

YOUR FAMILY AND INTERNET SAFETY



HOW SAFE IS YOUR CHILD
FROM ONLINE PREDATORS?

NH ATTORNEY GENERAL
MICHAEL DELANEY



EVEN YOUR CHILD
CAN BECOME
A TARGET!

Dear New Hampshire Parents,

As New Hampshire's top law enforcement officer, keeping the people of New Hampshire safe is one of my top priorities, and that includes keeping our children and teens safe while they are on the Internet, or using any other source of technology such as cell phones. The Internet has changed how we do a lot of things today, and it is a great tool – our kids are doing research for school, staying in touch with their friends, teens are looking for jobs, and parents can keep up with their children's grades and talk to their teachers online. But with the advances in technology, come new ways for crimes to be committed, and new ways for bad people to communicate with children. The goal of this brochure is to educate you about the dangers that are out on the internet, and some ideas about how to keep your children and teens safe. One of the most important ways to do that – is for parents to talk to their kids about what they do on the internet, and who they chat with on their cell phones. And then set some rules about computer and cell phone usage. In the area of high-tech online communications, low-tech face to face communications at the home and school are what really matters. You can talk to them about not putting private information out there, not sending inappropriate pictures, and not to bully other kids or to tell you if they are being bullied. You are on the front lines of keeping our kids safe. The other half of this book is aimed at your teenagers, and I encourage you to read both sections of this book.

Michael Delaney
New Hampshire
Attorney General

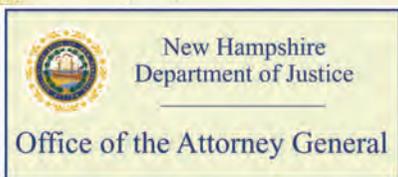


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yeah, but you promised you wouldn't tell anyone!...
 k fine. I'll tell dad about you chatting with
 the weirdos all the time...

BACKGROUND: ONLINE RISKS FOR CHILDREN

There is so much to do on the Internet these days which in turn allows predators many avenues to target your child. Here are some common online activities your child could be engaging in along with what each activity could lead to.

FILLING OUT ONLINE PROFILES

CONSEQUENCE: Filling out profiles will allow predators to see personal information about your child, such as their real name, phone number, address, school name, etc. and will allow the predator to “find” your child in real life.

DOWNLOADING PICTURES FROM AN UNKNOWN SOURCE

CONSEQUENCE: Downloading a picture may bring hidden viruses, which may destroy your computer, or place “cookies” that allow the sender to track where you or your child goes on the Internet, as well as key stroke trackers that may be used to steal your child’s identity.

RESPONDING TO POSTINGS THAT ARE BELLIGERENT OR HARASSING

CONSEQUENCE: These messages are often posted by the author simply to get a reaction from people to see who will respond and to get a conversation going.

POSTING PICTURES ON THE INTERNET

CONSEQUENCE: In addition to allowing anyone to get a look at your child, digital photo manipulation could put your child’s face on another body, which could be spread all over the Internet, or your child could be black-mailed into sending more photos.

POSTING ON BLOGS AND SOCIAL NETWORKING SITES

CONSEQUENCE: Because these popular online features are virtual diaries, they give online predators a more intimate look into your child’s thoughts and feelings. By reading postings on a blog, a predator can get a greater insight into a child’s vulnerabilities, likes and dislikes and can “tailor” his message to target the child.

Even though this may take longer for the predator to learn about the child, the posting of the child’s thoughts and feelings give the predator more information than even an online profile.

CHATTING WITH STRANGERS IN A CHAT ROOM

CONSEQUENCE: It’s easy to lie online because a person’s identity can be easily disguised, so seemingly innocent conversations can easily have harmful ulterior motives. Don’t believe everything someone tells you in a chat room.

USING A WEBCAM

CONSEQUENCE: For a predator, a webcam is the next best thing to an in-person meeting. By allowing people to view a webcam, your child is essentially opening the shades to your home or his/ her bedroom and allowing a complete stranger to watch them through that window. Predators will use what they see to take advantage of your child. They may record the video you send and post it for the world to see or simply wait and use it against your child later.

ACCEPTING WEBCAM VIEWS FROM STRANGERS

CONSEQUENCE: By accepting an invitation to view live webcams from strangers, your child could be exposed to nudity and sexually explicit material which could be disturbing. Ask your child to never accept an invitation to view a webcam or click on a link in a chat room.

ARRANGING A FACE-TO-FACE MEETING WITH SOMEONE MET ONLINE

CONSEQUENCE: Your child could be hurt, molested, raped, kidnapped or worse during a face-to-face encounter.

ONLINE SOLICITATION

HOW DOES THE PREDATOR WORK?

The Internet is a huge information source and it's a valuable tool for adults and children. But because of its anonymous nature, it is also a breeding ground for predators.

IN REAL LIFE, a predator will often befriend the parents as well as the child, because the parents are the gatekeeper to the child.

ONLINE, there is no gatekeeper. The predator has direct access to your child.

This section will cover:

- Things to remember about online predators and online solicitation
- How kids are targeted by predators.
- Recognizing online language
- Understanding online chats
- Warning signs that your child might become a victim and what to do about it
- What can you do to keep your children safe in cyberspace
- Online activities and their potential consequences



*I don't know... i didn't do anything, it was already there...
I just clicked on that link and...*

THINGS TO REMEMBER ABOUT ONLINE PREDATORS AND ONLINE SOLICITATION

THE PROBLEM IS SERIOUS:

A recent Justice Department sponsored survey found:

- >> **1-in-7 youth** have been **sexually solicited online**
- >> **75% of aggressive solicitors** asked to **meet the child in person**
- >> **91% of youth** have home **Internet access**
- >> Almost half of youth (**49%**) use the **Internet 5 to 7 days a week**
- >> Almost one quarter of youth (**23%**) use the **Internet more than 2 hours at a time**
- >> More than **1-in-3 youths** said they had an **unwanted exposure to sexual material** in the past year
- >> Today's youth use **chat rooms** and **instant messaging** as a **primary means of communication**

CYBER PREDATORS ARE TOUGH TO SPOT.

*Who are cyber-predators?
Not who you think.*

- They are likely to have **above average intelligence and income**
- They may have a **successful career**
- They may be **married with children of their own**
- They may have **no criminal history** or none related to sex crimes
- Most are **male (73%)**, and may be an **adult the child knows (14%)** or other youths



WHO DO PREDATORS TARGET? ANYBODY!

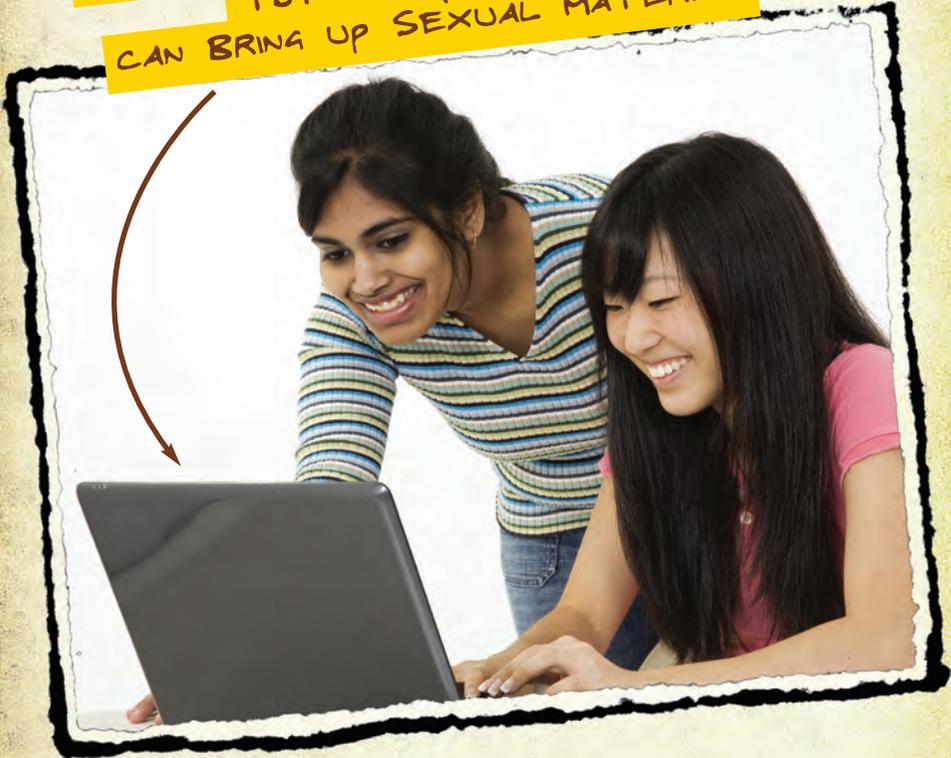
... Especially young people that are vulnerable.

Specifically:

- >> Kids who are **online**
- >> Kids with **self-esteem problems**
- >> Kids that **don't communicate with parents**
- >> Kids whose **babysitter is the computer**

UNWANTED EXPOSURE TO SEXUAL MATERIALS: HOW IT CAN HAPPEN

SEARCHING THE WORDS
"TOY" OR "PET"
CAN BRING UP SEXUAL MATERIAL



To keep your child from accessing or being exposed to websites that contain inappropriate sexual material, it is important to have an understanding of how the Internet works.

Your computer connects to the online world through your Internet Service Provider (ISP). Your ISP may be a company like America Online (AOL), Microsoft Network (MSN), or EarthLink. Many telephone companies and cable television companies are also ISPs. Regardless of which company connects your computer to the Internet, your ISP can play an important role in helping to make your family safer online.

While some children seek out sexual material online, a study by the National Center for Missing & Exploited Children found that 33 percent of youth had experienced unwanted exposure to sexual pictures on the Internet. In fact, children might accidentally come across a website they weren't looking for, either by misspelling a word, typing the wrong domain name or by using search terms. Even searching the words "toy" or "pet" can bring up sexual material. Unsolicited email (commonly known as spam) can also expose children to sexually oriented material.

TIPS FOR PARENTS

Contact your ISP for help

The company that provides your Internet service can help you control what your child can and cannot access on the Internet. However, according to some ISPs, parents and guardians don't always take full advantage of these services. Parents are strongly encouraged to contact their ISP to learn about the parental control features it offers. Increasingly, ISPs are offering controls free or at a small charge. In either case, the company has a technical support staff to help you. If you want to learn more about your company's features or how to set up the parental controls yourself, go to the company's website.

Use your computer's parental controls

In addition to the parental controls available through the ISP, you can use the computer itself to help make the Internet a safer place for your children. For instance, you can set up the computer so a child



Use the computer itself to help make the Internet a safer place for your children

only has access to certain approved websites.

This process may seem daunting, but the computer can assist you in setting up parental controls. Most computers contain some form of a “Help” menu. You should access it and type “Parental Control.” The computer will present a list of topic information based on those words. Clicking on a topic will bring more information. One of the first things your computer will do is instruct you to set up individual logins for each family member.

Use an age-appropriate search engine

Once you have set up an individual account for each user, you can set up your computer’s parental controls so that your child can only use an age-appropriate search engine. Using an age-appropriate search engine greatly reduces the chances that they will find sexual material while searching online. For more information about age-appropriate search engines.

Parents and guardians can also check a record of the websites that have been visited. These are often found under “History.” The websites offer clues about your child’s online activities.

For instance, if your child has a secret email account the Internet History may indicate visits to the site that hosts the email account such as Yahoo or Gmail.



You can set up the computer’s parental controls to prevent the Internet History from being altered or deleted by your child.

ASSISTANCE IS AVAILABLE

If you aren't able to set up parental controls on your computer, here are some other options:

Contact technical support

Call the computer or software company's technical support number, or send the company an email. Software means the programs you use to access the Internet like Microsoft Internet Explorer or Firefox.

Arrange for a house call

Contact a local computer technical support company that makes house calls. For a fee, a technician can come directly to your home, set up the parental controls for you, and show you how to use them.

A computer-savvy family member or friend may be willing to help you set up Parental Controls.

Contact family and friends

Many of us have a family member or a friend who is more computer-savvy than we are. If you are having difficulty setting up parental controls, ask that person to assist. They may be willing to help.

CONSIDER INSTALLING FILTERING AND BLOCKING SOFTWARE

You may also want to acquire additional parental control software that limits what your child can access. Although many people find that the controls available on their computer and through their ISP are sufficient, filtering and monitoring software can add another level of security. For help in identifying the right software for your family visit NetSmartz411. Learn more about NetSmartz411 at the end of this booklet.

1-800-THE-LOST

REPORT SUSPICIOUS ACTIVITY

MAKE A REPORT TO THE CYBERTIPLINE AT

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

OR VISIT WWW.CYBERTIPLINE.COM IF

- YOUR CHILD OR ANYONE IN THE HOUSEHOLD HAS RECEIVED CHILD PORNOGRAPHY
- YOUR CHILD HAS RECEIVED OBSCENE MATERIAL FROM SOMEONE WHO KNOWS THAT YOUR CHILD IS UNDERAGE
- YOUR CHILD ENCOUNTERS OBSCENE MATERIAL WHEN TYPING A URL
- YOUR CHILD IS SEXUALLY ENTICED BY AN ADULT ONLINE

HOW KIDS ARE TARGETED BY PREDATORS

HOW DO THEY LURE CHILDREN?

THE PREDATORS GAME PLAN:

- It usually begins in a chat room
- A predator pays close attention to what the youth is saying — within 45 minutes they can access where the child lives, goes to school, what they do for fun, what their real name is, and on and on
- The predator can move the chat from online to the phone and ultimately to a face-to-face meeting

Remember, being the target of a predator has nothing to do with intelligence, street savvy or even how much you know about the Internet. *It can happen to anybody.* The search for the potential victim usually begins in a chat room, but your child might catch the attention of a predator from information they have provided on their blog or profile on a social networking site like MySpace.com, Twitter or Facebook.

The predator looks for clues about the child: what they like to do, the type of music they listen to, what they do for fun, and how old they are. Much of this is often in the child's user name. A predator pays close attention to what the youth is saying in a chat room or what they have written and posted online. The predator can then ask to be included on the child's "buddy list" and be able to tell every time the child is online.

A buddy list is a feature that keeps the names and addresses of others who are contacted frequently in a chat room, somewhat like a chat room address book. When a user signs into an instant messenger service, their screen name will automatically appear in the "buddy list" of anyone else online who has saved their online ID as a "buddy," and communication can begin instantly.

Anonymity online allows the predator to become a friend. In normal circumstances, your child would never develop a relationship with an older person. But online, that predator can claim to be Prince or Princess Charming because it's easy to lie online. Over time, the predator can develop a relationship with the child and build trust with him/her. *The predator will ask the child to keep their relationship secret.* Later the predator can use the secrecy as a weapon against the child — threatening him/her with telling their parents or even harming the child if he/she tries to end the relationship.

IN REAL LIFE, a predator can befriend the parents as well as the child, because they are the gatekeeper to the child. ONLINE, there is no gatekeeper. Chat rooms that attract youth also attract predators.

At some point, the predator can move the relationship to the next phase. They can engage in phone calls with the child. *The ultimate goal is to arrange a face-to-face meeting,* frequently for the purpose of a sexual encounter, but sometimes the consequences are deadly.

DID YOU KNOW?

Online gaming and video game systems (PS3, Xbox Live, etc...) can be used as an online chat forum.

As a parent, you're probably not up to date on the latest in *ONLINE LANGUAGE*. See how many of these common online acronyms you recognize:

- | | |
|-------------|-----------|
| 1. ASL | 8. MOTOS |
| 2. POS | 9. WIBNI |
| 3. P911 | 10. LMIRL |
| 4. BEG | 11. SAW |
| 5. FMTYEWTK | 12. TAW |
| 6. 121 | 13. WTGP |
| 7. KOL | |

**DON'T FEEL BAD
IF YOU DON'T.**

A national survey showed that only between 4 and 8 percent of adults could correctly identify the acronyms. For more on online language visit www.netlingo.com

1. AGE/SEX/LOCATION
2. PARENT OVER SHOULDER
3. PARENT ALERT
4. BIG EVIL GRIN
5. FAR MORE THAN YOU EVER WANTED TO KNOW
6. ONE TO ONE
7. KISS ON LIPS
8. MEMBER OF THE OPPOSITE SEX
9. WOULDNT IT BE NICE IF...
10. LET S MEET IN REAL LIFE
11. SIBLINGS ARE WATCHING
12. TEACHERS ARE WATCHING
13. WANT TO GO PRIVATE?



HMMM.. BUT DIDN'T
HE WRITE HE JUST TURNED 20?!
...IT'S A CUTE DOGGIE HE GOT FOR ME THOUGH..

UNDERSTANDING ONLINE CHATS

Online chats are an easy way for a predator to begin “the grooming process”.

Here's an EXAMPLE OF AN ONLINE CHAT that a child could experience and how it can move to the next level:

LET'S ANALYZE THIS

- A CHILD:** my mom sux! its her falt that my parents are gettin divorced
- B PREDATOR:** i no. my parents r2.
CHILD: we never have \$\$ nemor (“We never have money anymore.”)
CHILD: evry time i need sumtin she says the same thing “we cant aford it”
CHILD: when my parents were 2gether i could buy stuff
- C CHILD:** now i cant
D PREDATOR: me to. i hate dat.
CHILD: i w8ed 6 mos for this game to come out (“I waited 6 months for this game to come out.”)
CHILD: my mom promisd me wed get it.
CHILD: can i get it now? nope.
- E CHILD:** we dont have enuf \$\$\$ my mom sux!
- PREDATOR:** wow. dats tuf
- F PREDATOR:** i hav a realy cool uncle
PREDATOR: buys me things all the time
PREDATOR: he has lots o \$\$\$
CHILD: ur sooooo lucky!
PREDATOR: i got an idea. ill see if hell by it 4 u.
CHILD: really? thx man!
PREDATOR: brb gonna call him (“Be right back. I'm going to call him.”)
- G PREDATOR:** w00t! he said k
CHILD: wow realy? thx i cant bleve it.
- H PREDATOR:** where do u live?
CHILD: manch, nh u?
I (“Manchester, New Hampshire. You?”)



- J PREDATOR:** boston,ma uncle 2. ne malls near u? (“Boston, Massachusetts. Uncle, too. Any malls near you?”)
- K CHILD:** mall of nh.
PREDATOR: ive herd of that one. Saturday ok?
CHILD: sounds good.
- L PREDATOR:** b ther at 12
CHILD: k. meet at the game store.
PREDATOR: k!
CHILD: well g2g. thx again dude (“Well, got to go. Thanks again, dude!”)
CHILD: this is awesome!
CHILD: TTYL! (“Talk to you later!”)
- M PREDATOR:** l8r (“Later.”)

← THE GROOMING PROCESS

- A** Child starts chat, expresses feelings that the predator can easily pick up on.
- B** Predator begins “grooming” by expressing empathy to gain the child’s trust.
- C** Child further expresses trust in the person he/she is chatting with, encouraging the predator.
- D** Further expression of empathy from predator.
- E** The child’s frustration is evident to the predator who takes full advantage of the child by portraying himself as a trusted confidant.
- F** Predator offers a way to entice the child.
- G** Of course, there is no “rich uncle.” The predator gives that impression to the child by waiting for a period of time before sending his next message.
- H** Predator expresses excitement, tells the child the “uncle” will buy the game.
- I** Predator starts asking for clues about the child, begins the process of scheming to find out where the child is to arrange a face-to-face meeting.
- J** The predator will place himself in close proximity to the child, regardless of his actual location.
- K** Child has actually just determined the final meeting place without realizing the danger he/she is in, even though trust has been built up with the new “friend.”
- L** Predator finalizes the meeting.
- M** The predator now has all the information he needs to meet the child face-to-face.

oh nothin' just doin'
research on the
internet for my paper

WARNING SIGNS THAT YOUR CHILD MIGHT BECOME A VICTIM AND WHAT TO DO ABOUT IT

There are many warning signs that your child could be in danger. Here are some common instances to look for along with tips in finding a solution:

Your child becomes withdrawn from the family, isolates him or herself more often

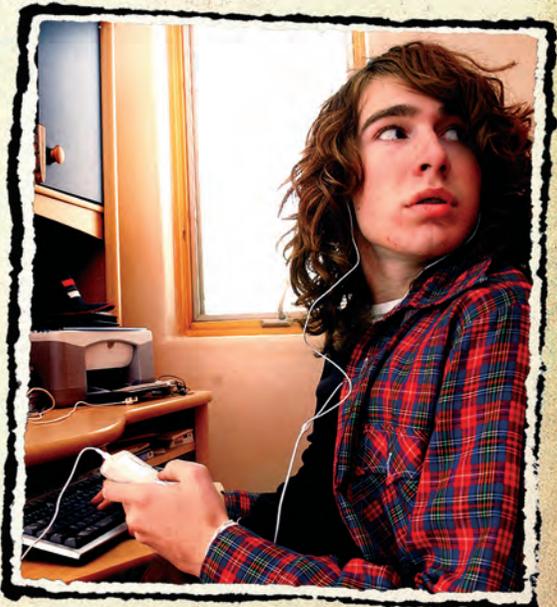
TIP: Talk to your child, his/her teachers, consider counseling.

He/she is spending more time online

TIP: What is he/she doing that is causing them to spend so much time online? Research for school? Chats? Downloading? Games? Use your web browser’s “Internet History” to view the websites that have been visited.

He/she turns off the screen when you walk in the room

TIP: What does your child not want you to see? Are they ashamed of something? Talk to them about their online activity. As many parents have experienced, it is important to balance your need to know what your kids are doing on the computer



with their growing sense of privacy for some areas of their lives.

You find pornography on the computer

TIP: If it's adult porn, talk to your child. If it's child pornography, save the images but do not print them, and contact the authorities immediately.

Your phone bill has calls to unknown numbers

TIP: There are a number of tools available online to search telephone numbers. Do a reverse phone directory search online to find out whose number it is. The reverse number search will give you a name and an address that is associated with the telephone number.

Your child receives mail/gifts/packages from senders you don't know

TIP: Track the package, research who it is from. Use the same tools the predators use to find out information about them, such as reverse address directory searches, telephone directory searches, email address searches, Google searches etc.

nevermind... my online buddy is better anyway



To report a cyber predator, call your local law enforcement agency and report it online at missingkids.com. If you suspect a face-to-face meeting has been arranged, contact your local law enforcement immediately.

WHAT CAN YOU DO TO KEEP YOUR CHILDREN SAFE IN CYBERSPACE?

First and foremost, talk to your children openly and frankly. Be available to answer questions and concerns. Let them know about Internet dangers including identity theft, exposure to sexually explicit or violent material and sexual predators. Make it safe for them to come to you with concerns about people they've met online, when an inappropriate pop up appears or someone sends inappropriate materials to them and if someone harasses or threatens them online. Let them know that there is no reality on the Internet. People can pretend to be anyone. And their intentions are often times not good. Use separate user profiles, content filtering software and/or ISP filters, web browser controls, and/or your web browser's Internet history to monitor and filter what your child is doing on the Internet.



ARRANGING A FACE-TO-FACE MEETING WITH SOMEONE MET ONLINE. YOUR CHILD COULD BE HURT, MOLESTED, RAPED, KIDNAPPED OR WORSE DURING A FACE-TO-FACE ENCOUNTER.

MISUSE OF DIGITAL IMAGES: HOW IT CAN HAPPEN?

The computer revolution has been accompanied by a revolution in photography. Digital cameras are inexpensive and easy to use and their photos don't need to be processed at the corner drugstore. As a result, people are taking more pictures today than ever before, especially young people. Unfortunately, some young people are misusing this technology in ways that can do lasting harm. Reports of young people taking sexual photos are becoming more common. Some inappropriate photos are taken for a current boyfriend or girlfriend or in an attempt to attract the attention of another young person. In some instances young people have been pressured or tricked into taking inappropriate pictures by another young person or an adult.

In this section, we will cover:

- Camera phones and young people
- Webcams and young people
- Sexting
- Results of inappropriate images
- Parental Tips regarding the misuse of digital images

REPORTS OF YOUNG PEOPLE SENDING SEXUAL
PHOTOS ARE BECOMING MORE COMMON



*You totally have to see this picture
I just got from my friend in Boston!*



I can't wait to send these pictures to Bobby!

CAMERA PHONES AND YOUNG PEOPLE: WATCH OUT FOR OVER-EXPOSURE

Cell phones can keep parents and children in touch with each other, and many young people now carry them for safety and socializing. Many of these phones are also camera phones. Some young people are using camera phones to take sexual pictures, which are then transmitted directly to another person's phone or loaded to a computer before being shared. In some cases the subject may not have given permission for the photo to be taken or even know they've been photographed.

Because they are always at hand, camera phones make it easy to take photos on the go, but they also make it easy to take inappropriate photos.

Misuse of camera phones isn't the only potential danger associated with handheld wireless devices. Many of these devices can access the Internet. They are essentially portable computers. They offer the same avenues for contact between adults and young people as desktop and laptop computers, and because of their mobility they are more difficult for parents and guardians to physically monitor.

SEXTING

Sexting is using a cell phone or other wireless communication device to send sexual text messages or images. In many cases these images are self-produced photographs of the sender. Pornographic text messages and suggestive photos are a concern, but in some cases sexting involves explicit sexual images and even video clips. Authorities have noted a disturbing trend toward sexting among young people. Production, possession or distribution of explicit images of minors can lead to serious criminal charges. Parents and guardians who are aware of such explicit images and do not intervene may also be charged.

WEBCAMS AND YOUNG PEOPLE: RISKY AND UNNECESSARY

Webcams have legitimate uses, but young people are sometimes tempted to misuse them. Some young people are using webcams to transmit sexual images of themselves. Websites that allow "live video chat" make it possible for a young person to broadcast their image to one person or many people instantaneously. Many experts say young people should not have easy access to webcams, because the dangers and risks of misuse outweigh the benefits.



RESULTS OF INAPPROPRIATE IMAGES

Regardless of the original reason for the photo the results can be the same, including:

Possible Legal Charges

If the photo shows sexually explicit conduct it is, by definition, child pornography. Producing, possessing, or distributing such a photo is a serious crime regardless of the original intent of the photographer.

Humiliation

This week's boy or girlfriend can be next week's "ex." When that happens, sexual photos are often shared and may circulate widely throughout a school or peer group. If the photo comes to the attention of law enforcement, the young person's parents or guardians may be questioned to determine if they had anything to do with the photograph.

Continuous Circulation

Once a photograph has been shared via any electronic media, it is virtually impossible to retrieve. Nude or suggestive photos are routinely posted, traded, and sold. They can be altered and misused, and remain in circulation forever.



PARENTAL TIPS REGARDING THE MISUSE OF DIGITAL IMAGES:

Young people often act on impulse and don't recognize the long-term consequences of misusing digital images. Remember these to help prevent this from becoming a problem:

- **Exercise control** over digital cameras, camera phones and webcams.
- When selecting a phone or other wireless device for your child, **pay attention to the extra features** that are offered, including features that can help protect your child.
- Many phone companies now allow **parents to control** how their child's wireless device can be used.
- **Activate Internet filters**, block Internet purchases, or turn off access to the Internet.
- **Block phone calls and text messages** from specific numbers or stop text messaging altogether.
- **Monitor** how much **time** your child is spending **on the phone** and the number of **text messages** they are sending and receiving.
- **Stop secret after-hours communication** by limiting the times of day your child can use their phones.
- **Ask to see your child's phone** to check what pictures they have on their phones. As well as, who they have been talking and texting with.

I love talking to my new friend online but now he wants me to send him pictures of me. What can the harm be?

CYBERBULLYING

WHAT CAN PARENTS DO TO PREVENT AND ADDRESS CYBERBULLYING?

Cyberbullying involves harassing, embarrassing, or threatening a young person via **cyberspace**. It encompasses several different mediums, including the Web, **e-mail**, and cell phone communication. Cyberbullying can take place in many ways. Some examples include posting unflattering comments or pictures of another person online, sending lewd text messages, or **spamming** a person with unsolicited e-mails. It may also involve teaming up on a specific person and posting defamatory comments on social networking sites like **Facebook** and **MySpace**.

Here are some suggestions to help:

- Help prevent cyberbullying
- More tips if your child is a victim

LOOK FOR THE WARNING SIGNS

RED FLAGS THAT YOUR CHILD IS INVOLVED IN CYBERBULLYING

There are a lot of signals that may indicate your child is experiencing cyberbullying. It is important for you to closely monitor their use of technology (computers and cell phones) and note any behavior that seems out of the ordinary. For example, if your child typically enjoys using the computer but suddenly no longer wishes to do so, there may be a problem. Similarly, if your child seems completely consumed with interacting over the Internet all hours of the day and night, you may need to investigate. Use common sense and age-appropriate consequences when you discover your child engaging in improper behaviors online.

A child may be a victim of cyberbullying if he or she...

- unexpectedly stops using the computer
- appears nervous or jumpy when an Instant Message, text message,



this is gonna be great. I just hope I don't get caught!

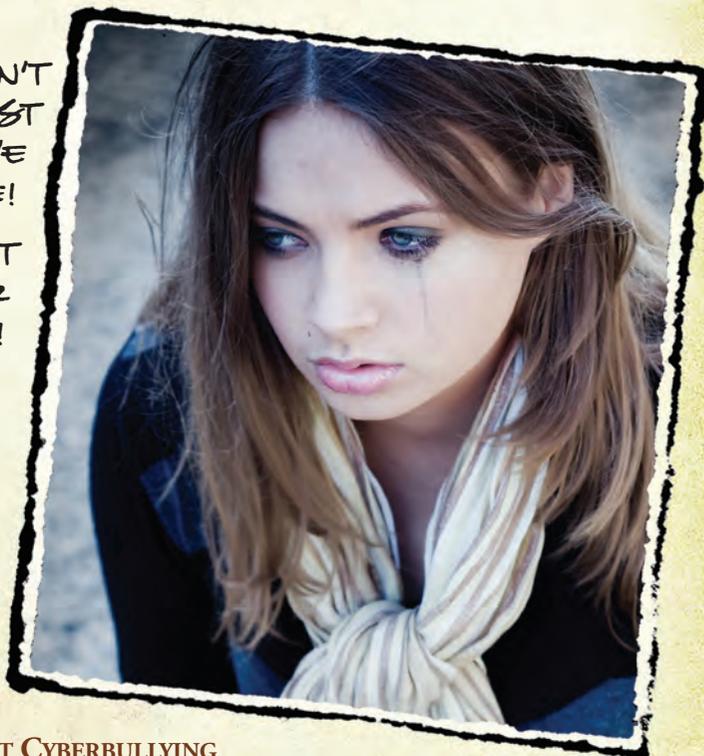
- or Email appears
- appears uneasy about going to school or outside in general
- appears to be angry, depressed, or frustrated after using the computer
- avoids discussions about what they are doing on the computer
- becomes abnormally withdrawn from usual friends and family members

A child may be cyberbullying others if he or she...

- quickly switches screens or closes programs when you walk by
- uses the computer at all hours of the night
- gets unusually upset if he/she cannot use the computer
- laughs excessively while using the computer
- avoids discussions about what they are doing on the computer
- uses multiple online accounts or using an account that is not their own

WHY CAN'T
THEY JUST
LEAVE ME
ALONE!

I DON'T
BOTHR
ANYONE!



HELP PREVENT CYBERBULLYING

Here are some useful tips to help keep your child from becoming the victim of a cyberbully:

- Keep your home computer(s) in easily viewable places, such as a family room or kitchen.
- Talk regularly with your child about online activities he or she is involved in.
- Talk specifically about cyberbullying and encourage your child to tell you immediately if he or she is the victim of cyberbullying, cyber-stalking, or other illegal or troublesome online behaviors.
- Encourage your child to tell you if he or she is aware of others who may be the victims of such behavior
- Explain that cyberbullying is harmful and unacceptable behavior. Outline your expectations for responsible online behavior and make it clear that there will be consequences for inappropriate behavior.
- Although adults must respect the privacy of children and youth, concerns

for your child's safety may sometimes override these privacy concerns. Tell your child that you may review his or her online communications if you think there is reason for concern.

- Consider installing parental control filtering software and/or tracking programs, but don't rely solely on these tools.

MORE TIPS IF YOUR CHILD IS A VICTIM

Because cyberbullying can range from rude comments to lies, impersonations, and threats, your responses may depend on the nature and severity of the cyberbullying.

Here are some actions that you may want to take after the fact.

- **Strongly encourage your child not to respond to the cyberbullying.**
- **Do not erase the messages or pictures. Save these as evidence.**
- **Try to identify the individual doing the cyberbullying.** Even if the cyberbully is anonymous (for example, is using a fake name or someone else's identity), there may be a way to track him or her through your Internet service provider. If the cyberbullying is criminal (or if you suspect that it may be), contact the police and ask them to do the tracking.
- **Sending inappropriate language may violate the "terms and conditions" of email services, Internet service providers, Web sites, and cell phone companies.** Consider contacting these providers and filing a complaint.
- **If the cyberbullying is coming through email or a cell phone, it may be possible to block future contact from the individual who cyberbullied.** Of course, he or she may assume a different identity and continue the bullying.
- **Contact your school.** If the cyberbullying is occurring through your school district's Internet system, school administrators have an obligation to intervene. Even if the cyberbullying is occurring off campus, make your school administrators aware of the problem. They may be able to help you resolve the cyberbullying or be watchful for face-to-face bullying.
- **Consider contacting the cyberbully's parents.** These parents may be very concerned to learn that their child has been cyberbullying others, and they may effectively put a stop to the bullying. On the other hand, these parents may react very badly to your contacting them. So, proceed cautiously. If you decide to contact a cyberbully's parents, communicate with them in writing—not face-to-face. Present proof of the cyberbullying (for example, copies of an email message) and ask them to make sure the cyberbullying stops.

DID YOU KNOW THAT IT CAN BE A CRIME TO CYBERBULLY?

It is illegal to harass, threaten, or stalk someone over the internet. Contact law enforcement immediately if your child feels threatened, harassed, or stalked.

DISCUSS AND PROTECT YOUR FAMILY: HOW DO YOU MAKE SURE YOUR FAMILY IS AWARE AND PROTECTED?

Online threats for your children and entire family are real. As this guide has covered, there are many forms in which threats can present themselves. A child on the Internet can become a victim very quickly and very easily without a parent even realizing it. It is very possible to keep your child's Internet experience safe, however.

This section, we will show you how to achieve this.

We will cover:

- Setting age appropriate guidelines
- How to talk to your teenager about Internet safety
- What to do if your child become a victim
- Internet safety tools for parents

**IN A RECENT SURVEY
BY MINDOH!**

an educational company that follows youth trends, reported that close to 80% of the 5,500 teens said that they had been exposed to cyberbullying.



*HONEY... I'm
just trying to
protect you.*

... ALL RIGHT MOM... , I UNDERSTAND

SETTING AGE APPROPRIATE GUIDELINES

The rules and guidelines that you establish for young kids, preteens and teens will most likely be very different, much like the way that rules for crossing the street are different for children of different ages. When establishing rules and guidelines, it's important to remember that teenagers are especially protective of their privacy,

are the least willing to share what they are doing online, and will be the first to tell you that they don't want to be treated like a child. They are more independent online, more computer savvy and more likely to spend time in chat rooms and instant messaging than other age groups. Keep this in mind when you create age appropriate Internet usage for your kids. Also keep in mind that it is your responsibility to keep your children safe.

HERE ARE SOME GENERAL GUIDELINES TO IMPRESS UPON YOUR KIDS, ALTHOUGH SOME OF THEM APPLY MORE TO TEENAGERS.

- **Be extremely skeptical about believing what you read on the Internet,** especially from someone in a chat room. It is extremely easy to lie online and a predator may tell you as many lies as possible to gain your trust.
- **Be careful about what information you give someone online,** especially personal information that can be used to find you.
- **DO NOT meet someone in person that you met online.** This is a good rule; however, once your teenager has gotten their driver's license or if they use public transportation, it can be very difficult for you to prevent this from happening. Express how dangerous it is to meet someone they have met online. Be supportive but firm.
- **DO NOT download files a stranger has sent you.** They can contain inappropriate material or computer viruses.
- **DO NOT view the webcam of a stranger.**
- **Be very sensitive to what kind of information you put in your online profile, blog, or social network** (i.e. MySpace or Facebook). *Don't include any information that could be used to locate you.* Remember to make your blog entries private or friends only.

HOW TO TALK TO YOUR TEENAGER ABOUT INTERNET SAFETY:

Being able to communicate with your teenager is a key in keeping them safe while on the Internet. Your teenager is gaining independence and struggling to get away from parental control. Protect them without alienating them by letting them have some independence while still providing parental guidance. Be involved with what they are doing on the Internet without invading their privacy. Make sure they still feel comfortable talking to you about what they do on the Net.

Here are some helpful tips when talking to your teenager:

- **Don't talk down to your teen.** Instead, show your teen that you trust them to make good decisions. Encourage them to protect themselves from online predators by being vigilant and cautious.
- **Set reasonable expectations.** You can't expect a teenager to completely avoid chat rooms, but you can expect them to not give a stranger their personal information.
- **Remember what it was like to be their age.** If you find they are doing something online you find inappropriate, choose a punishment carefully and remember that teenagers are going through a difficult and exciting time of change and new discoveries.
- **Be supportive!** Visit sites with your children. Let them know *what you consider inappropriate.*

WHAT TO DO IF YOUR CHILD BECOMES A VICTIM

If you think your child might be engaged in suspicious activity on the Internet, you can check the computer's Internet history to see the websites that have recently been visited. You can also take the computer into a computer services store. They can provide a full diagnostic evaluation to tell you exactly where your computer has been online and the types of activities that have taken place online using your computer.

If your underage child has received a sexual solicitation online, contact your local law enforcement agency, the National Center for Missing and Exploited Children (www.missingkids.com) or the FBI.

If you or your child has received child pornography, save but do not print the images and call law enforcement immediately. **DO NOT EMAIL or PRINT THE PHOTOGRAPHS!** If you do, you will be committing a crime.

INTERNET SAFETY TOOLS FOR PARENTS

There are a number of different tools parents can use to protect their children from the dangers of the Internet. Although none of them are fool – proof, they can help. Here are a few:

- Computer Placement
- User Profiles
- Web Browser Controls
- Viewing Internet History
- Filtering/Blocking/Monitoring Software
- Filtered ISPs

Computer Placement

Keep the computer in a common area of your home. It's easiest to monitor what your children are doing without having to pry if the computer is in an open area of your home, such as a living room, a loft, or the kitchen. Don't place the computer in a room where your child can close the door and go online.



User Profiles

Newer versions of Windows and Apple's OS allow for multiple user profiles to be set up. Every person who uses the computer can have their own user name and password. In order to gain access to the computer, the user name and password are required. This allows for different levels of access to be setup for each of the different users and also makes it easier to track and find out what each of the different users are doing on the computer. To get more information about setting up user profiles, consult your computer's help files.

Web Browser Controls

Most web browsers have a way to filter and block inappropriate websites from being accessed. Web browser settings can be used in conjunction with user profiles to fine tune the level of access different users have on the Internet. By fine tuning these controls, you can customize the types of content that each user can gain access to. To get more information on using these settings, consult your browser's help files.

**LEARN ABOUT
THE INTERNET.**

Viewing Internet History/ Temporary Internet Files

In order to track your child's online activity, you can use the Internet History and Temporary Internet Files to see what websites have been accessed recently. More savvy computer users can easily delete this information from easy access, but this information is still typically accessible by a computer expert. For more information about viewing Internet history and temporary Internet files, consult your browser's help files.

Filtering/Blocking/Monitoring Software

There are many different software programs available for purchase that help make the Internet safer for your children. Some of the options these programs can give you are:

- Blocking chat rooms and/or instant messaging
- Blocking downloads
- Disabling links in chat rooms
- Allowing only approved addresses to email your child
- Filtering websites
- Filtering searches or allowing your child to use child-safe search engines
- Recording instant message conversations or chat room conversations
- Notifying you when your child tries to access an inappropriate website
- Limiting the time your child spends online
- Operates in the background without your child's knowledge
- Allowing third-party rating of websites
- Recording every key stroke your child makes
- Recording and sending you pictures of your child's computer screen as they are using it

Not all of these options are included in each software program. Each program is different. Compare some of these programs and find which one suits your needs.

Filtered ISPs

Most Internet Service Providers, such as AOL, Comcast, MSN and Verizon may provide parental controls to help protect your child online. Contact them for more information.

IF YOU THINK IT CAN'T HAPPEN IN NEW HAMPSHIRE...

South Carolina police find "World of Warcraft" teen who fled NH to meet a felon

WINDHAM (AP) -- A Florida man convicted of fondling a child eight years ago is under investigation in New Hampshire after a 15-year-old girl he met online ran away to try to meet him.

The girl was found in South Carolina on Tuesday, a day after she left her parents a note saying she was moving to the Boston area.

Police believe she was on her way to meet Daniel Lenz, 26, of Jackson, Fla., who was



Missing teenager is found in S.C.

WINDHAM -- Authorities are warning parents that online games are no different from chat rooms a day after the recovery of a 15-year-old girl who ran away to meet an online gaming partner.

The teenager, who was headed to Florida to see a convicted felon she met while playing the online game "World of Warcraft," was found in South Carolina, police said.

"There isn't anybody that can't fall victim to this."

Police: Sex Offender Opened Myspace Page

Police yesterday arrested a man who was once one of Massachusetts' top 10 most wanted sex offenders.

Derek Boisvert, 27, was arrested in Hampton, accused of failing to register and of going online without telling police. It was his second arrest in Hampton, the first having been in February 2008, when he was wanted as a fugitive from Massachusetts.

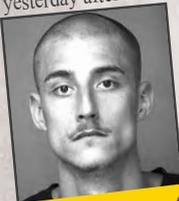
Boisvert is accused of violating a law that requires convicted sex offenders to tell police when they move or change jobs.

He is also accused of creating an e-mail address and Myspace account under an assumed name and not telling police. A law that went into effect Jan. 1 requires sex offenders to tell police about their online activity.

Police said there is no evidence Boisvert contacted any minors online.

In 2001 in Middlesex County, Massachusetts, Boisvert was convicted of aggravated felonious sexual assault against someone younger than 13.

Boisvert was arrested yesterday after an investigation by Hampton police, the state Attorney General's Office, and Portsmouth's Internet Crimes Against Children Task Force.



**280,000 KIDS IN NH (1-IN-7)
ARE APPROACHED
BY SEXUAL PREDATORS
EACH YEAR**

WHERE PARENTS CAN GO FOR HELP

EDUCATING YOURSELF ABOUT THE INTERNET

Don't put your head in the sand. Study, research, learn about the Internet and all of its capabilities. Talk to your children about what they have learned to do over the Internet. Talk to other parents, teachers and local law-enforcement about what can be done using the Internet and potential dangers. It is up to you to educate yourself and stay aware and current with the ever changing world that is the Internet. Here are some helpful sites for parents to get you started:

www.connectwithyourkids.org

www.netsmartz.org

www.benetsafe.org

www.isafe.org

www.getnetwise.org

www.netlingo.com

www.stopcyberbullying.org

www.missingkids.com



GET AND INSTALL FILTERING SOFTWARE
ONTO YOUR COMPUTERS.

These websites can direct you
to the right software that's
best for you:

www.getnetwise.org/tools/

www.filterreview.com

NH Internet Crimes Against Children Task Force (ICAC)
Portsmouth Police Department
603-610-7508

ACKNOWLEDGEMENTS

Special thanks to North Carolina Attorney General Roy Cooper.

Cyberbullying information from *Stop Cyberbullying Now*, used with permission from Olweus Bullying Prevention Program. www.StopBullyingNow.hrsa.gov

Cyberbullying description:

www.sharpened.net/glossary/definition.php?cyberbullying

Cyberbullying Warning Signs by Sameer Hinduja, Ph.D. and Justin W. Patchin, Ph.D., Cyberbullying Research Center. www.cyberbullying.us

It's More Common than you Think!

A joint study by The National Campaign to Prevent Teen and Unplanned Pregnancy and CosmoGirl!

ABC's of Cyberbullying: for Students

Written by Patti Agatston, Ph.D

www.cyberbullyhelp.com

What is Sexting and Why is it a Problem?

By Christy Matte, About.com Guide

http://familyinternet.about.com/od/computingsafetyprivacy/a/sexting_what.htm#

Definition of Sexting

Wikipedia

<http://en.wikipedia.org/wiki/Sexting>

Newspaper articles courtesy of the Union Leader.



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