves humiliated at school if their pictures get out. If you don't think that it could happen to you, you should check out the girl in this video. She gives in to pressure from her boyfriend to send a sexy picture and regrets it. You should never pressure anyone into sexting because as you can see in this video, it can get really out of control.

(Click to show video.)

Slide 16

(Video plays.)

Slide 17

Did you see how easily that girl's photo got passed around? So many people ended up seeing it, including an online predator. Online predators are people who try to manipulate young people into sexual situations. Some want teens to send them nude pictures and some want teens to meet them offline for sex.

That might sound weird or gross to you because you're probably picturing some old guy like this—

(Click.)

Slide 18
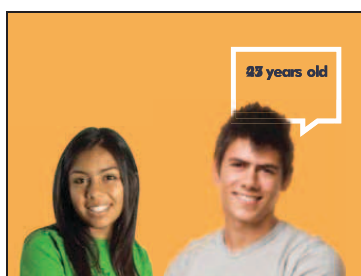
But what if he looked like this? (Click.)

Predators can be any age, any race, and any gender. Even a cute guy like this is a predator if he's trying to date a minor. So if you can't tell if someone is an online predator by their picture, how do you know? You have to pay close attention to their actions.

Slide 19

Predators try to manipulate their victims into believing that they care for them. This is called grooming. They might send gifts like bus or plane tickets to try to get you to meet offline. A free cell phone might sound really good, but it's just a way for predators to communicate with you without anyone else knowing. Predators want to keep you isolated from your family and friends, because then you'll have to turn to them for support. Everything that a predator does, **no matter how nice it seems**, is really about getting you to think about sex, whether it's sending revealing pictures or meeting offline.

Slide 20

So you might be thinking, "I wouldn't fall for that." Everybody thinks that the typical grooming victim is not them. It's not their friends. It's not their family. But, (click) anyone can be a victim. Teens that are feeling lonely or misunderstood might look for friendship, attention, and affection from someone that they meet online. And if you're thinking it's only girls, think again. It happens to boys, too.

Slide 21

What you should know in order to prevent yourself from becoming a victim is that predators focus their attention on kids who respond to them. The teens in this video, Ryan and Noah, were both going through a rough time when they were targeted by predators. Let's see what happened.

(Click to show video.)

Slide 22

(Video plays.)

Slide 23

Ryan and Noah's predators made them feel like they didn't have any control over the situation. But when they decided to report, they took control. **It's important that you do the same.** No matter how hopeless a situation feels, you always have the power to do something.

If someone makes you feel uncomfortable online, report it to the National Center for Missing & Exploited Children's CyberTipline. Report

- Anyone who send you obscene photos or videos
- Anyone who talks to you about sex
- And, anyone who asks you to meet offline

It's important to report, even if you're not bothered by it. You can help protect somebody else, maybe even someone close to you. Reporting means you're standing up for yourself and making sure no one else becomes a victim.

Slide 24

Now that we've talked about how to deal with online predators, let's talk about how to deal with another online threat—cyberbullying. This is a word that you may or may not use, but you probably know what I'm talking about. Cyberbullying is exactly what it sounds like—the combination of bullying and technology. It can be someone sending mean text messages all night long or creating a fake profile or hate group on MySpace.

Slide 25

Whether you intend something as a joke or you're trying to intentionally hurt someone's feelings, a cyberbullying act can have devastating effects on the target.

In one cyberbullying case, a teen found herself the victim of two girls who created fake Facebook accounts for her. They pasted her picture on nude bodies and made rude comments about her. They did it because "they thought it would be funny," but would it be funny if it happened to you?[1]

Citation
[1]http://www.news-press.com/article/20110114/CRIME/101140405/1075/Facebook-postings-lead-to-charges-against-2-Estero-High-students

Slide 26

That girl had to face the fact that teens all over her school district could see the fake accounts. She was humiliated, but this could have been avoided **if** someone had stood up and reported the bullying. As you watch this next video, imagine how differently this situation would have played out if the boy had reported it instead of joining in.

(Click to show video.)

Slide 27

(Video plays.)

Slide 28

If any of you have seen gossip sites like this going around your school, you've had a few options about how to respond. You could, like the boy, choose to join in and add to the mean comments. You could read the gossip and laugh, or you could choose to ignore it. This last option might seem like a good idea. It keeps you out of trouble and you really aren't doing anything mean. But you have a fourth option; you can report it. Because if you sit by and do nothing, you're letting a bad situation get worse.

Think about the boy in the video. He could have said something when he first saw the website, but he didn't. Then he found out that his sister was affected and regretted not doing something about it earlier.

Slide 29

So if you or someone you know is being cyberbullied, what should you do?

- First, don't respond to the messages
- Then, block or ban the bully
- Save the evidence
- Set up new accounts
- Tell an adult you trust
- And, report it to the website

And while there's probably no website where you can be completely safe from cyberbullying, you can refuse to be a bully and encourage your friends to do the same. Also, be sure to check out the safety pages on sites like Facebook and YouTube which have advice about how to handle bullies and navigate their sites more safely.

Slide 30
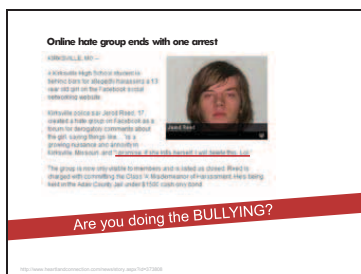
Maybe these cyberbullying stories sound familiar because **you** are the one doing the bullying? If so, you should know that kids have gotten into trouble for cyberbullying. In Texas, some high school football players were suspended from their team for making a fake profile for their coach. This Missouri teen spent two weeks in jail after he created an online hate group for a girl in his school.[1]

You might think that the kinds of teens who get in trouble for cyberbullying are already troublemakers, but that's not always true. Anyone can get into a situation where they're tempted to send a mean text, make a mean comment, or forward an embarrassing picture.

Citation
[1]http://www.heartlandconnection.com/news/story.aspx?id=373808

Slide 31

You have to think before you post because what you post online can be seen by more than your friends on social networking sites or the contacts in your phone. It may be seen by all of these people. **(Click.)**

- Your parents
- Your teachers
- Your future employer
- Cyberbullies
- And, maybe even online predators

On the Internet, nothing is secret. People can forward messages, copy your pictures, and post them somewhere else. So if you're not okay with **all** of these people seeing what you post online, then don't post it. And if you're not okay with being contacted by all of these people, then don't give your cell phone number out to everybody or have a public profile.

Whatever you say can be traced back to you, so make it something you're proud of saying. Remember, at the end of the day you are responsible for what you post and who you talk to.

Slide 32
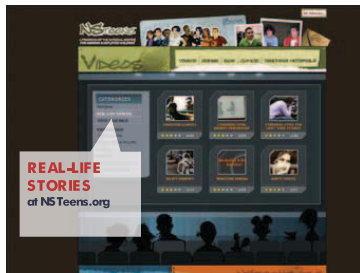
If you want to see more videos about real teens and learn more about making safer and smarter choices online, check out the *Real-Life Stories* on NSTeens.org.

Slide 33

Thank you.

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Slide 34

Slide 35

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Mac Troubleshooting FAQs

Q: **What should I do if the program freezes?**
A: Follow these steps to re-start the program: **1.** Press "Escape" **2.** Click on the CD Icon **3.** Play the presentation of your choice.

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: **I don't have PowerPoint on my Mac. Will I still be able to play the presentation?**
A: You must have PowerPoint installed on your Mac in order to play the presentation.

Q: **How may I share the presentation files with others?**
A: First, copy the DMG file to a thumb drive. Now you can transfer the file to another computer and mount the image. You can also create a CD. Sites such as www.mactipsandtricks.com can help walk you through the steps of burning a DMG file to CD.

Remember, all NetSmartz presentations may be downloaded for free from www.NetSmartz.org. If your question has not been answered, please e-mail netsmartz_tech@ncmec.org.

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PC Troubleshooting FAQs

Q: **What should I do if the CD doesn't run automatically when I put it into my computer?**

A: Follow these steps to run the program: **1.** Click on "My Computer" **2.** Click on your CD drive **3.** Open the "NetSmartz Tweens_Teens Presentation 2011" folder **4.** Play the presentation of your choice.

Q: **What should I do if the program freezes?**

A: Follow these steps to re-start the program: **1.** Press "Escape" **2.** Click on "My Computer" **3.** Click on your CD drive **4.** Open the "NetSmartz Tweens_Teens Presentation 2011" folder **5.** Play the presentation of your choice.

Q: **Why did the video stop playing?**

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Q: **Do I need a password?**

A: You do not need a password to use the NetSmartz presentations. However, all of the presentations are password protected in order to prevent the content from being altered. You may only open them as "Read-only" files. If your password prompt does not offer a "read-only" option, then you may have an administrative rights issue and will need to contact your IT department.

Q: **Why have I received an error message stating that I do not have administrative rights when I am the administrator on this machine?**
(Windows Vista Only)

A: To bypass this error, right click on the file you are installing and click "Run as Administrator." You should now be able to run the program.

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

A: If you simply copy the presentation file to a disc, the presentation may not run correctly. It is best to download the ISO version of the files from www.netsmartz.org/presentations and then burn them to a disc. For more information about this process, visit a tech site like www.cnet.com, which may also direct you to some free CD burner programs.

Remember, all NetSmartz presentations may be downloaded for free from www.NetSmartz.org. If your question has not been answered, please e-mail netsmartz_tech@ncmec.org.

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