

# Online Safety for Middle and High School



Version 5.0 - 8/2010

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## Introduction

- Online Relationships.
- Keep Personal Information Private.
- Protect Your Reputation.
- Cyber Bullying.
- Safety Tips.

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We will be discussing several topics during this presentation, including online relationships, the importance of keeping personal information private, protecting your reputation, cyber bullying, and safety tips.

## Online Relationships

- **You may not know the truth about someone you first meet online.**
- **Time does not equal trust or knowing the person.**
- **You can be lied to or betrayed.**

Have you ever developed an online relationship with someone? Do you have online friends that you have never met in real life? If you don't know someone in real life, you really don't know who they are. It doesn't matter how long they have been on your friends list or buddy list. You can't be sure that they are telling the truth or are who they say they are.



7 NEWS  
Small This Story | Print This Story

**Police: San Diego Man Kills Girl He Met In Chat Room**

- Predators will use information obtained from children to gain trust and friendship (*her mother's death*).
- Unless you know someone in person, you don't really know who they are on the Internet (*predator portrayed himself as 18 yr old*).
- Anyone is vulnerable (*father was police officer, lived in small town*).

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Kacie Rene Woody was a typical 13-year-old girl. She was a good student, a member of the school band and liked going online. Kacie met 18 year old David Fagan in a Christian chat room for teens. She didn't doubt his identity because the picture posted in David's profile was of a brown hair, blue eye teenage boy. What Kacie didn't know was that David Fagan didn't really exist.

*(Click mouse)* She was really talking to 47 year old David Fuller. He had used a photo of a nephew in his profile. Fuller was an Internet predator who had set his sights on Kacie. She made the fatal mistake of sharing personal information with him. Fuller tracked Kacie from his home in San Diego, California to the small town in Arkansas where she lived. He abducted and then killed her before committing suicide.

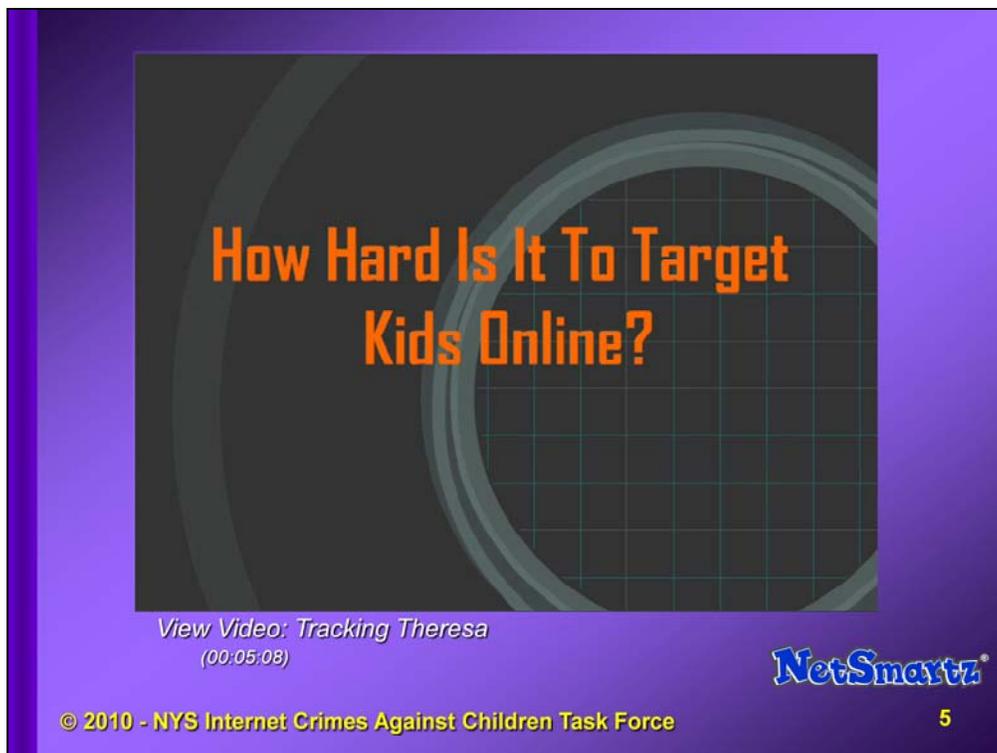
This is a tragic story and we should all learn something from such a tragedy.

*(Click mouse)*

**Predators will use information obtained from children to gain trust and friendship** - *When Kacie told Fuller about witnessing her mother's death in a traffic accident, Fuller told Kacie that he had an aunt that lived in Arkansas who had also been in a traffic accident, was in a coma and expected to die soon. This is one way he established a bond of trust and friendship.*

**Unless you know someone in person, you don't really know who they are on the Internet.** *Fuller portrayed himself as 18 years old and Kacie believed him.*

**Anyone is vulnerable** - *Kacie's father was a police officer and she lived in small town, but once she logged onto the world wide web, she was no longer just a part of the small community she physically lived in.*



How Hard Is It To Target Kids Online?

View Video: Tracking Theresa  
(00:05:08)

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Kacie made the fatal mistake of giving out personal information. She told Fuller her phone number. Sometimes you can inadvertently give out information that helps someone track you online. The video “Tracking Theresa” demonstrates just how easy it is to track someone online.

*Play Video.*



## Warning Signs



- If someone tries to isolate you from your family or friends.
- Turn you against your parents.
- Make you keep secrets.
- Send inappropriate materials or talk about explicit subjects.
- Threaten you.

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Anyone who really cares about you would not want to isolate you from your family or friends, turn you against your parents, make you keep secrets, send inappropriate material or even threaten you.

The image shows a video player interface with a purple gradient background. At the top, a dark purple banner contains the text "Don't Believe the Promises." in yellow. Below this, a black video player window displays the title "Amy's Choice" in blue, with the subtitle "A true story in her own words" in white below it. Underneath the video player, the text "View Video: Amy (00:02:53)" is visible. In the bottom right corner, the "NetSmartz" logo is present. At the bottom left, the copyright notice "© 2010 - NYS Internet Crimes Against Children Task Force" is displayed, and a small number "7" is in the bottom right corner.

I know that teens are curious about sex, seek attention and affection and sometimes want to rebel against parents. Sexual predators know this too and will use this in order to exploit you and your friends. Online predators will say and promise anything in order to gain your trust and friendship. Amy developed an online relationship with someone and then ran away with him. Listen carefully, as Amy recalls the mistakes she made in believing the promises that Bill made to her.

*Watch video.*

Amy told us about the feelings that she was having, but didn't know that her friends were having the same feelings. You need to recognize when you are having those types of feelings and talk to a friend or trusted adult that you know in real life - not an online stranger.

## Beware when someone says...

- "Let's go private."
- "Where's your computer in the house?"
- "I know someone who can get you a modeling job."
- "Who's your favorite band? Designer? Gear?"

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Beware when someone says...

"Let's go private" – predators want you to leave the public chatroom and create a private chat or move to instant-messaging or phone texting. This is a preferred communication method of predators.

"Where's your computer in the house" – predators ask this to see if parents might be around.

"I know someone who can get you a modeling job" – predators think flattery will get them everywhere.

"Who's your favorite band?" – questions like these tell the groomer more about you so they know what gifts to offer – e.g. concert tickets.

- “You seem sad. Tell me what’s bothering you.”
- “You are the love of my life.”
- “What’s your phone number?”
- “If you don’t...do what I ask, I’ll ... tell your parents OR share your photos in a photo blog/Webcam directory/file-sharing network.

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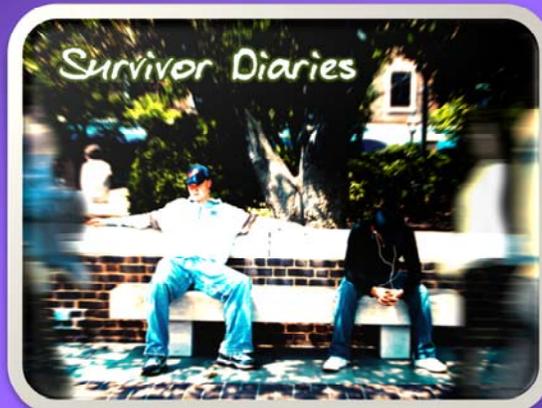
“You seem sad. Tell me what’s bothering you.” – pretending to be sympathetic is a common trick.

“You are the love of my life.” – this is what Amy fell for before traveling out of state to meet someone who’d groomed her.

“What’s your phone number?” - asking for personal info of any kind - usually happens at a later stage, after the target’s feeling comfortable with the groomer - but all online kids know not to give out personal info online, RIGHT?!

“If you don’t ...do what I ask, I’ll tell your parents OR share your photos in a photo blog/webcam directory/file-sharing network” - intimidation is used as the groomer learns more and more about the target. We will talk more about this subject in a little while.

## Who can be a victim?



*View Video: Survivor Diaries (00:02:44)*

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Most people think that girls are the only victims of predators, but it happens to boys too. This next true story, *Survivor Diaries*, is about two boys who were victimized by people they met online.

[Play Video](#)

**911 of the Internet**

**1-877-474-KIDS (5437)**

**[www.troopers.state.ny.us](http://www.troopers.state.ny.us)**



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What happened to Ryan and Noah was terrible, but that wasn't the end of their story. They told someone about their abuse. It is important that you do the same. If someone makes you uncomfortable online, you and your trusted adult can report the situation to the New York State Internet Crimes Against Children Task Force. You can report:

- Anyone who sends you revealing photos or videos.
- Anyone talking to you about sex.
- Anyone who asks to meet you offline.

It is important to report, even if you aren't bothered by it. You can help protect someone else, maybe even someone close to you. Reporting means you are standing up for yourself and making sure no one else becomes a victim.

## Never Meet With Someone in Real Life Who You First Met Online.

- You don't know for sure if people really are who they say they are. If you think it is appropriate to meet with someone, always discuss the meeting with your parents first, meet in a public place and never go alone.
- It is a good idea to first have your parents speak with the parents of the person you want to meet.



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If someone wants to meet with you in real life, don't be flattered, be suspicious. Any person worth having as a friend would be concerned about their own safety too.

The image is a screenshot of a MySpace profile and news coverage. On the left is a MySpace profile for user 'karebear000'. The profile includes a photo of a young woman with long, wavy blonde hair wearing a pink shirt. Below the photo, the profile information is listed: Name: Kara Beth B, Country: United States, State: Pennsylvania. To the right of the profile is a news article from MSNBC. The article title is 'It began when her parents demanded a meeting' with a sub-headline 'Suspect in deaths of girlfriend's parents gives account of deadly morning'. Below this is another article titled 'When murder hits the blogosphere' with the sub-headline 'Personal sites suddenly very public in aftermath of Pennsylvania killing'. A central image shows Kara Beth Borden and David Ludwig, with a red car in the background. To the right of this image is a photo of Kara Beth Borden in an orange and white striped jumpsuit. At the bottom of the screenshot, there are two text boxes. The left one contains a news snippet: 'NEW YORK - Early one morning a few weeks ago, Kara Borden, a 14-year-old from Lititz, Pa., logged onto MySpace. The young, bubbly, blond-haired, brown-eyed homeschooled high school freshman had a profile on the popular networking site.' The right one contains another snippet: 'A few hours later she allegedly stood by as her boyfriend, David Ludwig, 18, shot and killed her parents.' At the bottom left of the screenshot is the copyright notice '© 2010 - NYS Internet Crimes Against Children Task Force' and at the bottom right is the number '13'.

**MSNBC** Home | U.S. News | Crime & Punishment  
**U.S. News**  
**It began when her parents demanded a meeting**  
 Suspect in deaths of girlfriend's parents gives account of deadly morning

**When murder hits the blogosphere**  
 Personal sites suddenly very public in aftermath of Pennsylvania killing

**KARA BETH BORDEN & DAVID LUDWIG**  
 Kara Beth Borden & David Ludwig Case Full Coverage

**Name:** Kara Beth B  
**Country:** United States  
**State:** Pennsylvania

**NEW YORK** - Early one morning a few weeks ago, Kara Borden, a 14-year-old from Lititz, Pa., logged onto MySpace. The young, bubbly, blond-haired, brown-eyed homeschooled high school freshman had a profile on the popular networking site.

A few hours later she allegedly stood by as her boyfriend, David Ludwig, 18, shot and killed her parents.

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14 year old Kara Borden met 18 year old David Ludwig on MySpace. The two established an online relationship that led to Kara sneaking out of her house during the night to meet him. When Kara's parents caught her sneaking back in the house, they insisted that Kara end the relationship. They also insisted on meeting Ludwig to tell him this. When Ludwig showed up at the house, he shot and killed both parents as Kara looked on. While these instances are rare, it is important to recognize that they can happen and that online contacts are not necessarily "friends" in fact, they may be dangerous.

## Keeping Personal Information Private

### Who is looking at you online?



Parents

Teachers

Coaches

Future Employers

Law Enforcement

College Admission Officers

Online Predators

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SAT scores are no longer the only consideration for getting into a good college. Before sending out acceptance letters, some college admission officers are checking out prospective student's Facebook and other social networking sites pages. Police officers are looking for crime online and some employers are even firing people because of photos posted in profiles and other online activity.

## Where are they looking at you online?



*View Video: Future Consequences (0:30)*

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Remember that there is no such thing as a private conversation online. It doesn't matter if you are communicating with a friend on Facebook, Twitter or Skype; anyone can copy and paste your conversation and images.

## **Do Not Give Out Personal Information.**

- Never give out your personal identifying information or your families or friends, such as name, address, telephone number, and school name in any public areas or in email unless you are sure you know the person.

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Never give out personal information in any public areas.

## Use Privacy Settings

- Use the privacy settings – such as “Friends Only” on any social networking site you are on.
- Only allow people you know in real life on your friends list.

The screenshot shows a news website with several articles. The main article is titled "Two arrested on sex charges linked to MySpace" with a sub-headline "Prosecutors: Men used blog site to meet underage girls". Other articles include "Man Accused Of Enticing Child He Met Online" and "MySpace In Sex Assault Probe". The website has a purple header and a yellow background for the main content area.

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Many teens have found themselves in a dangerous situation after sharing personal information online with strangers.

Keep settings on private – friends only, including your profile, IM, and your online calendar or Facebook events.

The image consists of two overlapping screenshots of the Facebook website. The top screenshot shows the profile page for 'New York State Missing and Exploited Children Clearinghouse'. A red arrow points to the 'Account' link in the top right navigation bar. The bottom screenshot shows the 'Choose Your Privacy Settings' dialog box. A red arrow points to the 'Friends Only' option in the 'Sharing on Facebook' section, and another red arrow points to the 'Apply These Settings' button at the bottom right.

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To make your Facebook viewable to friends only, do the following:

1. Click on Account.
2. Click on Privacy Settings.
3. Choose Friends Only.
4. Click on Apply These Settings.

## Check With Your Friends

- Before posting pictures or information about your friends, check with them first. Always protect your privacy and theirs.
- Check to see what your friends are posting about you. If anything they have posted about you makes you uncomfortable, ask them to remove it.



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Check with your friends first before posting information about them. Always protect you privacy and theirs.

Check to see what your friends are posting about you. If anything makes you uncomfortable, ask them to remove it.

# Message Boards

The image displays several overlapping screenshots of online message boards and classifieds sites. At the top, the text 'Message Boards' is written in a large, yellow, sans-serif font. Below this, the screenshots include:

- thoughts.com**: A screenshot of the website's header with navigation links like Home, Blogs, Photos, Videos, Podcasts, Polls, Surveys, News, Forums, Groups, Profile, and a search bar.
- Phantasy Tour**: A screenshot of a forum post with a banner for 'Gilbey's Fusion Proglide' and the text 'Stop Shaving. Start Gliding'.
- Craigslist**: A screenshot of the Craigslist homepage, showing various categories such as 'community', 'housing', 'jobs', 'personals', and 'for sale'.
- albany.com**: A screenshot of a classifieds site with a grid of categories including 'real estate', 'auto', 'electronics', and 'services'.
- Message Board**: A screenshot of a forum thread list with columns for 'Thread Title', 'Originator', and 'Replies'.

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Many people believe they can be anonymous on message boards, but there are plenty of creepy losers out there who have the skills and time to figure out who you are, and then harass and make your life very difficult. Be cautious of what and where you are posting on message boards. Also, beware of the many scams published on messages boards. Unfortunately, there are many messages and ads that try to take advantage of people.

## Protect Your Reputation



Consider if it is a picture you want everyone to see, including your parents, teachers, law enforcement and college admission officers.



Remember that any picture you upload to the Web can be downloaded by anyone and be copied or posted online FOREVER.



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Imagine that you've been invited to a party. When you arrive, you realize it is a huge party with hundreds of people, but when you enter the room, the lights are off, the room is very dark, you can't see the people and their voices are distorted, so you can't even tell who is male or female. Would you walk around that party handing people your picture, or telling them your address or phone number?

Remember that any picture you upload to the Web can be downloaded by anyone and be copied or posted online forever.



It is important to be careful about the types of text messages, pictures and videos you send over your cell phone. The consequences of sending sexually explicit messages or images can be staggering. Many kids can end up being the target of bullying, harassment and some can even face criminal charges.

Sexting is the sending of sexual messages, pictures, or videos through cell phones. Sometimes sexting is considered child pornography, which is a crime. Even teenagers can be registered as sex offenders for sexting.

Play Video.

## Sexting – Serious Consequences

**'Sexting' surprise: Teens face child porn charges**  
6 Pa. high school students busted after sharing nude photos via cell phones

**Top News**  
Sexting at middle school investigated

**New trend of sexting can mean trouble with the law for teens**

**Do your kids know sexting could bring criminal charges?**  
Posted: May 6, 2009 09:07 PM EDT  
Updated: May 8, 2009 11:25 PM EDT  
By Becky Graham - bio | email | Twitter  
Posted by Sarah Harlan - email

**Four students charged in "sexting"**  
By Bel Harvey | The Roanoke Times  
Four students at Stanton River High School in Bedford County and investigation uncovered nude cellphone photographs of minors last been charged with misdemeanors related to obscenity offenses, on felony.

**Two Mason Teenagers Charged In 'Sexting' Case**  
Third Subject  
POSTED: 5:21 PM EDT  
UPDATED: 11:25 PM EDT  
MASON, nude picture practice group  
The Warrenton contribution

**More and more students are taking part in what has become known as sexting, and one high school said they're not going to let their students fall into that cyber trap.**

"It would be absolutely horrific and I hope I never have to live through that," Perry Central Community High School German teacher Mary [Name obscured] said.

Two cellphones were seized during the investigation, according to the search warrant return.

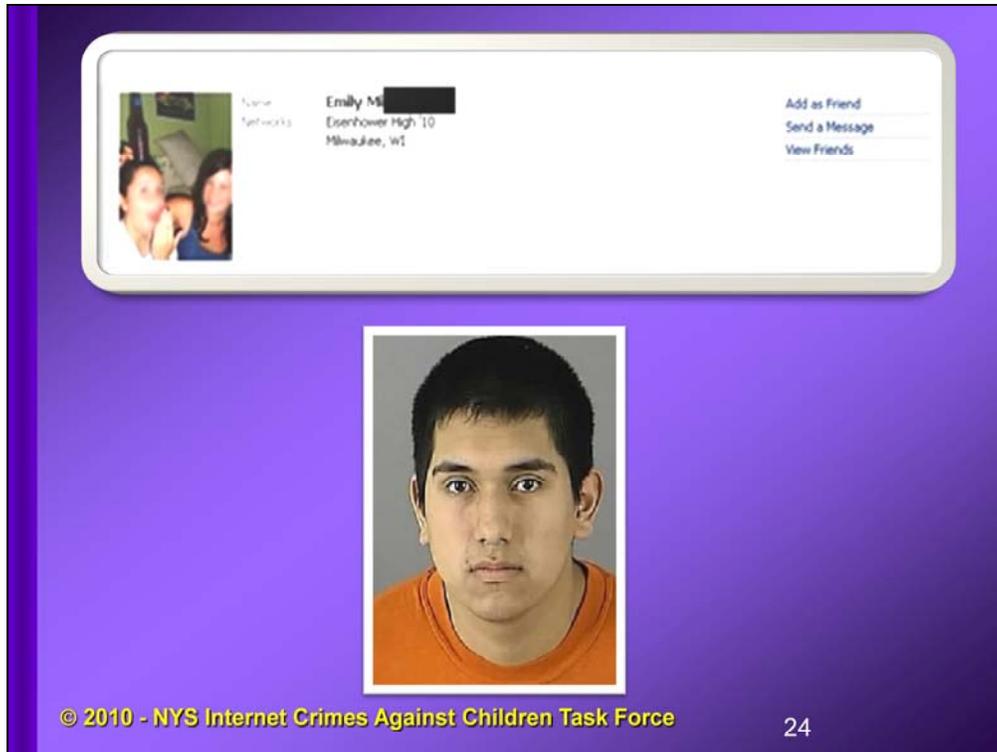
*View Video: Rachel's sext (0:31)*

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Listen to this true story: A 14-year-old girl took a nude picture on her cell phone and sent it to a few friends as a joke. Those friends sent it to a few of their friends, and then a few of theirs, until as many as 200 people had seen it. Not only was she humiliated, she was arrested for creating child pornography. You might think that you can do anything with your body on your phone, but do you want to take that chance?

Even if you are not the one taking the picture, you could still be arrested for forwarding it to your friends, like six boys were in Massachusetts.

Play Video.



Emily was a student at Eisenhower High School in New Berlin, Wisconsin, a suburb of Milwaukee. Like many girls her age, she had lots of friends on Facebook and was especially popular with the boys. Unfortunately, Emily didn't really exist and was the creation of this boy, (click mouse) 18 year old Anthony Stancl. Stancl had an elaborate scheme where he convinced other boys at Eisenhower High School to send sexually explicit photos of themselves. The boys believed they were sharing the pictures with Emily. In the end, 39 boys were victimized.



## Cyber Bullying

- **Don't respond.**
- **Don't retaliate.**
- **Save the evidence.**
- **Talk to a trusted adult.**



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**Don't respond.** If someone bullies you, remember that your reaction is usually exactly what the bully wants. It gives him or her power over you. Who wants to empower a bully?.

**Don't retaliate.** Getting back at the bully turns you into one and reinforces the bully's behavior. Help avoid a whole cycle of aggression.

**Save the evidence.** The only good news about digital bullying is that the harassing messages can usually be captured, saved, and shown to someone who can help. You need to do this even if it's minor stuff, in case things escalate.

**Talk to a trusted adult.** You deserve backup. It's always good to involve a parent but – if you can't – a school counselor usually knows how to help. Sometimes both are needed. If you're really nervous about saying something, see if there's a way to report the incident anonymously at school.

- **Don't be a bully.**
- **Be a friend, not a bystander.**
- **Block the bully.**
- **Be civil.**

- Adapted from SafeKids.com



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**Block the bully.** If the harassment's coming in the form of instant messages, texts, or profile comments, do yourself a favor: Use preferences or privacy tools to block the person. If it's in chat, leave the "room."

**Be civil.** Even if you don't like someone, it's a good idea to be decent and not sink to the other person's level. Also, research shows that gossiping about and trash talking others increases your risk of being bullied. Treat people the way you want to be treated.

**Don't be a bully.** How would you feel if someone harassed you? You know the old saying about walking a mile in someone's shoes; even a *few seconds* of thinking about how another person might feel can put a big damper on aggression. That's needed in this world. It's easy to be misunderstood in an email, IM or text. When you are joking about something, add a smiley face or JK to ensure the recipient knows that you are joking.

**Be a friend, not a bystander.** Watching or forwarding mean messages empowers bullies and hurts victims even more. If you can, tell bullies to stop or let them know harassment makes people look stupid and mean. It's time to let bullies know their behavior is unacceptable – cruel abuse of fellow human beings. If you can't stop the bully, at least try to help the victim and report the behavior.

## Check Comments Regularly

- If you have a profile or blog where other people make comments, check them often.
- Do not respond to offensive or embarrassing comments. Delete them and block that person from making additional comments.



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If you have a blog where other people can make comments, check them often. Use the option to approve comments before they are posted to your page.

Do not respond to offensive messages. Delete them and block that person from making addition comments.

The image is a collage of various news snippets and a central warning. At the top left is the MSNBC logo with the text 'MSNBC Home Technology & Science Security'. To its right is a headline: 'School suspends 20 over MySpace posting' and 'Calif. middle-school student faces expulsion over alleged threat on Web site'. Below this is a snippet from the Associated Press dated 3, 2006, mentioning a 'middle school student'. To the right of this is a sidebar with 'MSN TECH AND GADGETS' and 'Halloween downloads'.

On the left side, there is a section for 'National Association for College Admission Counseling' with the tagline 'Guiding the way to higher education'. Below it is a link to 'Home > News > "Steps to College" Newsletter > M' and a sub-headline 'MySpace in College Admission'. A snippet of text follows: 'You've been working hard to get into school study even process college to wait your c'.

In the center, there is a snippet from the Associated Press dated 'Wednesday, September 27, 2006' with the headline 'Police use MySpace to nab teen criminals'. Below this is a snippet from 'LOS ANGELES TIMES' dated '1.05.06' with the headline 'LOS ANGELES — Los Angeles police are regularly'.

Overlaid on the center of these snippets is a large purple box with the text: **DO NOT SAY ANYTHING ONLINE THAT YOU WOULDN'T SAY OFFLINE.**

At the bottom left of the collage, there is a snippet: 'Whether it's through MySpace, Facebook, Friendster, students are online—online sha'. At the bottom right, there is a snippet: 'MySpace itself cooperates with investigations and offers a "law enforcement investigator's guide" that shows police departments how to use the site.'

At the bottom of the collage, there is a copyright notice: '© 2010 - NYS Internet Crimes Against Children Task Force' and the page number '29'.

Do not say anything online that you wouldn't say offline. Once you post something online, you can't take it back.

# The Lasting Effect of Words...



*View Video: Tattoo (0:36)*

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*Play video.*

## Protect Your Passwords.

- Use strong passwords and keep them confidential.
- Don't give out your password, even to your best friend.



View Video: *Broken Friendships*  
(00:01:45)

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Don't use passwords that are easy for someone to guess, such as birth date or nickname. Use strong passwords with a combination of letters, numbers and symbols.

You should share your password with your parents, but no one else, not even your best friend.

Let's watch a video that tells the true story of a girl who was the victim of cyberbullying after she shared her password with her best friend.

*Play video.*

## Safety Tips

- Talk to a trusted adult if anything makes you feel scared, uncomfortable or confused.
- Do not respond to messages that are rude or offensive.
- Save messages that could be used by law enforcement as evidence.

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Talk to a trusted adult if anything makes you feel scared, uncomfortable or confused.

Do not respond to messages that are rude or offensive. Responding to this type of message may encourage the sender. If it continues, block the user on IM, email, chat or social networking sites.

Save message that could be used by law enforcement as evidence, especially if someone physically threatens you.

## Safety Tips

- Do not post personal information.
- Respect copyright laws and check your sources.
- Do not forward emails to “everyone” in your address book.
- Secure your password – do not share it, even with your best friend.

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Don't post personal information.

Copyright laws are for real and you must be careful when downloading and sharing music. Recently more than 18,000 file-sharers were sued by the recording industry association. Settlement costs can be as much as \$3,000. A letter to one Ohio University student told her that she distributed 787 audio files, putting her total minimum potential liability at more than \$590,000."

Don't forward emails to “everyone” in your address book. If you receive a chain letter in an email, remember that chain letters are tricks and usually contain a virus or worm. Nothing bad will happen if you just delete the chain letter.

Use strong passwords and keep them confidential.

## Safety Tips

- Never download from anyone you don't know.
- Beware of phishing scams: If you receive an email or bulletin that requests your username and password or directs you to a website that asks personal information, **DO NOT** respond.

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Any crook or criminal can set up a website. Before downloading anything, be sure it is a trusted site.

Recently, people have received emails requesting them to click on a link to MySpace. Once they go to the link, they enter their username and password. But the site isn't really MySpace, it is a mirror site and the criminal now has that person's password.

Never link to a website in an email sent from someone you don't know.

## Things to Ask Yourself Before Running Away

What else can I do to improve things at home before I leave?

What would make me stay at home?

How will I survive?

Is running away safe?

Who can I talk to about the situation?



**Have other questions?  
Call 1-800-RUNAWAY**

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Ask yourself some questions before running away.

## If You are Thinking of Running Away...

- Talk to a trusted adult or friend that you know in real life.
- Call the National Runaway Switchboard at 1-800-RUNAWAY.
- Call the Covenant House 9 Line at 1-800-999-9999.



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If you ever think you are in a situation so bad that you want to runaway, remember that you have options.

Talk to someone you trust, call the National Runaway Switchboard or the Covenant House 9 line.

## Remember the 4 R's

- **Recognize** techniques used by online predators to deceive their victims.
- **Refuse** requests for personal information.
- **Respond** assertively if you are ever in an uncomfortable situation while online. Exit the program, log off or turn off the computer...
- **Report** to a parent or other trusted adult any suspicious or dangerous contact that makes you uncomfortable.

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Remember the 4 R's.

**Recognize** techniques used by online predators to deceive their victims.

**Refuse** requests for personal information.

**Respond** assertively if you are ever in an uncomfortable situation while online. Exit the program, log off or turn off the computer...

**Report** to a parent or other trusted adult any suspicious or dangerous contact that makes you uncomfortable.



**NYS Internet Crimes Against Children Task Force**

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

**1-877-474-KIDS (5437)**

**[nysicac@troopers.state.ny.us](mailto:nysicac@troopers.state.ny.us)**

**NYS Division of Criminal Justice Services  
Missing and Exploited Children Clearinghouse**

**[www.criminaljustice.state.ny.us](http://www.criminaljustice.state.ny.us)**

**1-800-FIND-KID (346-3543)**

**[missingchildren@dcjs.state.ny.us](mailto:missingchildren@dcjs.state.ny.us)**