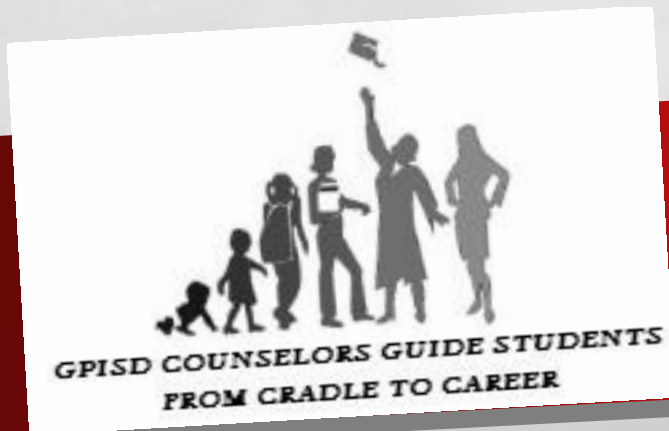




# YOUR CHILD AND SOCIAL MEDIA



**DE ZAVALA COUNSELORS**

**JANUARY 2018**

# FAMILY MEAL TIME



**Past**



**Present**

# WHAT HAPPENS ON SOCIAL MEDIA?

- ✓ **Making Friends**
- ✓ **Networking**
- ✓ **Cyberbullying**
- ✓ **Harassment**
- ✓ **Predators**



# APPS WE KNOW



**Facebook**



**Twitter**



**Instagram**



**Snapchat**

# APPS WE KNOW



**Facebook**

- ✓ **Social networking site**
- ✓ **Users can connect privately or publicly**
- ✓ **Play games, watch videos, post and tag photos, decorate pages, share information**
- ✓ **Live stream using Facebook Live**
- ✓ **Live chat using Messenger**
- ✓ **At least 13 years of age with valid email address**
- ✓ **Privacy settings available**

# APPS WE KNOW



**Twitter**

- ✓ **Permanent messaging/digital footprint (called “Tweets”)**
- ✓ **Follow friends’ activities**
- ✓ **Immediate updates**
- ✓ **Tweets can be deleted, but tweets will remain if others have reposted**
- ✓ **User’s location may be posted with each tweet**
  - ◆ **Check privacy settings**
- ✓ **Can conduct private group chat (not visible to outside users)**
- ✓ **Live streaming available**

# APPS WE KNOW



**Instagram**

- ✓ **Used to enhance photos and videos with cool effects and share them across different social media apps**
- ✓ **View others' photos**
- ✓ **Privacy settings**
- ✓ **Terms of use**
  - ◆ **Users must be 13+ years old**
  - ◆ **No posting of suggestive photos**
  - ◆ **Doesn't prohibit views of violence or inappropriate language**
- ✓ **Can save other users' photos, remove followers, turn off comments, and like others' comments**

# APPS WE KNOW



**Snapchat**

- ✓ **Photo messaging app**
- ✓ **Take photos, record videos, add text and drawings (called “Snaps”) and send to a controlled list of recipients**
- ✓ **User can set a time for 1-11 seconds to self-destruct**
  - ◆ **No matter what users think, the images don’t really disappear**
  - ◆ **Messages can be retrieve using a retrieval app**



# DO YOU KNOW THESE APPS?



**Musical.ly**



**Kik**



**Whatsapp**

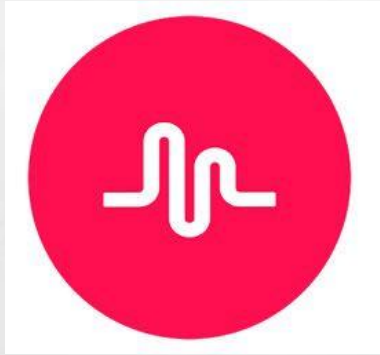


**YikYak**



**Whisper**

# DO YOU KNOW THESE APPS?



**Musical.ly**

- ✓ **Lip-synching app**
- ✓ **Allows users to upload videos of singing, lip-synching, and dancing**
- ✓ **Music videos called “musicals”**
- ✓ **Can post short videos that don’t involve music**
- ✓ **Upload created videos, remix others’ work, browse content**
- ✓ **When users browse through, they may encounter inappropriate material**
- ✓ **Settings allow users to choose whether to keep their videos private or share them publicly**
- ✓ **New feature in 2017 with original content that kids can watch and respond to**

# DO YOU KNOW THESE APPS?



**Kik**

- ✓ **Quick, easy, and fun**
- ✓ **Free texting app that also allows phot and video sharing**
- ✓ **Doesn't appear as a text message and doesn't appear on your phone bill. Doesn't require a cellphone**
- ✓ **Group messaging**
- ✓ **Change name and profile anytime**
- ✓ **Can search and find anonymous/unknown people; no profile name required**
- ✓ **May not be best for kids-users request inappropriate pictures from other users**

# DO YOU KNOW THESE APPS?



## Whatsapp

- ✓ **Fee required to download**
- ✓ **Similar to Kik, but tied to a cell phone #**
- ✓ **Users can share messages, photos, videos, links, and voice files**
- ✓ **Can send messages to one person or many people**
- ✓ **Messages can be sent anonymously**
- ✓ **Once installed, the app checks your address book to see if anyone else you know is already using the app and connects you automatically**
- ✓ **User must be over age 16 to use the app legally**



# DO YOU KNOW THESE APPS?



**YikYak**

- ✓ **Anonymous public digital messaging board**
- ✓ **Categorized by geography**
  - ◆ **Only accessible to users within a 1.5 mile radius from their physical location**
- ✓ **Has been used to cyberbully and demean others**

# DO YOU KNOW THESE APPS?



**Whisper**

- ✓ **Secret-sharing app and website**
- ✓ **Similar to YikYak**
- ✓ **Anonymous messaging board**
- ✓ **Allows users to anonymously post pictures and share feelings and emotions (called “Whispers”)**
  - ◆ **If location services is enabled, users are no longer anonymous**
- ✓ **Strangers can like or comment on users’ secrets**
- ✓ **Can categorize and post in different areas**

# DO YOU KNOW THESE APPS?



**After School**



**Firechat**



**Line**

# DO YOU KNOW THESE APPS?



**After School**

- ✓ **Public message board app**
- ✓ **Categorizes by the school the student attends**
- ✓ **No adults allowed**
- ✓ **App has precautions in place to ensure only students are using the app**
  - ◆ **FB account**
  - ◆ **Verify user is a student**
  - ◆ **Verify other students at student's school**



# DO YOU KNOW THESE APPS?



**Firechat**

- ✓ **Perfect travel app**
  - ◆ **Send and receive text messages and chat without data or internet**
- ✓ **Uses Wi-Fi or Bluetooth in “nearby” mode to connect to nearby phones that have the app installed**
  - ◆ **If there are no nearby connections, messages are stored until they can be sent**
  - ◆ **Messages are encrypted**
  - ◆ **Message bounces from phone to phone until it reaches the correct recipient**
- ✓ **Can be used to chat on the internet using the “everyone” mode**

# DO YOU KNOW THESE APPS?



**Line**

- ✓ **Text, video, and voice messaging app that includes social media elements**
  - ◆ **Games**
  - ◆ **Group chats**
  - ◆ **Personal timelines**
- ✓ **Hidden chat feature which deletes messages after a brief time**
- ✓ **Improve privacy settings**
  - ◆ **Make user ID not public**
  - ◆ **Add passcode and filter messages from non-friends**
- ✓ **Add other contacts through invites**
- ✓ **Susceptible to child predators**

# DO YOU KNOW THESE APPS?



**Periscope**



**Omegle**



**Chat Roulette**



**Calculator%**



**Poof**

# DO YOU KNOW THESE APPS?



**Periscope**

- ✓ **Streaming video app that allows users to live broadcast anytime from anywhere using their Twitter feeds**
- ✓ **Similar to Facebook Live**
- ✓ **Phone becomes video camera and others can watch**
- ✓ **User exposed to privacy implications and inappropriate actions, comments, and material**
- ✓ **Easy to capture video of people in public places without their permission**
- ✓ **Report feature allows users to notify Periscope of any videos that violate terms of service and they may be removed**



# DO YOU KNOW THESE APPS?



**Omegle**

- ✓ **Randomly connect with people**
- ✓ **Chat together privately through text, video, or built-in microphone**
  - ◆ **Can choose monitored or unmonitored chat options**
- ✓ **Users must be 13+ and parental consent required if under 18; restrictions not enforced**
- ✓ **Used by predators**



**Chat Roulette**

- ✓ **Chat website that connects random people from around the world for webcam-based conversations; no registration required**
- ✓ **Inappropriate exposure of the body presented on this site**

# DO YOU KNOW THESE APPS?



**Calculator%**



**Poof**

- ✓ **App may look differently on iPhone and Android phones**
  - ◆ **Check iTunes and/or Google Play for “photo vaults”**
- ✓ **If you enter a code, you can view hidden items on the phone**
- ✓ **Without entering a code, it works like a calculator**

- ✓ **Can tap apps to hide icons on the phone**
- ✓ **Clear box on a smartphone that users can drop other apps into which cause them to disappear from view**
- ✓ **Other apps used to hide apps**
  - ◆ **Netnanny.com-“Ways Kids Hide Apps”**

# **SOCIAL MEDIA/TEXTING ACRONYMS**

- ✓ **PIR=Parent in room**
- ✓ **9=Parent watching**
- ✓ **99=Parent gone**
- ✓ **POS=Parent over shoulder**
- ✓ **SUGARPIC=Suggestive or erotic photo**
- ✓ **KOTL=Kiss on the lips**
- ✓ **(L)MIRL=Let's meet in real life**
- ✓ **8=Oral sex**
- ✓ **CD9=Parents around/Code 9**
- ✓ **LH6=Let's have sex**
- ✓ **DOC=Drug of choice**
- ✓ **KPC=Keep parents clueless**
- ✓ **143=I love you**
- ✓ **1432=I love you too**
- ✓ **CUNS=See you in school**
- ✓ **F2F=Face to face**
- ✓ **MYT=Meet you there**
- ✓ **AITR=Adult in the room**
- ✓ **303=Mom**
- ✓ **PAL=Parents are listening**
- ✓ **PAW=Parents are watching**
- ✓ **PA/PA911=Parent alert**
- ✓ **CICYHW=Can I copy your homework?**
- ✓ **BYAM=Between you and me**
- ✓ **WTTP=Want to trade pictures?**

# THINGS TO REMEMBER

- ✓ **Information on social media doesn't disappear because you delete it**
- ✓ **Using updates on phones removes some of the protection devices**
- ✓ **Everyone has a digital tattoo**
  - ◆ **Google**
  - ◆ **School**
  - ◆ **Online purchases**
  - ◆ **Movies and music**
  - ◆ **Social Media**
  - ◆ **Games**
  - ◆ **Cell Phone**
- ✓ **College counselors view social media profile as well as college coaches and employers**





# WHAT DO YOU NEED TO DO TO PROTECT YOUR CHILD

- ✓ **Monitor your child's cellphone and social media accounts**
  - ◆ **Ensure your child understands the importance of keeping personal information private**
  - ◆ **Set protections on their phones and Internet access**
  - ◆ **Develop a cell phone contract**
- ✓ **Create a family tech plan-limits technology at home and encourages more personal communication**
  - ◆ **Parents**
  - ◆ **Children**

# SAMPLE CONTRACT AND FAMILY TECH PLAN

## CELL PHONE CONTRACT

5/11/2017 <https://www.verywell.com/a-sample-cell-phone-contract-for-parents-and-tweens-3285640?print>

**verywell**

### A Sample Cell Phone Contract for Parents and Tweens

If your tween has a cell phone, you need a contract

By [Jennifer O'Donnell](#)  
Updated May 13, 2016

Deciding if your tween is responsible enough to have a cell phone isn't always an easy decision to make. It's even harder to teach your child some basic rules of cell phone ownership, as well as responsibilities that come with having a cell phone.

Creating a cell phone contract between you and your tween is an excellent way to teach your child about the responsibilities that come with having a cell phone, as well as the consequences for not using those responsibilities through.

Be sure you go over every item in your contract, giving your child the opportunity to ask questions. The cell phone contract below can get you and your child started. Use the contract as is, or edit it according to your own rules and consequences. Be sure to review the contract periodically as circumstances and challenges may change.

**Your Family Contract: A Sample Contract for Parents and Tweens**

This contract between [Parent's Name Goes Here] and [Tween's Name Goes Here] seeks to establish family rules and consequences regarding cell phone usage.

**Cell Phone: Tween Responsibilities**

- I will not send threatening or mean texts to others
- I will not text or place phone calls after 9 p.m.
- I will keep my phone charged at all times
- I will not bring my cell phone to the family dinner table
- I will not go over our plan's monthly minutes or text message limits. If I do, I understand that I may be responsible for paying any additional charges or that I may lose my cell phone privileges.
- I understand that I am responsible for knowing where my phone is, and for keeping it in good condition
- I understand that my cell phone may be taken away if I talk back to my parents, I fail to do my chores, or I fail to keep my grades up
- I will obey rules of etiquette regarding cell phones in public places. I will make sure my phone is turned off when I am in church, in restaurants, or quiet settings
- I will obey any rules my school has regarding cell phones, such as turning them off during class, or keeping them on vibrate while riding the school bus
- I promise I will alert my parents when I receive suspicious or alarming phone calls or text messages from people I don't know
- I will also alert my parents if I am being harassed by someone via my cell phone
- I will not use my cell phone to bully another
- I will send no more than \_\_\_\_\_ texts per day
- I understand that having a cell phone can be helpful in an emergency, but I know that I must still practice good judgment and make good choices that will keep me out of trouble or out of danger
- I will not send embarrassing photos of my family or friends to others. In addition, I will not use my phone's camera to take embarrassing photos of others
- I understand that having a cell phone is a privilege, and that if I fail to adhere to this contract, my cell phone privilege may be revoked

<https://www.verywell.com/a-sample-cell-phone-contract-for-parents-and-tweens-3285640?print>

## FAMILY TECH PLAN

www.yourbestfamily.com ©2014 Ryan Smith, LPC, LMFT

Everyday, Everyone	01	Kids	07
	02		08
	03		09
	04	Parents	10
	05		11
	06		12
			13
			14

No devices during family meals, game time, or tech free time\*

\*Tech free time is flexible and will be implemented by request. A 10-minute notice must be given

**Smith Family Technology Plan**

# COMMON SENSE MEDIA

- ✓ **Recommends best apps for families**
- ✓ **Research information about apps**

**[www.commonsensemedia.org](http://www.commonsensemedia.org)**

# RESOURCES

- ✓ **Ryan Smith, LMFT, LPC** [www.yourbestfamily.com](http://www.yourbestfamily.com)
- ✓ **Common Sense Media**  
[www.common Sense Media.com](http://www.common Sense Media.com)
- ✓ **Cook Children's** [www.checkupnewsroom.com](http://www.checkupnewsroom.com)
- ✓ **The Mercury News** [www.mercurynews.com](http://www.mercurynews.com)
- ✓ **Kelly Wallace (Internet Acronyms)** [www.cnn.com](http://www.cnn.com)
- ✓ **Sample Cell Phone Contract** [www.verywell.com](http://www.verywell.com)
- ✓ **Teen Safe** [www.teen safe.com](http://www.teen safe.com)
- ✓ **Guard Child** [www.guardchild.com](http://www.guardchild.com)
- ✓ **Daphne Levenson** [www.NextgenTraining.org](http://www.NextgenTraining.org)
- ✓ **Digital Tattoo** [www.Digitaltattoo.ubc.ca](http://www.Digitaltattoo.ubc.ca)
- ✓ **Buzz Feed** [www.buzzfed.com](http://www.buzzfed.com)
- ✓ **Raising Boys & Girls**  
[www.raisingboysandgirls.com](http://www.raisingboysandgirls.com)
- ✓ **Net Nanny** [www.netnanny.com](http://www.netnanny.com)
- ✓ **CBC News** [www.cbc.ca](http://www.cbc.ca)
- ✓ **Business Insider** [www.businessinsider.com](http://www.businessinsider.com)
- ✓ ***Cell Phoney* and *The Technology Tail*** by Julia Cook