

Teen Online Safety: What you Really Need to Know

2010 National School Social Work Conference

School Staff Resources 2010

Below are some excellent online resources for Child/Teen Internet safety. You will find information such as how the Internet “works”, where the danger areas are, and suggestions concerning appropriate Internet usage. Some sites offer printed safety materials that can be download or sent to you; often at no cost.

General Information Sites: (Good starting points)

****www.safekids.com & www.safeteens.com : Excellent sites, lots of info. A good first starting point.**

www.ConnectSafely.org : Site that specifically addresses the blog sites such as MySpace & Facebook. Interactive “Forum” that gets answers to questions you may have.

www.wiredsafety.org : Maintained by a nationally known Attorney. Wide variety of Internet safety topics.

www.GetNetWise.org : Wide variety of topics concerning child safety. Addresses topics such as computer viruses, hackers, and privacy issues.

www.missingkids.com : Site owned by the National Center for Missing and Exploited Children. Much safety information here that can be downloaded or sent to you. Most material is free for the first 50 copies. Internet safety among others.

Internet Safety Programs and Education:

www.NetSmartz.org : Instructional programs and resources for kids and teens. Sponsored by National Center for Missing & Exploited Children. Parent interactive program called NetSmartz 411.

www.webwisekids.org : Computer based games for school systems which entertain and teach Internet safety practices for teens. Parent education programs are also offered. New game for Middle School Students available “It’s Your Call” that addresses cheating, cyberbullying, and sexting among other issues

<http://cyberbully.org/> : The Center for Safe and Responsible Internet Use. Site developed by Nancy Willard; a nationally recognized Internet safety expert and advocate. Don’t miss her resources on cyberbullying and a schools approach to sexting incidents.

Newsletters: Subscribe to this one today!!

****www.NetFamilyNews.org :** Excellent online newsletter published weekly with the latest trends, dangers, and news concerning the Internet. **A MUST for parents and educators!**

Research/Education Links:

****Sex Tech Survey:** National survey addressing teens and use of electronic devices for sexual purposes. A good look into the prevalence of the “Sexting” trend.
http://www.thenationalcampaign.org/sextech/PDF/SexTech_Summary.pdf

****Internet Safety Technical Task Force Report:** Government Task Force set up to determine the extent to which today’s technologies could help to address online safety risks; with a primary focus on social network sites in the United States.

Full Report -

http://cyber.law.harvard.edu/sites/cyber.law.harvard.edu/files/ISTTF_Final_Report.pdf

Report Summary -

http://cyber.law.harvard.edu/sites/cyber.law.harvard.edu/files/ISTTF_Final_Report-Executive_Summary.pdf

<http://www.youthvoiceproject.com/YVPMarch2010.pdf> : New study on bullying which is “the first known large-scale research project that solicits *students’ perceptions* about strategy effectiveness to reduce peer mistreatment in our schools”.

Sites of Interest:

<http://www.nsopw.gov> : A national search of registered sex offenders by U.S. DOJ.

*****<http://www.common sense media.org>** : Reviews all forms of media such as Television Shows, Video games, DVD’s, Music, Books, and Web Sites for content and age appropriateness. Also has a section on Internet safety. Great stuff!

<http://www.msnbc.msn.com/id/12192496> : Dateline NBC TV show about online safety issues which I did called “MySpace Invader”. Video clips (4 parts) from show. Demonstrates how naïve and trusting teens can be.

<http://www.stopbullyingworld.org/> : Research based Best Practices for school & community anti-bullying efforts.

<http://www.cyberbullying.us/> : Cyberbullying Research Center . Devoted to the issue of cyberbullying & online harassment. Very up to date info and resources.

www.netlingo.com & **www.lingo2word.com**: Info on the shorthand used in Text Messages, Instant Messaging, and Chat. What are kids really saying? DY Knw?

MySpace's Contact Addresses: Specific Issues

Parent issues involving their children - parentcare@myspace.com

Harassment/Cyberbullying reports - cyberbullyreport@myspace.com

Imposter profiles – imposterreport@myspace.com

Underage user reports - underagereport@myspace.com

A Quick Guide to Checking a Hard Drive for Inappropriate Material & Traces of Internet Site Visits:

*** Note: some items may not work on certain Microsoft operating systems***

History Files:

The History files can also show you the record of web sites visited on a particular day. Open your Internet Explorer (web browser) and on the tool bar look for the sundial, star, or clock icon. Rolling the mouse over it should say "History. Click on that icon and a window will open up on the left side of the screen. You will see the web sites visited for the time period that the History files are set for ie. 30 days. Click on the web site name and you will go to that site. To set the number of days that the History files will remain recorded, go to the top portion of the Internet Explorer and look for the "Tool" listing. Click on tools then "Internet Options". A window will open up. Look toward the bottom where you see the sentence "Days to keep pages in history". Set for a period of 30 days. It will now retain the History files for a 30 day period. As stated above, some teens can alter the days to read "0" days and can also hit the clear History button and all of the History records will be erased. Check this location often to see that it is not being tampered with.

Favorite Sites:

You can see a persons favorite web sites by going to the Internet Explorer (web browser) and at the top portion of the toolbar click on the word "Favorites". This will open a window up to the left which show frequently accessed web sites that are saved by the user. It can also usually be accessed in the Windows Explorer by going to C:\Documents and Settings\ (the name of the user ie. Jen)\favorites. Again, this is a good indicator of where someone goes on a regular basis.

Documents Check:

This is a good way to see what documents have been recently accessed. Go to the Start icon in the lower left portion of the screen. Click on that and then click on documents. A window will pop up showing you recently accessed documents. If you click on the document, you will be taken there. A parent told me how he did this and saw a number of image (jpg) files showing there. (cont.)

When he clicked on the file, he found that they were all pornography images. Another parent reported to me that she saw a Word document when checking this same location and found that her daughter had written some very offensive text documents. Of course, there is a way to clear this window if you know how to. Run a "Help" search on "clear recent documents" and it will show you where to go to enable or disable the function.

Image Search:

A good way to search for image files is to go to the "search for files and folders" window. Go to the Start icon and click on it. Then go to "Search". Click on the words "For files or folders". This will open a window called "Search Results". In the box that says "Search for files and folders named:" type in *.jpg. That is, the asterisk symbol followed by a period and the letters jpg. Image files are usually "JPEG" files with the file extension .jpg. Most digital camera files and files downloaded from the Internet are JPEG files. Once you have *.jpg in the box go down to the box that says "Look in". In that box, you would usually want it to say "Local Harddrives" (C). Then click on "Search Now". The window to the right will contain the search results. Click on the image file to view it. You will also see what file directory it is in and the date and time that it was last modified. Sometimes the file name will give you a clue as to what kind of file it may be ie. hotbababe.jpg. Most digital cameras will name their files with just letters or numbers ie. dsc002.jpg. Other image files carry the extension .gif or .bmp. You could also do a search on these file extensions by using the asterisk symbol followed by a period and either gif or bmp. Such as *.gif and *.bmp. Using the asterisk finds all of the files with a particular extension. It is normal to see a number of image files in the "C" drive. All the photos you see in Windows are from these files. With teens misusing digital cameras and phone cams, you should keep an eye on image (photo) files in your computer.

**Congratulations: You have now graduated from
Computer Forensics 101 * keep this info away from
teens ***

**If you have any questions or concerns, please
don't hesitate to contact me:**

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