CYBERBULLYING

"Cyber-bullying involves the use of information and communication technologies to support **deliberate, repeated**, and hostile behaviour by an individual or group, that is intended to harm others."

1) Don't Respond   2) Save a copy 3) Tell Someone

FUTURE REPUTATIONS

Once something is posted online it can stay online forever. What young people post online now can have consequences in the future. Make sure you check online regularly what content is searchable checking google and google images. Content can be removed from search engines, but it is difficult to remove anything permanently from the web. Once something is posted online it can stay online forever.

SOCIAL NETWORKING

The minimum age for most social networking sites is 13. Using a nickname for your social media accounts makes your content harder to find. Remember that there is nothing private on social media - anyone can screen grab your content and share it somewhere else. Accounts have privacy settings but they need to be turned on.

INTERNET SAFETY BASICS

You are out in public when you are online! Stay as anonymous as possible online. You should keep online relationships in the virtual world. Meeting up with people that you've only met online carries unknown risks. Check what information is online- Google yourself! Content can be removed if you contact the provider.

PARENTAL INVOLVEMENT

Get involved with your children's online education. It can be as simple as asking them to show you what they do online! Do your own research too and set boundaries. Make sure you know who your children are talking to online - in the same way, you know who your children's real-world friends are. If they have friends online who they don't know, suggest a friend audit!

ESAFETY CODE OF CONDUCT CONTRACT

- I will:
- Talk with my parents to learn the rules for Internet use, which includes where I can go, what I can do, when I can go online, and how long I can be online (___ minutes or ___hours).
- Never give out personal information such as my home address, telephone number, my parents' work address or telephone number, credit card numbers, or the name and location of my school without my parents' permission.
- Always tell my parents immediately if I see or receive anything on the Internet that makes me feel uncomfortable or threatened; this includes e-mail messages, Websites, or even something in the regular mail from Internet friends.
- Never agree to meet anyone in person that I have met online, without my parents' permission.
- Never send pictures of myself or other family members to other people through the Internet or regular mail without my parents' permission.
- Never give out my Internet passwords to anyone (even my best friends) other than my
- parents.
- Be good while online and not do anything that could hurt or anger other people or that is against the law.
- Never download, install, or copy anything from disks or the Internet without proper
- permission.
- Never do anything on the Internet that costs money without my parents' permission
-
- Name (Child) _____ Date _____
-
- Parent or Guardian_____ Date _____

Q AND A SESSION

Can content like videos be removed from Youtube?

- Yes, they can be. However, this is at Youtube's discretion. On each video or photo on a social media account, there is an option to 'report it'. By clicking on this button and following the steps you can request that a video is taken down (This can take up to 3 weeks!

As someone who works in Internet safety do you still post to social media?

Yes, I still post to social media! However, from seeing some of the horror stories over the years I am very selective about what I post online and who is able to see it. I am very restrictive with my social media accounts and have numerous privacy settings turned on. This in itself is not foolproof, but it lowers the chances of something going wrong. Ultimately, if you don't want people to see something don't put it online!

- **What can be done at home to keep kids safe?**

There are a number of apps and software out there that can help regulate what kids can access and at what times they can do so. Most computers, tablets, game consoles and phones all come with built-in parental features which you can setup the way you want. Unfortunately, they mostly come with the features turned off and need to be manually set up. We have a podcast on gaming and games consoles which covers these issues - https://itunes.apple.com/ie/podcast/the-esafetys-podcast/id1331187496

Doing a tech audit with your family is also recommended. It allows you to see how long your family is spending on technology over a week, at what times and what specifically they are using in terms of apps. Its a worthwhile exercise that allows you as a family to have an open conversation about tech in the home.

If you have any further questions you would like us to cover then please send them to info@eSafety.ie

You can check out our podcast that covers a range of topics for parents.

Podcast Available on iTunes