



CYBER INFO NEWSLETTER

October is national bullying prevention month!

October is **National Cybersecurity** everyone should get involved. engage and educate each other on is to us as a community, but also make a difference.



Awareness Month (NCSAM) and NCSAM is a month for all of us to not only how important cybersecurity how each and every one of us can

Relatively new terms, "cyber citizenship", "cyber ethics", and "netiquette" refer to responsible cyber social behavior. These terms refer to what people do online when no one else is looking. As our kids go online in increasing numbers, cyber ethics is a critical lesson, especially since poor e-habits can start at an early age. **Unfortunately, we are learning all too well that children armed with computers can be dangerous and cause serious damage and harm, regardless of whether they are being mischievous or trying to intentionally commit cybercrimes.**

The Internet has created a whole new world of social communications for young people who are using e-mail, Web sites, instant messaging, chat rooms and text messaging to stay in touch with friends and make new ones. While most interactions are positive, new technologies have given young people a new – and powerful – platform from which they communicate, gossip, spread rumors and sometimes as much as target their peers.

There is little doubt that cyberbullying, which can be the equivalent of "social death" for many young people, is traumatic. It differs from traditional, face-to-face bullying in that it is relentless and **public** and at the same time anonymous. I urge you to teach your teen to **never post or say anything on the Internet that they wouldn't want the whole world – including you – to read.** Teach your children that **what goes on online is everyone's business. Never reply to harassing messages.** Talk to an adult. If the **bullying includes physical threats, tell the police as well.**

The school can help to educate your child about social media, we can work on the social aspect that touches school life but parents, we need you to be our partners on this road. YOU need to monitor your child's Facebook page, messaging and social profile. Together we will be the village that will raise your child to have a future.



Parental Control Solutions

The basic idea of parental control software is that it blocks access to websites or categories of websites that a parent may deem to be inappropriate. Parental control software may also include other features such as selecting specific times when your child can browse the Internet, or filters that block personal information from being sent from your computer.

- **Website filtering by category:** Virtually all parental control software packages can filter sites based on pre-defined categories such as pornography, gambling, hate speech and others.
- **Editable website filter list:** This feature enables parents to create their own list of sites to filter. This could be useful if you wanted to prevent your child from accessing a specific site, or list of sites.
- **Chat monitoring:** This feature allows parents to record chat sessions that take place on their own computer. Note that most chat programs allow you to do this, however parental control software may have the ability to protect the log files from deletion.

Selecting a parental control solution

A search will yield many different software packages that may include some or all of the features listed above. Before purchasing a software package, be aware that some Internet Service Providers (ISPs) will offer parental control features with a security software suite for free, or a small monthly charge. These security suites typically include other important software such as antivirus and firewall protection. Select your ISP below to visit their security software page.

Telus: <http://telus.com>

Rogers: <http://www.hispeed.rogers.com>

Videotron: <http://www.videotron.com>

Eastlink: <http://www.eastlink.ca>

Aliant: <http://productsandservice.bellaliant.net>

Shaw: <http://shawsecure.shaw.ca>

Bell: <http://www.bell.ca>

MTS: <http://www.mts.ca>

Cogeco: <http://www.cogeco.ca>

If your ISP is not listed above, you may want to contact them to see if they offer such a service. If your ISP does not provide a parental control solution, there are many software vendors who sell this type of software. Typing the phrase "security software suite" or "parental control software" into your favorite search engine should give you a good starting point.

Search engines and filtering

Most search engines give the ability to turn on a safe searching feature. Typically this feature can be turned to a specific level to filter sites which contain inappropriate content. This can be used in combination with parental control software, although many already include a search filtering capability. Links for enabling this with search engines such as Google, Yahoo! and Bing are provided below.



Personal Boundaries and Internet Safety

An integral part of Internet safety involves teaching children about respecting personal boundaries. Individuals who present a risk to children usually begin by breaking boundaries with them — this is true for both the offline world but also the online world.

Adults sometimes break personal boundaries with other adults by being too forward or asking questions that are too personal – these situations can often be awkward to handle. Children's experiences are no different. It can be very uncomfortable for children to manage a situation with an adult who is breaking their personal boundaries.

It is always up to adults to establish and maintain boundaries with children and to re-establish a boundary if a child crosses the line. Children should be encouraged to tell a safe adult about any inappropriate/uncomfortable or unsafe interactions they experience with adults.

Building personal boundaries should begin when children are very young. It is typical for kids to break boundaries regularly as they are trying to figure out who they are. Point out and explain to your child when s/he has crossed the line with others. Re-establishing boundaries should be an ongoing practice.

Boundaries can be described as personal space that needs to be respected around:

Our bodies - Our thoughts - Our personal things - Our privacy - Our exposure to things - Our roles (child v. adult)

Examples of children breaking boundaries:

- Asking personal questions when you do not know someone well (online or offline)
- Asking personal questions in front of others to embarrass a person
- Making fun of a person
- Putting a person down
- Making sexual remarks about a person and embarrassing her/him
- Wanting access to adult material and information (e.g. movies, TV shows, websites, etc.)
- Sending or posting personal pictures of others

Examples of children respecting boundaries:

- Stopping a behavior that is bothering someone when asked to stop
- Asking permission before using something that belongs to another person
- Refusing to forward inappropriate emails or text messages, including pictures

Practice what you preach: Don't break boundaries

Adults who respect children's personal boundaries help reinforce how children should expect to be treated. When adults break children's personal boundaries, it compromises their sense of safety and security.





Three things parents can do today:

- **KEEP CURRENT** with the technology and web services your child uses. “Friend” them on Facebook, and pay attention to who their friends are. Know how to use the reporting and privacy functions and set an example of flagging inappropriate content or behavior when you see it.
- **KEEP COMMUNICATING** and have a conversation today about when to call 911; explain that you don’t have to know an address or even a full name to engage professional help during a crisis. Show them how to use the reporting mechanisms (flagging/tagging) provided on the sites they use and encourage your child to use them when they see any bad behavior. Explain that everyone benefits when all users join in self-policing their community.
- **KEEP CHECKING** your child’s internet and cell phone activity. Watch for “bread crumbs” of risk, such as drug/alcohol use, self-harm (cutting, mutilation), eating disorders (often labeled “pro-ana,” “pro-mia” or “thinipiration”), or violence and be ready to engage the public health community on their behalf.

KEEP YOUR **KIDS**
SAFE Online



Help and Resource for Teens

A Thin Line (MTV) - www.athinline.org

MTV's A Thin Line campaign was developed to empower you to identify, respond to, and stop the spread of digital abuse in your life and amongst your peers.

Above the Influence - www.abovetheinfluence.com

Our goal is to help teens stand up to negative pressures, or influences. The more aware you are of the influences around you, the better prepared you will be to face them, including the pressure to use drugs, pills, and alcohol. We're not telling you how to live your life, but we are giving you another perspective and the latest facts. You need to make your own smart decisions. We want teens to live *above* the Influence.

It Gets Better - www.itgetsbetter.org

The "It Gets Better Project" was created to show young LGBT people the levels of happiness, potential, and positivity their lives will reach – if they can just get through their teen years. The It Gets Better Project wants to remind teenagers in the LGBT community that they are not alone — and it WILL get better.

Love is Respect - www.loveisrespect.org

We are proud to call loveisrespect.org the ultimate resource to engage, educate and empower youth and young adults to prevent and end abusive relationships.

To Write Love on Her Arms - www.twloha.com

To Write Love on Her Arms is a non-profit movement dedicated to presenting hope and finding help for people struggling with depression, addiction, self-injury and suicide.



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