


2021 PARENT RESOURCE GUIDE



PROJECTPROTECTOURCHILDREN.COM



THERE WAS AN **846%
INCREASE IN REPORTS OF
SUSPECTED CHILD SEX TRAFFICKING
FROM 2010 TO 2015 - A SPIKE
THAT WAS DIRECTLY CORRELATED
TO THE INCREASED USE OF THE
INTERNET.**

NATIONAL CENTER FOR MISSING & EXPLOITED CHILDREN

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**No internet filter
or privacy setting
can replace a
conversation with
your kids**

TALK to your kids and teens

Having honest, non-judgmental conversations with your kids and teens about technology, the internet, and social media is your first and most important line of defense!

Parental controls and security software are NOT a substitute for open communication.

T

TOGETHER

establish boundaries and expectations for using technology

A

ASK

them what they already know and answer questions they may have

L

LISTEN

to their thoughts and concerns and use this time to empower and engage with them

K

KEEP THE CONVERSATION GOING

This is not a one-time talk. As they grow and mature and technology changes, continue to have these conversations.





0-5 YEARS OLD

- Actively monitor content your child has access to
- YouTube Kids does not have foolproof filters. It's important to preview what your child is watching and turn off the autoplay feature.
- As your child gets older, emphasize the importance of asking permission before using a device, playing on an app or game, or watching a video
- Limit technology use to open family areas (living room, dining room, etc.)*
- Set time limits and boundaries on screen time with clear consequences (refer to our sample Family Agreements)*



6-10 YEARS OLD

- Update your Family Online Safety Agreement accordingly
- Discuss the difference between personal/private and public information
- Limit online access and communication to people they know in person, especially with gaming
- DON'T Go Phish! - Talk to your child about NOT clicking on unknown links or downloads (refer to glossary)
- Emphasize the importance of being kind online
- Teach them to tell a trusted adult if they see or read something that makes them feel*:
 - Unsafe / scared
 - Uncomfortable
 - Unsure



11-13 YEARS OLD

- Update your Family Online Safety Agreement accordingly
- Teach your child how to deescalate from frustrating situations (especially with gaming)
- Help your child understand digital drama and cyberbullying and how to avoid and report it
- Talk about their digital footprint and the impact it has on their futures
- Describe the importance of chatting safely online
- Show your child how to report and block inappropriate, harmful, and hurtful content online
- Teach your child about fake news and how to identify, cite, and use reliable resources



14-17 YEARS OLD

- Update your Family Online Safety Agreement accordingly
- Monitor and discuss the relationship between mental health and addiction to social media and online use
- Discuss the realities and dangers of online disinhibition (refer to glossary)
- Share with your teen about online predators and how traffickers use technology, social media, and gaming to groom potential victims
- Discuss the content and concerns of new apps and technology they want to use





PLAY Safely

Online gaming is meant to be fun, but parents and gamers need to be aware of predators and potential threats.

Chatting via games is one way traffickers and predators build relationships and groom potential victims.

Be safe when you PLAY!

P

PRIVACY SETTINGS

and parental controls should be on

L

LIMIT

the information you share and never give out personal info

A

AVOID TROLLS:

report, mute, and block

Y

YOUNGER GAMERS

should only play with people they know in person





TYPES OF APPS / ONLINE TECHNOLOGY

01 Social Networking

Ex: Facebook, LinkedIn

PURPOSE: connect with people through photos, images, videos, and comments

CONCERNS: ability to livestream, publicly comment, private message, call, video chat, and share your location

04 Photo Sharing

Ex: Instagram, Snapchat, Pinterest, VSCO

PURPOSE: find and share photos, videos, and live videos

CONCERNS: ability to livestream, publicly comment, private message, and share your location

02 Chat & Meet Up Apps

Ex: WhatsApp, Tellyn, HouseParty, Whisper, Bumble, Meetup

PURPOSE: message, call, or video chat with others

CONCERNS: ability to private message, call, video chat, share your location, and search for nearby users

05 Video / Livestream

Ex: YouTube, Facebook Live, Periscope, Vimeo, Bigo Live

PURPOSE: find and share videos, including live videos

CONCERNS: ability to livestream, publicly comment, and search for nearby users

03 Blogging or Microblogging

Ex: Twitter, Reddit, Tumblr

PURPOSE: create short posts and find and share photos, videos, and other content

CONCERNS: ability to livestream, publicly comment, and chat

06 Gaming / Virtual Worlds

Ex: imvu, Discord

PURPOSE: play games, create virtual worlds, communicate with other gamers

CONCERNS: ability to voice and text message and search for nearby users



WHAT CAN I DO?

WHEN TALKING TO YOUR CHILD:



Stay Calm



Actively Listen



Avoid Judgment



Stay Involved

WHEN YOUR CHILD SEES SOMETHING INAPPROPRIATE OR HARMFUL, TEACH THEM TO:



Screenshot



Block



Report on the App



Report to Law Enforcement or Cyber Tipline

1-800-THE-LOST (1-800-843-5678)



Delete the content

EDUCATE YOURSELF

- Do your research
- Try out the apps, games, and sites yourself

USE PARENTAL CONTROLS

- Set content and time limits
- Check privacy settings
- Monitor screen time

SET BOUNDARIES & ENFORCE CONSEQUENCES

- Discuss expectations as a family
- Restrict where and when devices can be used
- Remove tech privileges when rules are broken

FRIEND & FOLLOW DON'T STALK

- Follow kids on social media
- Respect their space and freedom
- Don't flood their accounts with comments

EXPLORE, SHARE, & CELEBRATE

- Explore together
- Join in on dances, challenges, etc...
- Learn and have fun

BE A GOOD DIGITAL ROLE MODEL

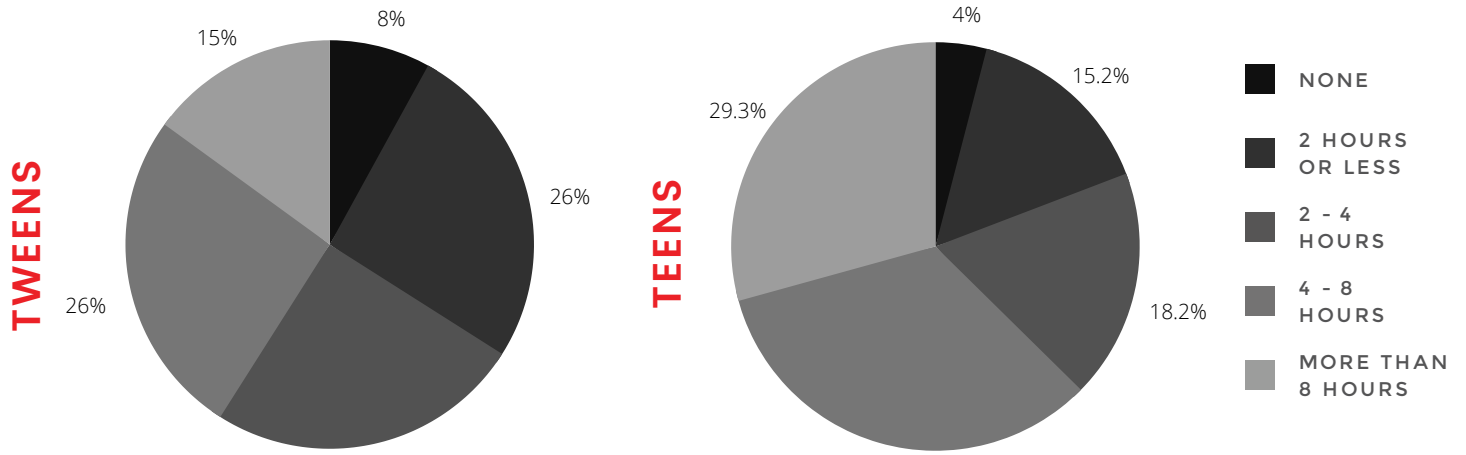
- Curb your own bad habits
- Know when to unplug
- Be kind online

Adapted from Family Online Safety Institute

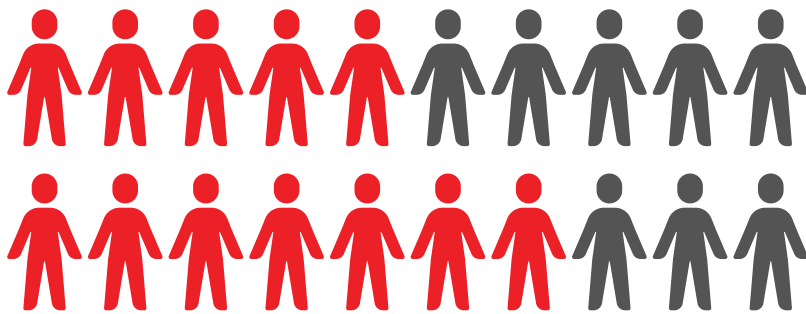


TEEN & TWEEN STATISTICS

SCREEN TIME, IN HOURS, FOR TWEENS AND TEENS



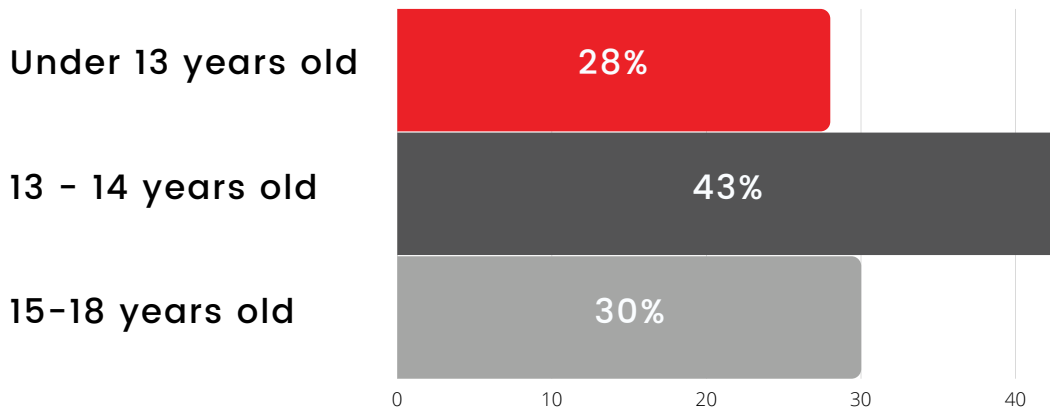
On average, 8- to 12-year-olds in this country use just under **five hours**’ worth of entertainment screen media per day (4:44), and teens use an average of just under **seven and a half hours**’ worth (7:22)—not including time spent using screens for school or homework.



By age 11, a majority (53%) of kids have their own smartphone

By 12 more than two-thirds (69%) do

PERCENT WHO STARTED USING SOCIAL MEDIA AT...



MEDIAN AGE OF FIRST USE:
14
YEARS OLD

The Common Sense Census: Media Use by Tweens and Teens in 2019



SEX TRAFFICKING

Sex trafficking is the inducing, recruiting, harboring, transporting, providing, or obtaining a person for the purposes of a commercial sex act using **FORCE, FRAUD, OR COERCION***.

*If a victim is under the age of 18, they do not need to prove force, fraud, or coercion.



55 % OF DOMESTIC MINOR VICTIMS OF SEX TRAFFICKING REPORTED THAT THEY FIRST MET THEIR TRAFFICKER VIA TEXT, WEBSITE, OR SOCIAL MEDIA APP.

MOST OF THE DOMESTIC MINOR SEX TRAFFICKING VICTIMS SURVEYED WERE ATTENDING SCHOOL WHILE BEING TRAFFICKED.

THORN 2018 Survivor Insights The Role of Technology in Domestic Minor Sex Trafficking

Email us at EDUCATE@PROJECTPROTECTOURCHILDREN.COM for more information and to find out how you can protect your child.



COMMERCIALLY
SEXUALLY EXPLOITED
CHILDREN / YOUTH

75%

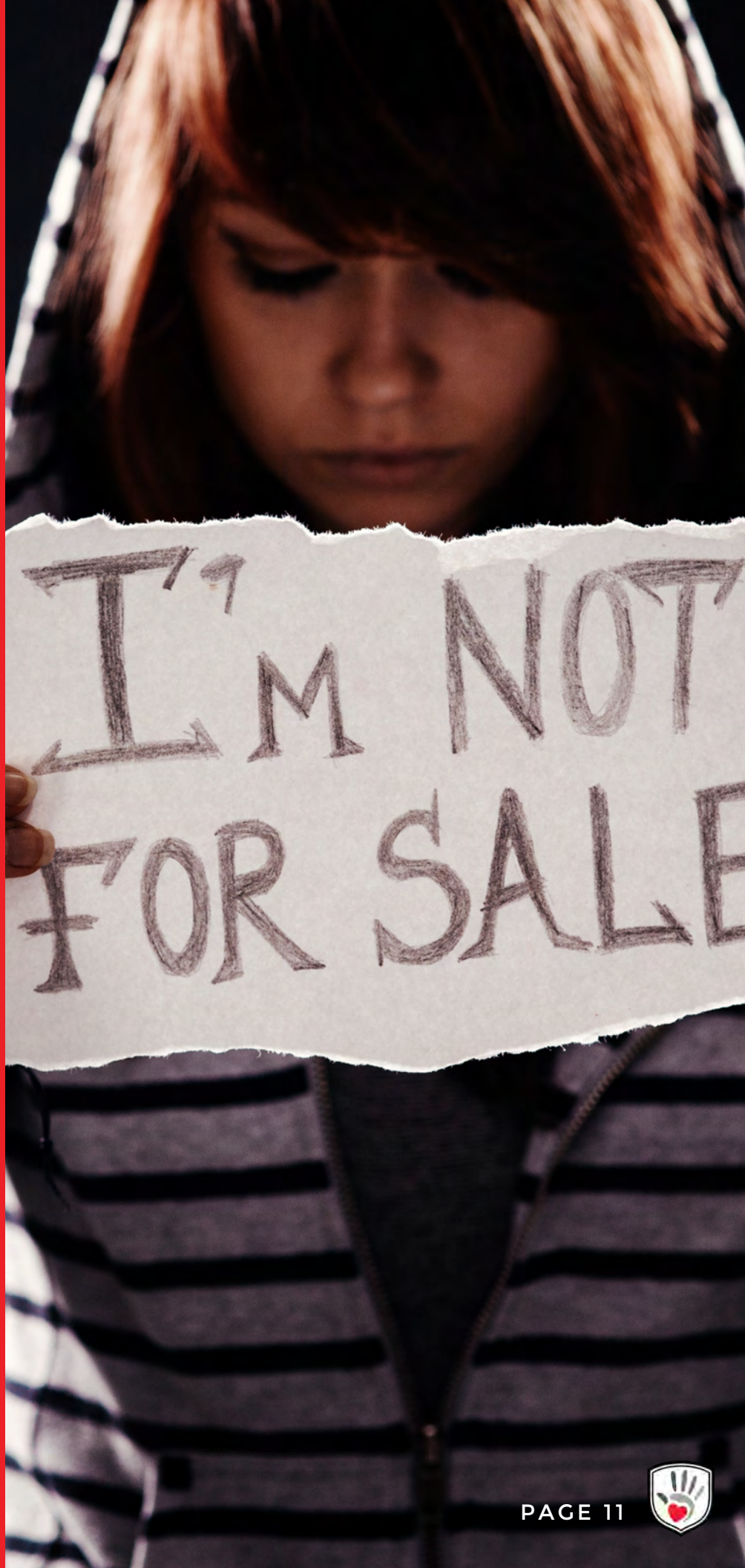
OF CSEC / CSEY VICTIMS WERE
EXPLOITED FOR 2 OR MORE
YEARS BEFORE BEING
IDENTIFIED

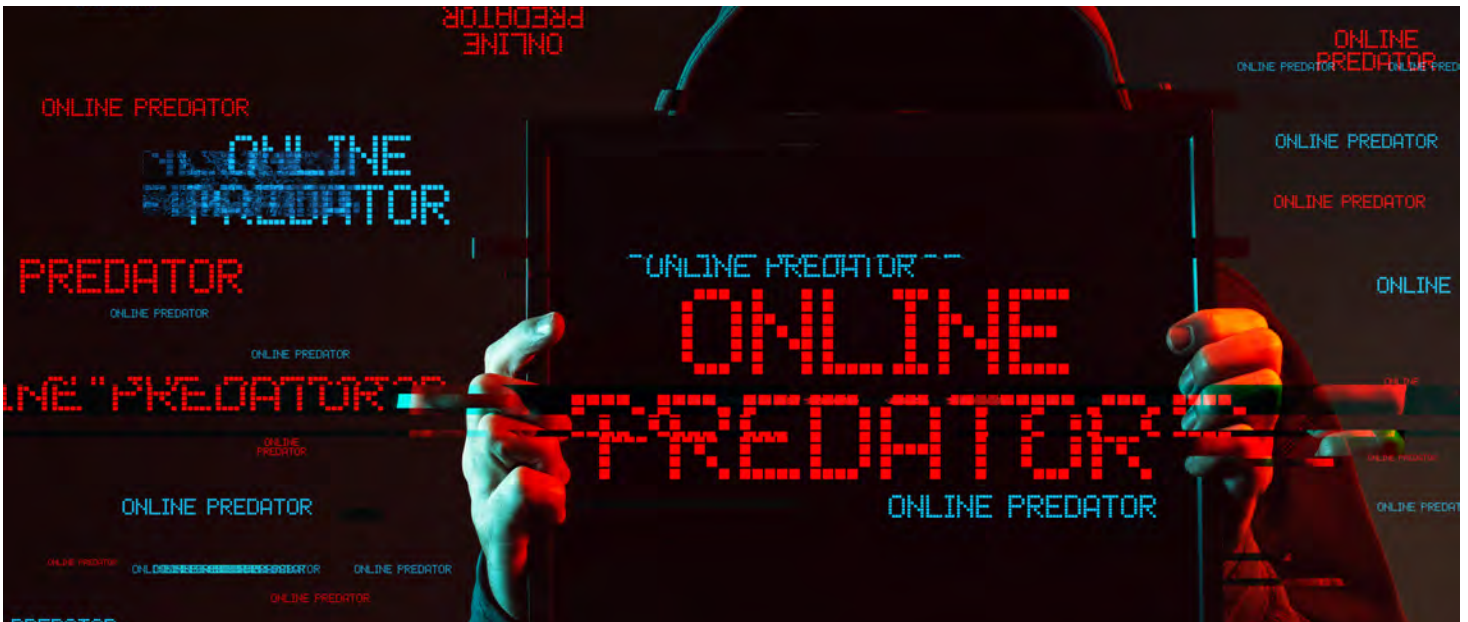
75%

OF CSEC / CSEY VICTIMS DON'T
SEE THEMSELVES AS BEING
EXPLOITED

50%

OF CSEC / CSEY VICTIMS WERE 14
OR YOUNGER WHEN THEIR
EXPLOITATION STARTED





ONLINE GROOMING

Friend Request

Predators begin by finding a target and building a relationship with them using the platform they frequent the most (this means it can happen on any app, gaming system, etc.)

Getting Likes

Predators thrive on a victim's need for love and affirmation. They fill those needs, as well as any other perceived needs - money, desire for fame, a family, etc.

Parental Controls

The predator gauges the risk involved and the level of threat and danger that the victim's caregivers pose. They determine how closely they are monitored online and in real life. They assess whether their actions will be reported or believed.

Social Network

Predators know that involved caregivers and a support system of friends and adults is a threat. They do everything they can to isolate their victims. They often define their relationship as special and unique and make the victim feel that no one else loves them like they do. They slowly push them away from their family and friends while making the victim feel completely dependent on them.

53X

(slang for sex)

Throughout the grooming process, predators begin to desensitize their victims to sexual language, images, videos, and content. They want to make it seem normal or natural and prepare them to perform these acts via photos, videos, livestream, or in person.

LMIRL

(slang for Let's Meet in Real Life)

Eventually, the predator may make physical contact with them. At this point, they have gained control over their victim by building a trauma bond (refer to glossary) and making the victim feel like they are making their own choices. **This is a huge reason victims don't self-identify or seek help;** they feel as if everything was their choice and feel a profound sense of shame and embarrassment.





RED FLAGS

OF TRAFFICKING / ONLINE GROOMING

Any extreme changes in behavior, outside of normal expectations for their age. For example, an outgoing child becomes withdrawn and reclusive and an introverted child becomes promiscuous and hypersexual.

- Changes in habits, interests, school activities, attendance, vocabulary, demeanor, and attitude
- Withdraws from family and friends
- Not allowed to speak or make decisions for themselves
- Responses to questions seem rehearsed or coached
- Older partner / intimate online relationships
- Signs of abuse (verbal, physical, sexual)
- Tattoos or branding (indicating money or ownership)
- Multiple phones / social media accounts
- Suddenly has expensive possessions
- Frequently runs away from home
- Evidence of being controlled
- Uncharacteristic promiscuity and/or references to sexual situations or terminology beyond age-specific norms
- Appears fearful, submissive, anxious, tense, or paranoid
- Symptoms of anger, panic, phobia, irritability, hyperactivity, frequent crying, temper tantrums, regressive behavior and/or clinging behavior



CHILD SEXUAL ABUSE MATERIAL (CSAM)



PHOTOS,
VIDEOS,
DIGITAL OR
COMPUTER
GENERATED
IMAGES



LIVE-
STREAMING
SEXUAL
ABUSE



THE U.S. IS
ONE OF THE
LARGEST
PRODCUERS
AND
CONSUMERS

Over **25 million** CSAM images are reviewed by the National Center for Missing and Exploited Children (NCMEC) annually



WHO IS BEING
ABUSED?

78% under 12

80% girls

20% boys



WHO ARE THE
ABUSERS?

(content creators,
distributors, etc...)

18% parent/guardian

25% family friend/
neighbor

18% online
enticement



WHO ARE THE
ABUSERS?

(viewers, distributors,
buyers, etc...)

They come from all walks of life and represent varied ages, races, occupations, and education levels. Their actions are unknown to spouses, families, and associates. Most have no criminal history.



SEXTORTION

Involves threatening to expose sexual images or videos in order to make a person do something.

The Texas Attorney General's Office just recently opened the very first Sextortion Unit because of the increase in cases.

First contact with a minor is usually via a **friend request** and victims are targeted on the platform they frequent the most (which means ANY platform can be used).

Victims are often threatened within **2 weeks** of that initial contact. After that, **40%** of victims receive threats **DAILY**.

Sextortion is often used as a way to groom victims into trafficking or pornography. It is also oftentimes used by exes to threaten and manipulate their previous partner into staying in an abusive relationship or doing what they ask.

**IT HAS BEEN FOUND THAT
ONCE REPORTED,
THE PREDATOR BACKS OFF.**

By educating your child, you increase their ability to identify a predator and report them immediately. You also want to reassure your child that they will not be punished or judged if they find themselves in a situation like this; rather, you are there to help and support them.

THORN



1 in 4 victims were **12** or younger when threatened



1 in 3 victims had never told anyone, largely because of shame or embarrassment



65% block the offenders
45% who blocked them said it didn't stop the offender from contacting them

62% complied with the demands in an effort to make the threats stop

68% of victims reported that the threats became **MORE** frequent after they complied





STUDIES HAVE SHOWN AND SURVIVORS HAVE SHARED THAT a healthy and trusted relationship that they could count on in their lives might have prevented them from being trafficked in the first place.

UT AUSTIN STUDY | MARCH 2019



SAMSUNG

**SOCIAL MEDIA &
GAMES ARE NOT
DANGEROUS
IN AND OF
THEMSELVES.**

**The potential for danger
is there, but with
education, open
communication, and
active monitoring, you
can help your child stay
safe while they enjoy the
positives of social media
and gaming.**



DISCORD



Chicago Man Pleads Guilty to Engaging in Internet-Based Child Exploitation Enterprise and Child Pornography Conspiracy

"[Marqueal] Bonds was part of a deplorable group of sexual predators who exploited thousands of young girls on Discord, a web-based chatroom application,' said U.S. Attorney McSwain. 'Bonds and his co-conspirators employed a familiar ruse to lure their victims: they trolled the Internet on legitimate sites like Snapchat, Periscope, and Live.me for vulnerable victims, tricked them into believing they were chatting with boys or girls their own ages, and then obtained video and naked photos of them to share on Discord.'"

Read the full article [here](#).

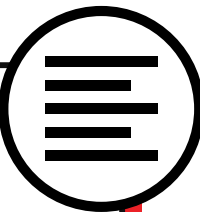
Video Games and Online Chats Are 'Hunting Grounds' for Sexual Predators

"Horrified, [Kate] scrolled through her son's account on Discord, a platform where gamers can chat while playing. The conversations were filled with graphic language and imagery of sexual acts posted by others, she said.

Read the full article [here](#).



CONTENT

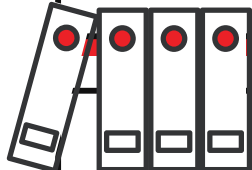


Discord is a voice, video and text communication service used to hang out and talk with friends and others. It started as a gamers-only community, but has expanded to a social networking site for a variety of interests.

CONCERNS



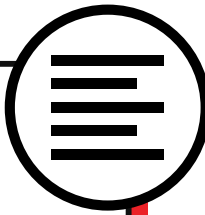
- Because this is user-generated content, children may encounter inappropriate language or images
- Cyberbullying can be an issue
- There are 18+ servers (servers are Discord communities based on topics, games, etc.). However, the age verification process is easily bypassed.
- Ability to direct message/chat privately
- No parental controls



RESOURCES

- <https://www.common sense media.org/blog/p/parents-ultimate-guide-to-discord#whatis>
- <https://smartsocial.com/discord-app/Safety and Community Guidelines>
- <https://endsexualexploitation.org/discord/>

CONTENT



Instagram is an app that is widely used to post photos, videos, and reels, as well as live videos. Users can follow celebrities, friends, and hashtags they are interested in. They can like, comment on, and share others' content. Accounts can be public or private.

See glossary for Rinstas and Finstas

INSTAGRAM



CONCERNS



- Highly addictive - desire to become IG famous
- Negative effects on mental health including low self-esteem, body/weight/image issues, depression, suicidal thoughts, etc.
- Ability to direct message/chat privately
- Cyberbullying can be an issue
- Access to inappropriate language, images, or videos
- Traffickers groom victims via IG

The Social Dilemma: Social Media and Your Mental Health

"In addition to providing young people with a window through which they can view missed experiences, social media puts a distorted lens on appearances and reality. Facebook, Instagram, and Snapchat increase the likelihood of seeing unrealistic, filtered photos at a time when teen bodies are changing."

Read the full article [here](#).

Court records: Man used Instagram to set up prostitution dates for teen victim

"A 19-year-old who Harris County law enforcement officials said lured a teen girl to a west Houston motel used Instagram to set up prostitution dates for her, according to new details from his Probable Cause court appearance."

Read the full article [here](#).

RESOURCES

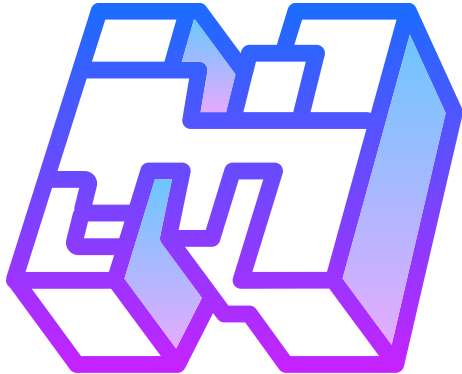
<https://www.common sense media.org/blog/parents-ultimate-guide-to-instagram>

<https://smartsocial.com/instagram/>

[Tips for Parents](#)



MINECRAFT



Brit who used Minecraft to groom boys in the US is jailed for 42 years

"A Brit has been jailed for 42-and-a-half years after admitting preying on young boys while on holiday in the US. Convicted paedophile Jordan Kemlo, 22, used the popular video game Minecraft to groom four American youngsters during a three month stay in the country."

Read the full article [here](#).

A 'Minecraft' YouTube star has been accused of 'grooming' and sexting with 2 underage fans

"YouTuber Carson King, better known in the gaming community as CallMeCarson, is facing accusations that he sexted and traded nude photos with two minors when he was an adult. He's also being accused of "grooming" one of the underaged fans."

Read the full article [here](#).

CONTENT

Minecraft has been one of the most popular video games over the past few years. It involves creative thinking, problem-solving, and 3D building using block structures. There are different game modes including: Creative, Survival, Hardcore, and Adventure. Creative mode is the safest and most user friendly as players can build and create freely without any concrete objective other than to have fun.

CONCERNS

- Highly addictive
- Ability to chat online during multiplayer games
- Players can watch other players on YouTube, livestream their games, or watch livestreams using apps like Twitch (see page 26). Videos and livestreams may use explicit language or inappropriate content

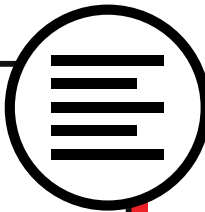
RESOURCES

<https://www.common sense media.org/blog/p/arents-ultimate-guide-to-minecraft>

<https://smartsocial.com/minecraft/>



CONTENT



OnlyFans is a subscription based website where you must create an account. Users make money by sharing photos or videos with their followers. Some profiles are free, others require a paid subscription. This is an 18+ website, but minors are finding their way to access content.

ONLYFANS

The OnlyFans logo, featuring the word "only" in a sans-serif font and "Fans" in a blue cursive script, with a blue padlock icon inside a circle to the left.



CONCERNS



- There aren't any filters on content
- Minors are still gaining access
- OnlyFans has become increasingly popular as a pornographic site where users post nude and sexual photos and videos for pay
- OnlyFans can be used to groom individuals for pornography or trafficking
- Images and content can be reproduced and shared without the creator's approval or knowledge

OnlyFans - Major Contributor to Sexual Exploitation

Every year, the National Center on Sexual Exploitation releases their "Dirty Dozen List." This list features 12 mainstream entities that facilitate or profit from sexual abuse and exploitation.

"OnlyFans is the latest iteration of the online sexual exploitation marketplace.

OnlyFans makes money off of vulnerable people's bodies - especially the bodies of women and minors. Exploiting financial insecurities deepened by the COVID-19 crisis, OnlyFans promises fast cash, empowerment, and even fame. While "Fans" may pay fees for nude images, videos, and livestreams, it is the "creators" who pay the high price of psychological, emotional, and physical harm that the sex industry imparts. As a self-branded "influencer" platform, OnlyFans also normalizes prostitution among young persons."

RESOURCES

A graphic of a white filing cabinet with four drawers, each with a red knob and a white label.

<https://www.commonsensemedia.org/website-reviews/onlyfanscom>

<https://smartsocial.com/onlyfans/>

<https://endsexualexploitation.org/onlyfans/>



REDDIT



Reddit, Facebook, Twitter Worst For Mental Health Post-Coronavirus

"57.6% of people who use Reddit as their primary social platform for COVID-19 news say their mental health is now worse. 19.8% say it's the same, and 22.6% say it's better.

...

Why is Reddit the worst, according to the study? According to the authors, fake news: 'The platform has long been fertile ground for conspiracy theories, and its leadership has resisted the active moderation measures adopted by competitors.'

Read the full article [here](#).

The Subreddit /r/Collapse Has Become the Doomscrolling Capital of the Internet. Can Its Users Break Free?

"Reddit as a whole, which has roughly twice as many male users as female ones, the majority of them appear to be male.) Its content—a mixture of news headlines, memes and rants—is clearly addictive, at least for some people.

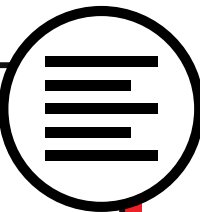
...

A suicide hotline is displayed in a prominent position on the front page, alongside a disclaimer. 'Overindulging in this sub[reddit] may be detrimental to your mental health,' it says. 'Anxiety and depression are common reactions when studying collapse.'

Read the full article [here](#).



CONTENT

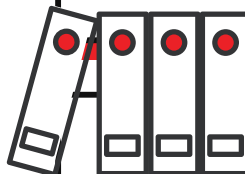


Reddit is often thought of as the "front page" of the internet. Reddit users or Redditors can post a variety of content including opinion pieces, memes, images, videos, questions/answers, topical posts, etc. Content is organized by topics or "subreddits" and users can vote posts up or down which effects its placement and viewability.

CONCERNS



- Most users are anonymous which increases chances of cyberbullying
- Posts are unfiltered and unedited
- Access to explicit and inappropriate content
- Reddit responses can appear in Google Searches which kids and teens can easily click on
- It can promote fake news
- May become addictive

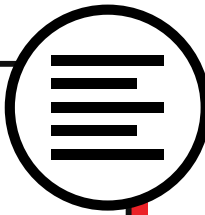


RESOURCES

<https://www.commonsemmedia.org/website-reviews/reddit>

<https://smartsocial.com/what-is-reddit/>

CONTENT



Snapchat has maintained popularity over the years. It is a photo, video, audio, and live messaging app where posts called "snaps" can "disappear." Snaps can be sent privately, in group chats, or to user's stories.

SNAPCHAT



CONCERNS



- Cyberbullying can be an issue
- Ability to direct message/chat privately and have messages disappear
- Access to inappropriate language, images, or videos
- Traffickers groom victims via Snapchat
- Many reports of predators targeting minors
- Location feature

Greenbrier County Man Pleads Guilty to Attempted Sex Trafficking of a Minor

"Ramsey admitted that he was communicating via Snapchat with a person he believed to be a 14-year-old minor that he had previously met in person. During these conversations, Ramsey offered to pay the 14-year-old \$200 to engage in two sexual acts."

Read the full article [here](#).

Mountain View man accused of trafficking 15 year-old girl from Arizona he met on Snapchat

"MOUNTAIN VIEW, Calif. - Mountain View Police are looking for more victims in a suspected trafficking case. They believe 22-year old Justin Watson of Sunnyvale was using Snapchat to meet young girls for sex, including a 15 year old, brought here from Arizona."

A preliminary investigation found Watson had allegedly had contact with a dozen other potential victims on Snapchat, often posing as a 16 or 17 years-old himself."

Read the full article [here](#).

RESOURCES

<https://www.common sense media.org/blog/parents-ultimate-guide-to-snapchat>

<https://smartsocial.com/snapchat/>



TIKTOK



Reddit, Facebook, Twitter Worst For Mental Health Post-Coronavirus

"The tech website Motherboard investigated the app and found a large community of adult users on TikTok *soliciting* nude photos from kids.

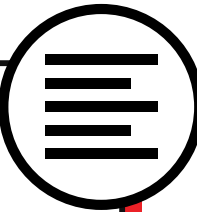
Some of those users even sent explicit videos to children. One of the main issues with TikTok is that when kids sign up to use the app, the default setting on their accounts is 'public,' meaning anything they share can be seen by any other user.

It's easy enough to switch it private so that users can only communicate with their friends. However, even private accounts don't eliminate the risk your child could stumble onto porn while using the 'search' feature.

The app also collects an alarming amount of data from its young users, including location, phone and social media contacts and more."

Read the full article [here](#).

CONTENT



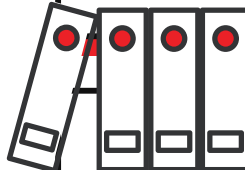
TikTok is one of the top most downloaded apps in the world. Users can create short videos. Most content consists of dances, challenges, funny videos, etc. It does offer some parental controls that limit what content a child can see.

CONCERNS



- Ability to direct message/chat privately
- Cyberbullying can be an issue
- Access to inappropriate language, images, or videos including those that promote self-harm or eating disorders
- Highly addictive - desire to become TikTok famous
- The app collects an alarming amount of data

RESOURCES



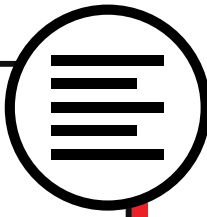
<https://www.common sense media.org/blog/parents-ultimate-guide-to-tiktok>

<https://smartsocial.com/tiktok-app-guide-parents/>

[Safety Center](#)



CONTENT



Twitter allows you to post short text with limited characters along with photos, videos, or links. Users can retweet or like others' posts. Most users have public accounts. Hashtags are used to search for topics or trending posts.

TWITTER



CONCERNS



- Cyberbullying can be an issue and users can be abusive
- Ability to direct message/chat privately
- There are no age restrictions
- Access to inappropriate language, images, or videos

Twitter sued by survivor of child sexual exploitation

"A minor boy and his mother are suing Twitter, alleging that it benefited from and neglected to remove an exploitative video -- featuring him and another minor -- which was retweeted thousands of times and at least 167,000 views on the platform.

...

According to the filing, one or multiple traffickers tricked the boy into providing explicit images to a Snapchat account he was led to believe belonged to a 16-year-old girl. After obtaining the explicit content, the traffickers allegedly blackmailed the boy into providing the video that ultimately spread on Twitter."

Read the full article [here](#).

RESOURCES

<https://www.common sense media.org/web site-reviews/twitter>

<https://smartsocial.com/what-is-twitter-parent-guide-video/>



TWITCH



Children Stream on Twitch—Where Potential Predators Find Them

"The dozens of active accounts WIRED discovered on Twitch sometimes contain harrowing conversations between apparent children and strangers. In some instances, the strangers "dare" young streamers for their entertainment, including asking young girls to flip their hair or kiss their friend on camera. Other times, strangers ask for young streamers' contact information on other apps such as Facebook-owned Instagram or WhatsApp. (Twitch also has an integrated private chat feature.) They also pretend to donate money, making a chat message appear like a verified donation, or post inappropriate ASCII art in chat. The streamers themselves are by and large unsupervised."

Read the full article [here](#).

CONTENT

Twitch is a livestreaming platform popular among gamers. Posts are called "streams." There can be other content, but the majority are gaming streams. Videos can be watched live or they can replay the recording.

CONCERNS

- Livestreaming, in general, is dangerous for kids and teens because content is being viewed in real time with no filters
- Access to inappropriate language, images, or videos
- While Twitch doesn't allow threatening language or sexually explicit content, it does allow games with violence and/or nudity
- Doesn't offer parental controls or ability to block streams

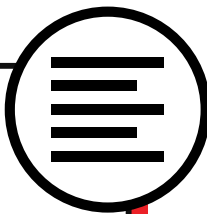
RESOURCES

<https://www.common sense media.org/blog/parents-ultimate-guide-to-twitch>

<https://smartsocial.com/twitch-parent-guide/>



CONTENT



YouTube is a popular and well-known app/site. Users can upload videos and livestream videos on a large variety of topics and interests. YouTube Kids offer the strictest parental controls but isn't foolproof.

CONCERNS



- YouTube has a known pedophile problem which is major cause for concern
- Livestreaming, in general, is dangerous for kids and teens because content is being viewed in real time with no filters
- Access to inappropriate language, images, or videos
- Cyberbullying can be an issue and users can be abusive
- Because it is user-generated, YouTube relies on users to flag inappropriate videos
- Highly addictive - desire to be become YouTube famous
- Autoplay can introduce users to inappropriate content

RESOURCES

<https://www.common sense media.org/youtube>

<https://smartsocial.com/youtube/>



On YouTube's Digital Playground, an Open Gate for Pedophiles

"Christiane C. didn't think anything of it when her 10-year-old daughter and a friend uploaded a video of themselves playing in a backyard pool.

A few days later, her daughter shared exciting news: The video had thousands of views. Before long, it had ticked up to 400,000 — a staggering number for a video of a child in a two-piece bathing suit with her friend.

...

YouTube's automated recommendation system — which drives most of the platform's billions of views by suggesting what users should watch next — had begun showing the video to users who watched other videos of prepubescent, partially clothed children, a team of researchers has found."

Read the full article [here](#).



FAMILY AGREEMENT

Every family and every child is different. Coming together to discuss online safety expectations will help you establish agreed upon guidelines and consequences **with** your child.

These conversations are essential in helping your child understand **why** there are guidelines in place - for their safety! Also, informing them of the consequences helps reduce negative tantrums/responses when a consequence is enforced.

You may decide one agreement covers everything or that you will need several agreements for different devices, apps, games, etc... Also, it is important that you select a time frame to revisit the agreement (6 months, when the child turns a certain age, etc.). As your child matures and demonstrates that they are responsible, digital citizens, you can begin trusting them with more freedom and autonomy. This demonstration of trust gives them ownership over their actions and a desire to maintain this trust to gain more privileges.

Each child should have their own agreement.

Is this device/app restricted to weekends? Weekdays after homework is completed?

We advise that devices be used in common areas and NOT in bedrooms.

Guidelines should include being kind and appropriate online, thinking before posting, NOT communicating with people they don't know in real life, etc.

Consequences should be age appropriate and include temporarily losing access to that device/app

Children should feel comfortable and safe coming to you when they stumble upon something that makes them feel uncomfortable, unsafe, or unsure. Honest communication should be encouraged. Many children don't come forward because of embarrassment or fear of punishment.



FAMILY ONLINE SAFETY AGREEMENT

CHILD: _____

DEVICE / APP: _____

This agreement is meant to keep me safe while online, gaming, on social media, etc...



I am allowed to use this device/app, during the following days and times:

in the following locations:

I agree to follow the guidelines below:

If I do not follow the guidelines above, I understand that I will face some or all of the consequences below:

We will revisit this contract on the agreed upon time below:

If I feel unsafe, uncomfortable, or unsure, I will speak to:

BY SIGNING BELOW, I UNDERSTAND AND AGREE TO THE INFORMATION ABOVE.

Child's Signature

Date

Parent's Signature

Date





FAMILY ONLINE SAFETY AGREEMENT

CHILD: _____

DEVICE / APP: _____

This agreement is meant to keep me safe while online, gaming, on social media, etc...



I am allowed to use this device/app,

during the following days and times:

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Date

Parent's Signature

Date



DEEPFAKES

images or videos where a person's face or body has been digitally altered to appear to be someone else. As technology improves, deepfakes are becoming more and more realistic.

DIGITAL FOOTPRINT

a trail of data you create while using the Internet. It includes the websites you visit, emails you send, and information you submit to online services.

DOOMSCROLLING

the temptation to compulsively scroll through social media platforms filled with apocalyptic news—and the difficulty stopping despite feelings of dread and anxiety.

FAKE NEWS

false news stories that often sensationalize trending topics and is widely shared or viewed and often monetized.

LIVESTREAM

transmitting or receiving live video or audio in real time.

ONLINE DISINHIBITION

is the lack of restraint one feels when communicating online in comparison to communicating in-person. People feel safer saying things online which they would not say in real life because they have the ability to remain completely anonymous and invisible behind the computer screen.

PHISHING

is the fraudulent attempt to obtain sensitive information or data, such as usernames, passwords and credit card details or other sensitive details, by impersonating oneself as a trustworthy entity in a digital communication. Typically carried out by email, instant messaging, and text messaging, phishing often directs users to enter personal information at a fake website which matches the look and feel of the legitimate site.

REVENGE PORN

revealing or sexually explicit images or videos of a person posted on the internet, typically by a former sexual partner, without the consent of the subject in order to cause them distress or embarrassment or to manipulate them into doing things.

RINSTAS & FINSTAS

Rinstas and finstas are additional Instagram accounts that are completely separate from each other. Finsta stands for "fake Instagram," and these accounts reflect a kid's true self and are only meant for very close friends to see. Rinsta is a kid's "real" Instagram that's public-facing and highly curated, and they project the type of ideal online persona that's hard to achieve in reality. In other words, their "real" account is the public one everyone can find and see ("Parents' Ultimate Guide to Instagram, [Common Sense Media](#))

TRAUMA BOND

a connection between an abusive person and the individual they abuse. It typically occurs when the abused person begins to develop sympathy or affection for the abuser.



ADDITIONAL RESOURCES

HELPLINES

- [NATIONAL HUMAN TRAFFICKING HOTLINE](#)

1-888-373-7888

OR TEXT 233733

24/7, Confidential, and 200+ Languages

- [CYBERTIP LINE](#)
 - 1-800-THE-LOST (1-800-843-5678)

FAMILY CONTRACTS

- www.childnet.com/have-a-conversation
- <https://www.fosi.org/good-digital-parenting-tool/family-online-safety-agreement>

MONITORING APPS - Family Education

ONLINE SAFETY VIDEOS AND ACTIVITIES (K-12)

- <https://www.missingkids.org/education>
- <https://www.common sense.org/education/>

GOOGLE PLAY STORE PARENTAL CONTROLS

APPLE STORE PARENTAL CONTROLS

PARENTAL CONTROL SOFTWARE - TOP PICKS

PORN PREVENTION / ADDICTION

INFORMATION

- [Common Sense Media](#)
- [Family Online Safety Institute](#)
- [Smart Social](#)

