

Cyber Smart / Cyber Safe

Handout for Teenagers



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Your parents need to know your computer passwords.

If something ever happens to you the first thing the FBI or police will need to look at are your Facebook and E-mail accounts. They may hold clues that can keep you from harm.

Cyber Smart Tips:

1. Never meet someone in person that you first met online.
2. Never give out personal information to strangers.
3. Never exchange pictures with a person you don't know.
4. Never respond to messages from strangers.
5. Never post or send inappropriate pictures of yourself to anyone, even friends. They may become public for everyone to see.
6. Don't represent yourself in an unfavorable way – schools and employers may see it.
7. Don't enter your password through a link. Just because a page on the Internet looks like a Web site, it doesn't mean it is. It is best to go the site log-in page through your browser.
8. Don't use the same password on Facebook that you use in other places on the web. If you do this, phishers or hackers who gain access to one of your accounts will easily be able to access your others as well.
9. Don't share your password with anyone except your parents. Social sites will never ask for your password through any form of communication.
10. Use "street smarts" in cyberspace – take the same precautions in the online world that you would in the physical world.

PREDATOR GROOMING PROCESS (S.I.T.S)

SIMILAR INTERESTS: They tell you that they like the same things that you like.

TRUST: They make you think that you can tell them anything; when you talk about problems they always take your side.

SECRECY: You can tell them secrets. They may tell you to keep your friendship secret because no one else will understand.

Facebook Safety

- Make sure you adjust your security setting so only your friends can see your Facebook page.
- Only accept friend requests from people that you know
- Don't list your exact birth date or home address.
- Represent yourself well – colleges, employers and others make look at your Facebook page and make decisions affecting your future.
- Don't provide your cell phone number to verify the results of a Facebook game or survey without reading the terms and conditions. It may result in recurring charges on your cell phone bill.

How to Deal With Cyberbullying

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.

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.

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.

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