Internet Safety Toolkit

www.pcaky.org

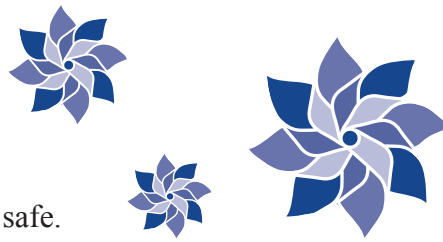*Warning: This book contains phrases of a sexual nature. These phrases are used for adult educational purposes.*

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Introduction

The Internet Safety Toolkit is a guide to help keep children safe.

Children and adults can safely use technology, avoid risks and respond effectively to unsafe situations, if armed with information and skills. Adults who recognize the risks will be better prepared to intervene and lessen the potential negative impacts.

The internet and other technologies have drastically changed the way children interact with their world; the internet and electronics have become a major part of nearly every aspect of our lives. Today's children have access to the internet at very young ages; they are comfortable with it and able to interact with it easily. While the internet is full of learning opportunities, it also allows access to inappropriate sites and a wide range of things that can place children at risk.

Some of the more popular social media networking applications children and teens are using to communicate include Twitter, Instagram, Snapchat, YouTube, TikTok and more. While the sites themselves are not harmful, the atmosphere of perceived anonymity created by non-face-to-face communication can become dangerous to youth; they are more likely to engage in risky behavior not normally considered in actual face-to-face situations.

This Toolkit, created in collaboration with experts from across the state of Kentucky, helps provide information needed to keep children safe.

Table of Contents

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Educate yourself. Take time to learn how to use technology, monitor usage and implement parental controls.

Understand the risks:
- False identities are easy to create
- Predators are real
- Not all information is private
- Kids have increased access to technology
- Things you read online may not be true

Utilize parental controls offered by service providers and/or blocking software. Providers can explain options and help you understand how they work. For younger kids, parental controls can be effective. However, older youth may have the know-how to get around those controls.

Be aware the internet is accessible on home computers, phones, gaming devices, tablets, TV, etc. Do not allow internet usage to be a private matter. The internet can be accessed in many places with no supervision.

- Parent's must know their children's usernames and passwords for all online and offline accounts. It is common for children/youth to forget their password or get locked out of programs or sites. Oftentimes, they create new accounts as a result. By sharing usernames/passwords we can prevent this from happening.
- Research electronics and apps before you buy them. Will it allow others to communicate with your child? Will it allow children to make unchecked purchases?

Model appropriate behavior. Many of us have made decisions we may need to rethink regarding our own internet usage, including:
- Posting of pictures
- Posting rants
- Sharing too much information
- Open, vulnerable profiles

Be familiar with laws regarding technology and transmission of sexual material of minors. It is against the law for anyone to ask a minor to take or distribute a naked photo of themselves or another minor.

Have a plan in place so your children know what to do in the event something happens as a result of online activity. Both you and your children will respond more appropriately if there is a plan.
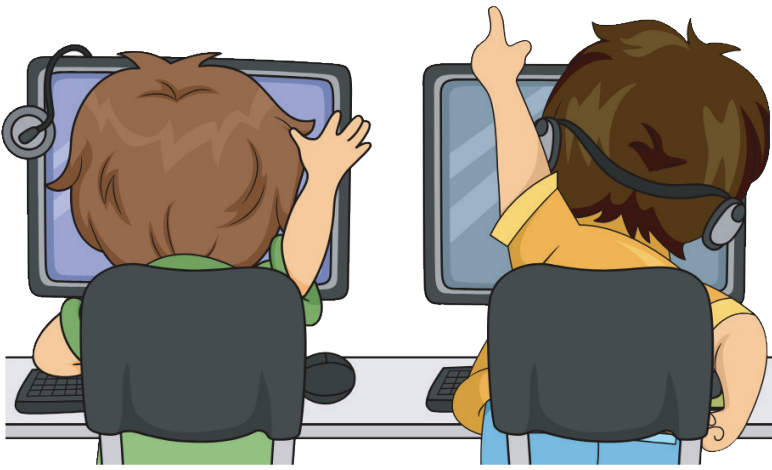
Communicate, communicate, communicate!
Do not rely solely on parental controls; while they are important tools, they will only alert you when something has gone wrong. The goal is to help children make good choices.

- Talk to children about positive aspects of internet use, as well as the dangers.

- Have honest and open discussions about how child predators may go online to exploit or victimize youth. Strangers and people we know and trust.

- Discuss how children's actions can lead to victimization and irreversible consequences.

- Kids must realize things they see online may not be true and they may be communicating with someone who is not who they claim to be.
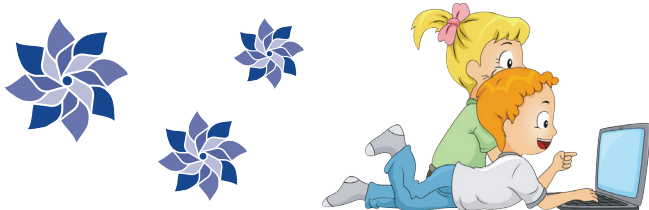
Spend time with your children online. Have them teach you about their favorite online activities and sites. Enjoy the positive aspects of the internet.

Learn about chatting and messaging.
Caregivers must know how chatting and messaging works, when it takes place and how this activity can be monitored. These features are available on website, apps, social media and gaming sites. There is a lingo associated with chat and texting that is meant to keep adults in the dark. See examples on page 7.

Communicate early and often! Review age appropriate online safety material found at www.kidsmartz.org with your children. Discuss issues on a regular basis starting at a young age. Don't wait for something to happen to have discussions.

Set guidelines with first use. By doing so, responsible behaviors and habits are established from the initial use of the internet.

Teach children about predator strategies such as seducing their targets through the use of attention, affection, kindness and even gifts. Predators often invest considerable time and energy into finding and befriending victims. They may be familiar with the latest music, hobbies and interests of children. They know how to lower children's inhibitions by introducing sexual content into conversations.

Limit the amount of time your children are allowed to spend using technology. Online activity, like other "screen time" activities (television, watching YouTube, video games, etc.) should be used in moderation. Keep track of how long your children engage in these activities.

Set limits and instruct your children to:

- Never post pictures online without permission and explain why this action may be dangerous.

- Never request or agree to a face-to-face meeting with someone they met online, even if a relationship has been established. Help your children understand why this may be dangerous.

- Never give out identifying information such as name, phone number, address or school name and explain why this is important.

- Never download pictures from an unknown source; this is used as a method to transmit sexually explicit images.

- Never respond to messages or bulletin board postings that are sexually suggestive, obscene or harassing in nature.

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- Never use the internet in an aggressive manner to make fun of, ridicule or harass another person. Help your children understand why it is important for them to te1l someone when this is happening.

- Establish family practice to limit unsupervised access to technology. For example, from day one, make it a rule cell phones are kept in a parents' room overnight and charged.

- Do not download file-sharing programs (programs that share things such as movies or music). These files are illegal and can be utilized to distribute child sex abuse material.

Take time to discuss each limit with your child. Help them understand the risks, and why the rule is meant to keep them safe.

Help with uncomfortable conversations

Sometimes, it seems easier to run a marathon than to sit down and talk with your kids about uncomfortable topics such as safety on the internet. In a perfect world, you wouldn't need to have this conversation, however there are dangers your children must know about. Here are some suggestions to help you start those conversations.

- Begin with initial use of technology and use developmentally appropriate examples.

"Look at that horrible picture of mommy with messy hair on Instagram - I don't want anyone seeing that photo! We have to be careful about putting pictures online."

- Remember to lock the door.

"We lock doors so strangers can't come into our home. It is important to not allow people we only know online in our homes or private lives."

- Use rules and guidelines as safety tools, rather than punishment. Setting rules early sets clear limits that become acceptable habits; they will be better received if implemented early rather than as a result of a broken rule.

- Use "self" examples.

"When I was in high school, I made some silly mistakes and had some embarrassing moments."

- Talk about what it would be like had those incidents been documented permanently online.

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- Remember your own childhood. Being curious about sex is normal. The internet simply provides a new way to explore. Expect children to violate rules. Be prepared to respond calmly, while maintaining open communication.

- Use current events to begin a conversation. Talk about what the adult could have done differently.

"Did you see the news story about (insert title of recent adult situation)? Think about how the adults/spouse/parents/children must feel."

- Be frank regarding lifetime consequences.

"I think it is important you know and understand how one action (such as sexting with a girl/boyfriend) can have life-long consequences. Do you understand sexting could result in a child pornography conviction and sex offender label? Think about how that would affect your life, your ability to get a job, to be a coach, to volunteer, etc."

- Have a plan or agreement in place between parents and children to deal with issues that may be uncomfortable or unsafe (even if it was a broken rule that allowed or created the unsafe situation).
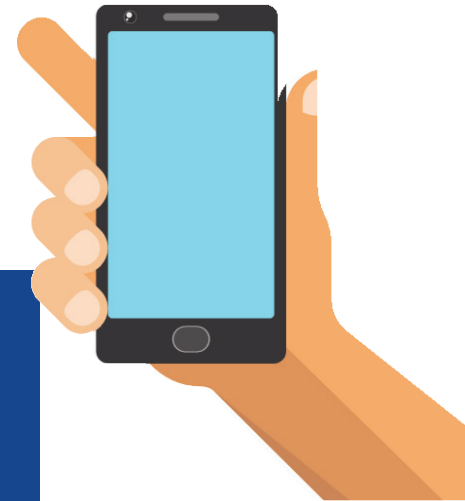
Get smart about smart phones

Cell phones have made keeping in contact with kids easier than ever. Long gone are the days when parents were aware of every call coming into the home. Children now receive calls and messages without anyone knowing frequency or content. It is important to teach youth how to appropriately and safely communicate using cell phones and other devices.

- When purchasing a phone/plan, review phone options and parental controls. Most phones can still access apps that communicate with the outside world when connected to wifi, even without a phone plan.

- Both you and your child should become familiar with the phone and all features.

- Monitor cell phone usage via online management of the account or monthly phone bills. Ensure safety by enabling security mechanisms such as password locks. Ensure features allow you to access the phone.

- A GPS enabled phone can reveal your child's location through social media and uploaded photos. Make sure GPS features are turned off when posting or tagging anything online.

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- Communicate with your child how talking on the phone can cause them to be distracted and less aware of his or her surroundings.

- Know your child's usernames and passwords for all apps.

- Warn your child about the dangers of texting while driving. Set a good example.

- Limit internet access on cell phones.

- Pay attention to your child's behavior as it relates to texting.

Sexting

Sexting is sending sexually explicit messages or photographs between phones; it is a common practice among youth. Many youth engage willingly; however, youth can also be coerced into sending a picture or sexually explicit text. Education is critical to prevent irreversible consequences. Sending and/or receiving sexually explicit pictures or texts can have consequences well beyond embarrassment and the potential for exploitation.

Youth need to understand the seriousness and consequences of sexting including:

- Arrest for child sex abuse material
- Suspension from school
- Loss of employment
- Humiliation

- Risk of harassment, bullying or threats (i.e. if the picture to be forwarded/shared with unintended recipients including classmates, parents, and those who distribute child sex abuse material)

- Suspension from athletic teams, clubs and/or extracurricular activities

- Risk of being identified as a sex offender for receiving or sending child sexual abuse material and inability to gain future employment

The National Center for Missing and Exploited Children created a 60 second video for you to use in educating families and children on Sexting. Check it out at tinyurl.com/ybs6jup9.

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6

Texting Lingo
Things parents should know

8 = Oral Sex
143 or 459 = I love you

182 = I hate you
420 = Marijuana
1174 = Nude Club

2DAY = Today
4EAE = For ever and ever
ADN = Any day now
ADR = Address

AEAP = As early as possible
AFAIK = As far as I know
AFK = Away from keyboard
ALAP = As late as possible

ASL = Age/sex/location
BOL = Be on later
CTN = Can't talk now
CD9 = Code 9 - parents are around
F2F or FTF = Face to face

FWB = Friends with benefits
FYEO = For your eyes only

GAL = Get a life
GNOC = Get Naked on Cam
GTG = Got to go
GYPO = Get your pants off
HAK = Hugs and kisses

IDK = I don't know
ILY / ILU = I love you
IM = Instant message
IRL = In real life
IWSN = I want sex now
IU2U = It's up to you

IYKWIM = If you know what I mean
J4F = Just for fun
J/O = Jerking off
KFY = Kiss for you
KOTL = Kiss On The Lips
KPC = Keeping parents clueless

L8 = Late
LMIRL = Let's meet in real life
LMK = Let me know
LSR = Loser
MOOS = Member Of The Opposite Sex
MOSS = Member(s) Of The Same Sex

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Visit www.netlingo.com for current texting lingo.

MorF = Male or Female
MIRL = Meet in real life
MOS = Mom over shoulder

MPFB = My Personal F*** Buddy
NAGI = Not a good idea
NALOPKT = Not A Lot Of People Know That
NIFOC = Nude in front of computer

P911 = Parent alert
PAW = Parents are watching
PAL = Parents are listening
PCM = Please call me
PIR = Parent in room

PLS or PLZ = Please
POS = Parent Over the Shoulder
PPL = People
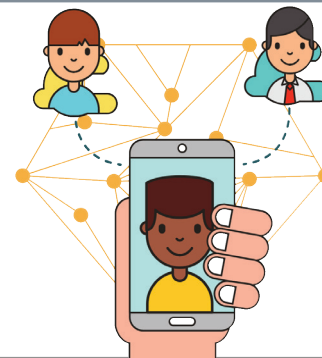PRON = Porn
PTB = Please text back

RL = Real life
RU/18 = Are You Over 18?
RUMORF = Are You Male OR Female?

RUH = Are You Horny?
SorG = Straight or Gay
SOS = Someone over shoulder
SWAK = Sealed with a kiss

TBC = To be continued
TDTM = Talk dirty to me
TIME = Tears in my eyes

WTPA = Where the party at?
WUF = Where You From

WYCM = Will You Call Me?
WYRN = What's Your Real Name?
zerg = To gang up on someone

Remember, youth may not have the developmental skills to anticipate the consequences of their actions. They will need caring adults to help them fully understand the risks. Action steps adults can take include:

- Purchasing and implementing parental controls.

- Talking to youth and ensuring they understand rules and consequences. This is a safety issue and your job is to protect them.

- Communicating openly about potential or actual victimization (including bullying. harassment and threats).

- Reporting any suspected illegal interaction with adults to your local law enforcement agency or Kentucky State Police.

- Taking the phone or limiting access.

Sextortion

Sextortion is when an adult threatens or manipulates a minor into producing a sexual image and sending it over the internet. Offenders may even pose as a different individual by using images they have stolen off the internet. For example, a 45-year-old male may pose as a 17-year-old female. Offenders oftentimes scare victims into providing images by threatening to send information to their family or friends.

According to the FBI, they have interviewed victims as young as 8 years old. Caregivers should talk to their children about trusting and befriending people they know very little about online. It is best to ignore strangers online, and apps to not allow automatic friend request acceptance.

If this occurs to you or someone you know contact the Kentucky State Police, local law enforcement, or the FBI immediately. You can also submit online reports to the FBI at www.ic3.gov or Center for Missing and Exploited Children at cybertipline.org. It is important for youth to receive emotional support through a guidance counselor or mental health expert when needed.

The National Center for Missing and Exploited Children created a 60 second video for you to use in educating families and children on Sextortion. Check it out at tinyurl.com/ybs6jup9.

5,017 reports of sextortion of minors were made to the National Center for Missing and Exploited Children (NCMEC's) between 2015-2018.

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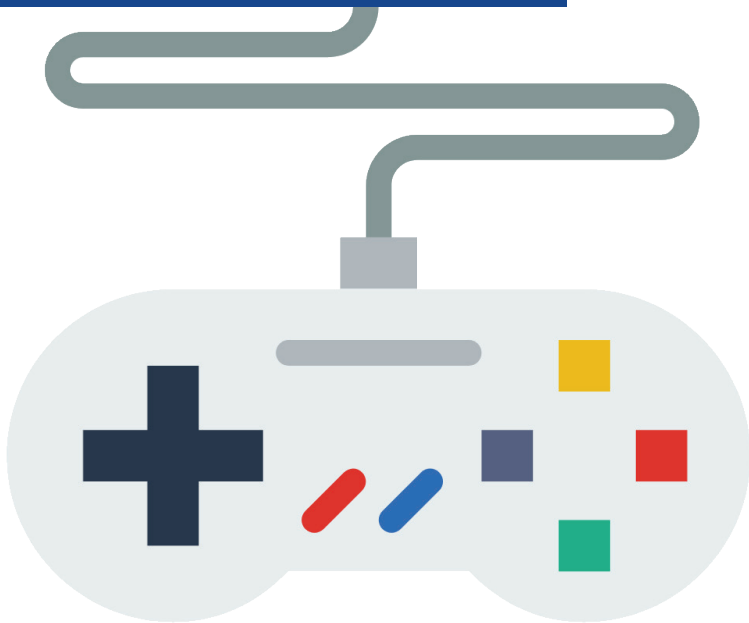
Gaming

- Talk to your child about what games they are playing or want to buy. Research these games and their ratings on www.esrb.org.

- Ask questions to determine how each piece of gaming equipment is used (i.e. headsets allow children to talk virtually with individuals from across the world).

- Does the game have moderators?

- Keep gaming consoles in an easy-to-supervise location and be aware of other places where your child may be accessing games.

- Talk to your child about NEVER giving out personal information to anyone they meet virtually on or through a gaming device.

- Set gaming rules with your child including time spent on devices, what types of games are appropriate, and who else may participate.

Report inappropriate online interactions with children to CyberTip.org

Social Networking

The popularity of social networking sites such as Instagram, has exploded. Typically, individuals will create an account and profile. Profiles contain information and may be made public or private. Public profiles can be viewed by anyone who is a member of the same network (sometimes this information will come up on a basic Google search) and includes information, posts, pictures and anything else included as part of the individual's profile. Private profiles are shared with only those individuals who are "friends." A friend is described as someone who has requested to be your friend and has been accepted, thereby being allowed access to your information. Social network "friends" are not always real friends but rather people you agree to allow access to you via the social network.

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It is not unusual for children, and even adults, to have many social networking "friends" they may have never met in person or have not seen in years. Young children in particular may not understand the difference between a real friend and a social networking friend.

Tips for All Users

- Research and use privacy settings. They control who may or may not see posted information. Check these settings often.

- Use the same manners and language on social networking sites you use in a face-to-face social setting.

- Only accept "friends" you personally know. Would you allow a stranger in your home or in your desk to access your personal information? Social network friends are strangers and while you may think they are well intentioned, you really have no idea of their motives.

- Only post information or photos you are comfortable sharing with friends, teachers, parents, current and future employers, law enforcement or any other individual. What is put on the internet stays on the internet.

- Protect your passwords and usernames. Do not share this information with anyone.

- Parents should monitor social networking sites and further supervise the activity by becoming "friends" with their children on these sites, but be aware this will not ensure you see all activity.

Signs your child may be at risk

They spend large amounts of time using technology. Most children falling victim to online sex offenders spend large amounts of time online. Predators take notice of when children are home alone and will often communicate during those times to avoid adult interference.

They receive mail or packages from someone you don't know. It is common for offenders to send letters, photographs, and gifts to their potential victims. They may even go to extreme lengths to secure travel arrangements or meeting locations with a child or teen.

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They use an online account belonging to someone else. Sex offenders will sometimes provide potential victims with an account used solely for communication with the offender. They will also teach children how to delete history, messages and to deactivate parental controls.

You find child sex abuse material or pornography on their computer. Sex offenders often supply potential victims with pornography or child sex abuse materials as a means of opening sexual discussions. Remember, this is part of the "grooming" process and often occurs after the predator has spent time forming a "relationship" with the child.

What to do if you suspect your child is at risk online

- Talk about it. Let your children know you are concerned and it is your job to keep them safe. Give them the opportunity to discuss any potential or actual victimization without fear of getting in trouble.

- Review what is on your child's computer and other devices. If you don't know how to do this, ask for help from a friend, coworker or relative. Explore all internet history and activity as well as email and social networking sites.

They turn the computer monitor off when someone enters the room or use other devices in private. This may be an attempt to hide something. If this occurs, check the history and share your concerns with your child.

They become withdrawn from the family. Predators work hard to drive a wedge between a child and his/her family. They will focus on even minor problems a child is having at home.

- Closely monitor your child's internet usage on the computer, cell phone or other handheld device. Set very clear boundaries that allow for close monitoring and supervision. Stick to the boundaries you have set. Continue to have open communication with your youth. Remind kids and youth online supervision is not punishment, but a way to ensure their safety.

Internet Fraud:
What are the dangers?

Internet fraud is the use of internet services to take advantage of someone else, most commonly identity theft. Identity theft occurs when someone assumes your identify to perform a fraud or other criminal act. Criminals can get the information they need from a variety of sources. Children can be victims and they should understand the risks.

Tips to minimize risk of identity theft as an adult:
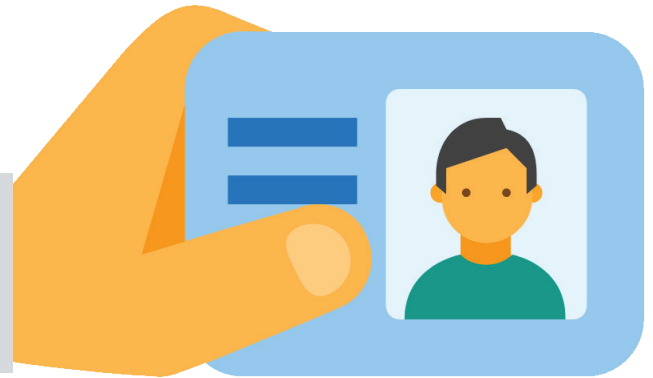
- Never throw away ATM receipts, credit statements, credit cards or bank statements. Always be sure to shred them.

- Never give your credit card number over the phone unless you make the call.

- Review your bank account monthly and notify your bank of any problems.

- Keep a list of telephone numbers to call and report the loss or theft of your wallet, credit cards, etc.

- Review a copy of your credit report at least once a year.

Tips to minimize risk of identity theft for your children:

- Teach your children to always keep their personal information safe, i.e. child's date of birth, social security number.

- Never share personal information on the internet such as their address or a picture of their driver's license.

- As they get older, teach them to always log out of any site that requires a user ID and password when they are finished.

- Talk with them about the importance of safely disposing of any documents that may have personal information included.

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Cyber-Bullying

Cyber-bullying is the use of technology to tease, humiliate, threaten or harass someone. Cyber-bullies have a variety of options and tools when it comes to victimizing someone; they include:

- Sending offensive, threatening or hurtful messages.

- Stealing passwords to access social network profiles and other accounts to obtain information meant to be private.

- Creating websites meant to tease, taunt and humiliate the victim.

- Sending or forwarding embarrassing pictures through e-mail, social network sites and cell phones.

- Internet polling (asking people to answer a mean-spirited question regarding someone) to tease and humiliate them.

- Sending pornographic material via email or social networks.

- Using impersonation to make it look as though the victim was sending messages or posting information or to trick someone into revealing personal information.

Using responsible and safe online behavior can prevent some types of cyber-bullying. Keeping personal information private and protecting usernames and passwords can stop someone from using it to hurt or embarrass. Despite responsible behavior and parental monitoring, cyber-bullying can still occur. It can often be an extension of taunting and teasing going on at school.

It is important to teach youth how to respond to cyber-bullying and where to seek help. They need to know it is not their fault, and parents need to understand that revoking a child's online access as a result of cyber-bullying may make them hesitant to communicate about what is going on. An effective approach to deter the bullying is to report incidents to teachers, school resource officers and school counselors.

Cyber-Bullying:
On the flip side...

Teach children the impact cyber-bullying may have on others if they choose to be the aggressor.
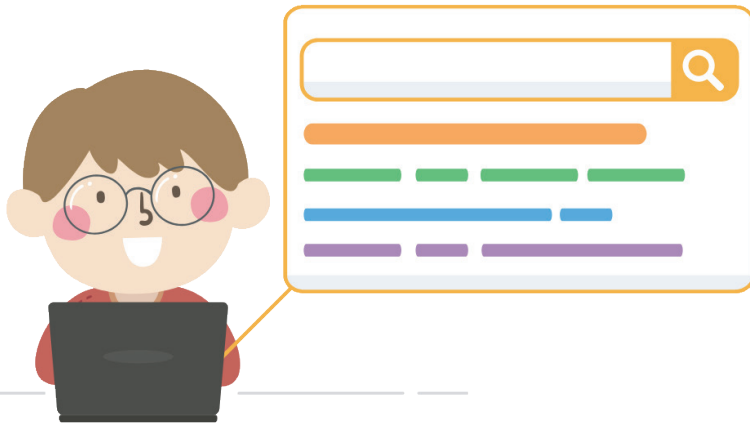
Parents and educators need to be reminded cyber-bullying can be emotionally destructive, cause anxiety or depression or cause the victim to seek revenge in a manner which creates more problems. Youth need to be supported, and in some cases, professional counseling should be sought to help identify and implement coping strategies.

When facing such difficult situations, the child and family should avoid isolation and seek support and assistance. Contact your child's Family Resource Youth Services Center or call 1-800-CHILDREN to access information regarding counseling or mental health services in your local community.

Prevention tips for parents and caregivers:

- Model appropriate online behavior.

- Establish an atmosphere of mutual caring and trust within the home.

- Help your child to understand the pain the victims feel and share real examples so they understand how even joking can be hurtful.

- Describe acceptable behaviors vs. aggressive behaviors.

- Impose and enforce consequences for aggressive online and other behavior as well as accepting responsibility for his/her actions.

- Seek help from a teacher, Family Resource Youth Services Center, doctor or professional counselor should the aggressive behavior continue.

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A closer look into cyber-bullying

Girls are more likely than boys to be both victims and perpetrators of cyber-bullying.

Studies show African American youth report cyber-bullying at **higher rates** than White youth.

Instagram is the social media site where most young people report experiencing cyber-bullying, with **42%** of those surveyed experiencing harassment on the platform.

15% of teen girls have been the target of at least four different kinds of abusive online behaviors, compared with **6% of boys.**

Source: DoSomething.org

Young people who experience cyber-bullying are at a greater risk than those who don't for both self-harm and suicidal behaviors.

About 37% of young people between the ages of 12 and 17 have been bullied online.

30% have been bullied online more than once.

27% of students report someone has said or done something cruel to them online.

4 out of 5 students (81%) say they would be more likely to intervene in instances of cyber-bullying if they could do it anonymously.
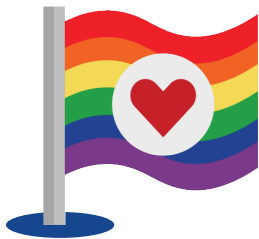
23% of students report they've said or done something mean or cruel to another person online.

83% of young people believe social media companies should be doing more to tackle cyber-bullying on their platforms.

60% of young people have witnessed online bullying. **Most do not intervene.**

About **half** of LGBTQ+ students experience online harassment -- a rate higher than average.

Only **1 in 10** teen victims will inform a parent or trusted adult of their abuse.

95% of teens in the U.S. are online using their smart phones

-- making it the **most common** medium for cyber-bullying.

True or False?

Children using technology for any activity must understand the following statements are **NOT TRUE**. Discuss these statements with your child and use them as a conversation guide.

1 Information on the internet can always be trusted as factual - it wouldn't be online if it were not true.

2 Anything I send in my private email, Instant Message (IM) or chat cannot be seen by anybody other than to whom I sent it.

3 It is not against the law to take a sexual picture of myself and send it to my boyfriend. Or, it is ok for me to show my friends nude pictures of my girlfriend she took of herself and sent to me.

4 If someone I meet online asks me to keep a secret from my parents, I should.

5 If I meet someone online and he asks to be added to my "friend list" I should accept, because we are friends.

6 A website must have my permission to put any personal information about me, like my phone number, address or birth date, online.

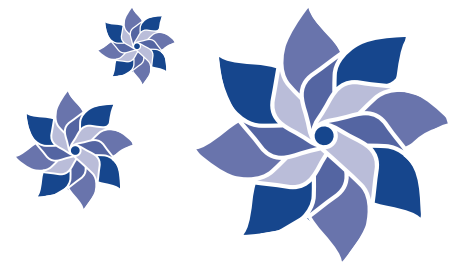**7** Installing blocking software and a virus checker on my computer will keep me safe.

8 I can always trust emails and attachments I get from friends.

9 I can always trust emails and attachments I get from friends.

10 I'm visiting a site of an organization I've heard of before—it is okay to give my name and phone number to enter a contest.

Did you know?

Apps parents should know about

ASK.FM
Known for cyberbullying, the app encourages users to allow anonymous people to ask them questions.

WHISPER
An anonymous social netowork that promotes sharing secrets with strangers. It also reveals a user's location so people can meet up.

HOLLA
A self-proclaimed "addicting" video chat app that allows users to meet people all over the world in just seconds. Reviewers say they have been confronted with racial slurs, explicit content and more.

LIVEME
A live-streaming video app that uses geolocation to share videos so users can find out a broadcaster's exact location. Users can earn "coins" as a way to "pay" minors for photos.

KIK
Allows anyone to contact and direct message your child. Kids can bypass traditional text messaging features. KIK gives users unlimited access to anyone, anywhere, anytime.
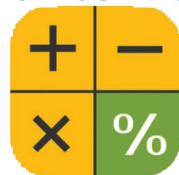
CALCULATOR%
There is an app that looks and functions just like a normal calculator until you type in a secret passcode to reveal a private storage app in which you can hide photos and videos you don't want others to see.

BUMBLE
Similar to the popular dating app "Tinder," requiring women to make the first contact. Kids have been known to use Bumble to create fake accounts and falsify their age.

BADOO
A dating and social networking app where users can chat, share photos and videos, and connect based on location. While the app is intended for adults only, teens are known to create profiles.

WHATSAPP
A popular messaging app that allows users to send texts, photos, voicemails and make calls and video chats worldwide. WhatsApp uses an internet connecction on smart phones and computers.

SNAPCHAT
One of the most popular apps in recent years. While the app promises users can take a photo/video and it will disappear. New features including "stories" allow users to view content for up to 24 hours. Snapchat also allows users to see your location

MEETME
A dating social media app that allows users to connect with people based on geographic proximity. As the app's name suggests, users are encouraged to meet each other in person.

INSTAGRAM
This social networking app connects youth with random people they don't know so they can have a one-on-one chat.
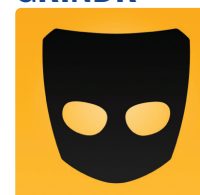
TIKTOK
A new app popluar with kids used for creating and sharing short videos. With very limited privacy controls, users are vulnerable to cyberbulling and explicit content.

SKOUT
A location-based dating app and website. While users under 17 years old are unable to share private photos, kids can easily create an account using a different age.
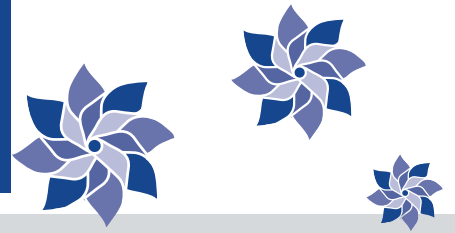
GRINDR
A dating app geared towards gay, bi and transgender people. The app gives users options to chat, share photos and meet up based on smart phone's GPS location.

HOT OR NOT
Encourages users to rate profiles, check out people in their area and chat with strangers. The goal of this app is to hook up.

Sample Safety Pledge

Safety pledges can help provide clear guidelines for safer internet use. NetSmartz recommends using the Internet Safety Pledge to promote safety discussions and create safer boundaries. Sample pledges for various ages can be found at https://internetsafety101.org/youthpledge

Adult's pledge:

- I will set reasonable rules and guidelines. We will discuss these rules and I will monitor compliance.

- I will not overreact if a child tells me something about a problem he or she is having online.

- We will work together to solve problems and prevent them from happening again.

- I will be a good role model online.
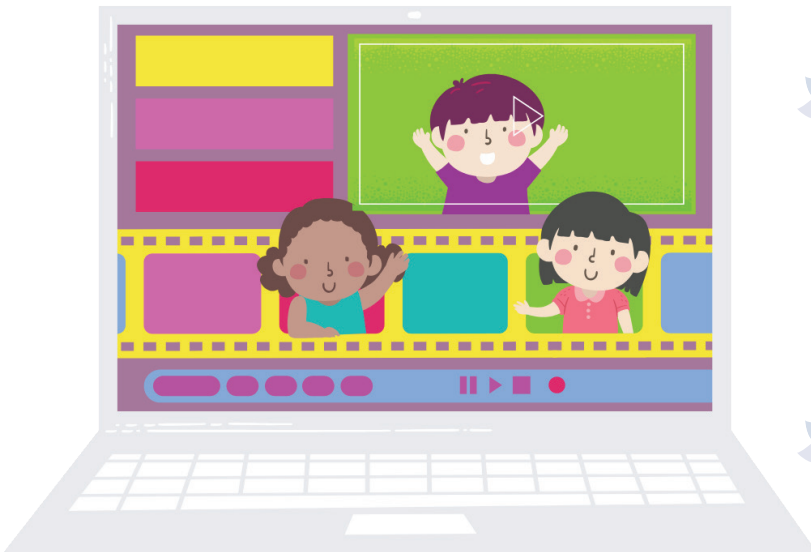
Signature: _____

Signature: _____

Date: _____

Prevent Child Abuse
Kentucky™

Youth pledge (Middle/High School):

I will think before I post.
I agree not to post information and images that could put me at risk, embarrass me, or damage my future, such as:

- Cell and home phone numbers.
- Home address.
- Sexual messages.
- Inappropriate pictures and videos.

I will respect other people online.
I will not:

- Post anything rude, offensive or threatening.
- Send or forward images and information that might embarrass, hurt, or harass someone.
- Take anyone's personal information and use it to damage his or her reputation.

I will be careful when meeting online friends in person.
I agree to:

- Ask my parent or guardian's permission before going.
- Have a parent or guardian accompany me.
- Meet in a public place.

I will protect myself online.
If someone makes me feel uncomfortable or if someone is rude or offensive, I will:

- Not respond.
- Save the evidence.
- Tell my parent, guardian, or another trusted adult.
- Report to the website, cell phone company, CyberTipline.com, or the police.

Additional Resources

www.pcaky.org

Prevent Child Abuse Kentucky offers additional resources and templates, as well as statistics and information on other forms of child abuse and neglect; an online internet safety training and prevention trainings on a variety of topics.

www.missingkids.org

The National Center for Missing & Exploited Children, (NCMEC), serves as the nation's resource on the issues of missing and sexually exploited children. The organization provides information and resources to law enforcement and other professionals, parents and children including child victims.

www.cybertipline.com

Report child sex abuse material or suspected child sexual exploitation.

www.ncpc.org

The National Crime Prevention Council has downloads for parents, including a cell phone use contract and parent tip sheet.

www.dhs.gov/stopthinkconnect

The Department for Homeland Security offers messages and tools to promote responsible internet use and awareness of fraud, identity theft, cyber predators and cyber ethics.

www.netsmartz.org

A program of the National Center for Missing and Exploited Children that has resources for parents/guardians, educators, law enforcement, teens and kids about safe internet use.

www.facebook.com/help

The Help Center allows users to find information regarding the site's products and policies, including answers to frequently asked questions and step by step guides for configuring security settings.

http://kentuckystatepolice.org/kentucky-internet-crimes-children-task-force/

Kentucky State Police Internet Crimes Against Children Task Force

www.justice.gov/usao-edky/project-safe-childhood

United States Attorney's Office Project Safe Childhood

www.urbandictionary.com

Urban Dictionary is a website that provides current slang definitions.

www.ic3.org

IC3.org is overseen by the Federal Bureau of Investigations and collects internet related crime complaints.

Search engines such as **www.google.com** often help translate messaging or chat shorthand.

Websites such as **www.chatslang.com** or **www.netlingo.com** provide an extensive list of text, instant messaging and chat shorthand.

Prevent Child Abuse Kentucky thanks the Child Victim's Trust Fund for supporting the revision of this important resource. We also thank staff from the Attorney General's Office, Kentucky State Police Electronic Crimes Branch and the United States Attorney's Office, Eastern District of Kentucky for their contributions to this project.
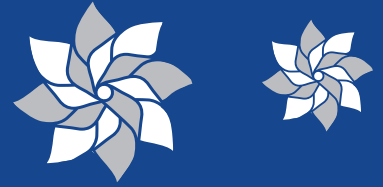
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