

Social Networking Discussion Questions



Stop the Silence. Help End the Violence.

Talk to your child about information on profiles and together review all of his or her profiles. Encourage your child to share his or her online experiences. Here are some questions to consider:



1. What do you use the internet for? What devices are you using to access it?
2. Do you have an email address? How many? What are they, and what are the passwords?
3. Who do you communicate with? Do you chat (i.e. Google Chat, Facebook messaging)?
4. Have you been contacted by a stranger on the internet? How did you respond?
5. Do you think communicating with people you don't know off-line is safe? Why?
6. Do you have a social media profile? How many? What platforms are they through? What are the usernames and passwords?
7. Do you think that people should put photos of their friends on the internet?
8. How private is information you post on the internet? Who might see it?
9. Do you think college admissions officers look online for information on prospective students? What about potential employers?
10. Have you seen sexual images or remarks in a text, online, or on social media profiles? What did you do?
11. What do you do if a friend is looking at sites at school that are off-limits or inappropriate?
12. Do you think you can be more authentic when you are online - can you be more who you really are - or do you think people like to be someone else and play around with their identity?
13. Teasing, lying, gossiping, threatening, spreading rumors, and harassing are all forms of bullying. If these things occur online, are they perceived as less "harming?" Has anyone done this to you?
14. If you were asked to "disconnect" (no cell phones or internet) for a period of two weeks, how easy or hard would it be for you and why?
15. What times and areas of the home are designated to be free of high-tech devices?
16. What are our rules for appropriate high-tech usage?



Bill Schuette
Attorney General

Social Networking Action Plan



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If you determine that your child has a profile on a social networking site, consider the following plan:

1. Establish ground rules with your child regarding online safety, internet usage, and privacy issues.
2. Teach your child that whatever they put online is permanent. Everything they post, tweet, text or send using an app leaves a public digital footprint.
3. Limit when your child can use his/her devices. For example, prevent usage while driving, during meals, vacations, or after 9 p.m.
4. Establish your own profile, and demonstrate proper online behavior. Children respond better to parents that know what they are talking about.
5. Keep a current record of your child's login information, including all email addresses, login names, display names, and passwords.
6. It is important to know what apps your kids are downloading. Some of the apps/websites encourage risky behavior which can be dangerous.
7. Regularly check your child's network of friends on each website. If there are people on the list that you do not know, ask your child who they are and how they met them. Remove "online only friends" from your child's profiles. Look at the profiles of friends to see what they reveal about your child.
8. Frequently check the content of your child's profile. Is your child posting inappropriate personal information, photos, videos, blogs, or comments? Is your child engaging in harassing or other inappropriate conduct? If so, remove the content.
9. Check the account settings on your child's profile. Make sure settings are on private and take note if any users are blocked. For example, you can modify the "Privacy Settings" on a Facebook profile to make the profile "private," or to check on users whom your child has blocked. You'll probably want to make sure they're not sharing their current location.
10. Give your child a day to "clean-up" his or her profiles and together check the new profile(s). Encourage your child to use the ReThink mobile app.
11. Make sure your child knows to come to you with a problem right when it occurs, so you can help fix it. Things can get out of hand quickly online. Let them know coming to you is safe and that you will always listen and help.



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Social Networking Resources

Account & Activity History

- **Facebook** (facebook.com/help/accessyourdata)
- **Instagram** (facebook.com/help/instagram/441951049195380)
- **Twitter** (support.twitter.com/articles/20169398)

Bullying Prevention

- **Facebook** (facebook.com/safety/bullying)
- **Instagram** (help.instagram.com/154475974694511)
- **Twitter** (support.twitter.com/articles/15794)

Hacked Account

- **Facebook** (facebook.com/hacked)
- **Instagram** (help.instagram.com/149494825257596)
- **Twitter** (support.twitter.com/articles/185703)

Help

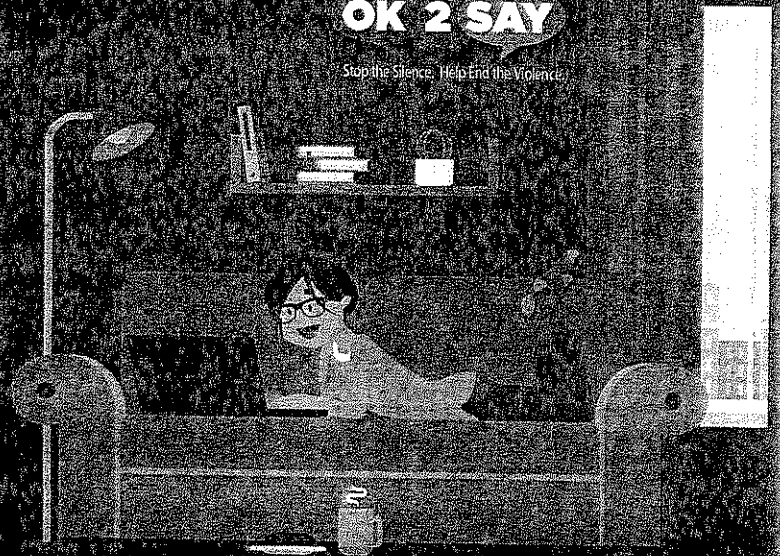
- **Facebook** (facebook.com/help)
- **Instagram** (help.instagram.com/374546259294234)
- **Twitter** (support.twitter.com)

Online Safety

- **Facebook** (facebook.com/safety)
- **Instagram** (help.instagram.com/154475974694511)
- **Twitter** (support.twitter.com)

OK 2 SAY

Stop the Silence. Help End the Violence.



Report Abusive Content

- **Facebook** (facebook.com/report)
- **Instagram** (help.instagram.com/165828726894770)
- **Twitter** (support.twitter.com/forms/abusiveuser)

View Privacy Settings

- **Facebook** (facebook.com/help/325807937506242)
- **Instagram** (help.instagram.com/116024195217477)
- **Twitter** (support.twitter.com/groups/50-welcome-to-twitter/topics/204-the-basics/articles/127871-editing-your-profile)




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16 APPS & SITES KIDS ARE HEADING TO AFTER FACEBOOK

Tweens and teens now have endless options literally at their fingertips for expressing their thoughts and feelings to the world. While the latest trends continually change, it's important to know the basics about the apps and sites that are "hot" now. The list below provides the app logo and explains why it's popular. The more you know about each, the better able you are to communicate with your child about responsible online behavior.


Texting


 **Kik Messenger** - Allows users to text for free without any character or message limits.


 **ooVoo** - Free video, voice, and messaging app.


 **WhatsApp** - Allows users to text for free without any character or message limits.

Micro-Blogging


 **Instagram** - Allows users to share photos and videos.

 **Tumblr** - Provides users with a streaming scrapbook of text, photos, videos, and audio clips.


 **Twitter** - Allows users to post "tweets" or messages (limited to 40 characters) and follow other users.


 **Vine** - Allows users to post and watch six-second videos.


Live-Streaming Video


 **YouNow** - Allows users to stream and watch live broadcasts.

Self-Destructing/Secret

 **Burn Note** - Erases text messages after a set period of time.

 **Snapchat** - Allows users to put a time limit on the pictures and videos they send before they "disappear."

 **Whisper** - Allows users to post whatever's on their mind, paired with an image.

 **Yik Yak** - Allows users to post brief comments to the 500 geographically nearest Yik Yak users.

Chatting/Meeting/Dating



MeetMe - Allows users to chat with whoever's online, including local users.



Omegle - Provides users with an anonymous way to chat with strangers via text or video.



Skout - A flirting app that allows users to post to a feed or comment on others' posts or pictures.



Tinder - Allows users to browse pictures of potential matches within a certain-mile radius of the user's location.

To learn why each app is popular and what problems may arise if not used properly, visit [Common Sense Media](#).

COMMUNICATION 101

- Create clear and simple ground rules.
- Explain why you should never give out identifying information (name, address, school name, or telephone number) to people they do not know.
- Discuss with your child the importance of telling a trusted adult about anything that makes them feel scared, uncomfortable, or confused while online.
- Become comfortable online, with apps, and services your children use.
- Become familiar with blocking and monitoring programs.
- If your child uses chat or email, talk to them about never meeting in person with anyone they first "met" online.
- Tell your children to never respond to messages that are suggestive, obscene, belligerent, threatening, or make them feel uncomfortable.
- Report messages that present a danger to local law enforcement.
- Remind your children that people online may not (and likely are not) who they seem, and everything they say may not be true.

Courtesy of: [Netsmartz](#)



ONLINE RESOURCES

Social Media Devices Resources Internet Crimes

- [Cyberbullying Research Center - Most popular Social Media Apps](#)
- [Facebook Settings](#)
- [Instagram Parental Tips](#)
- [Snapchat Parental Tips](#)
- [Twitter Settings](#)
- [YouTube Settings](#)

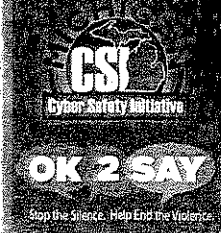
- [Android Settings](#)
- [iPhone Settings](#)
- [Computer Game Parental Controls](#)
- [Nintendo Parental Controls](#)
- [PlayStation Parental Controls](#)
- [Xbox 360 Parental Controls](#)
- [Xbox One Parental Controls](#)

- [Common Sense Media](#)
- [Connect Safely](#)
- [Cyberbullying Research Center](#)
- [How to view browsing history](#)
- [How to turn off location services](#)
- [iKeepSafe](#)
- [NetSmartz](#)
- [OK2SAY](#)
- [OnGuard Online](#)
- [Pacer's National Bullying Prevention Center](#)
- [Report cyberbullying](#)
- [Stopbullying.gov](#)

- [Michigan Internet Crimes Against Children](#)
- [Michigan Public Sex Offender Registry](#)
- [Michigan laws addressing internet crimes](#)
- [National Center for Missing & Exploited Children](#)



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mi.gov/ag



Visit the [Michigan Cyber Safety Initiative \(CSI\)](#) website to learn more about protecting children online.

Learn more about [OK2SAY](#) and how you can help protect Michigan students, school employees, and schools.

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Cyberbullying Warning Signs

Red flags that a child is involved in cyberbullying



Sameer Hinduja, Ph.D. and Justin W. Patchin, Ph.D.

March 2015

Cyberbullying impacts at least one out of every five middle and high schools students. Many of those who experience it don't tell anyone. If a child displays any of these signs, he or she might be involved. However, not all youth who are cyberbullied or who cyberbully others will display these signs, and some who do show these signs may have other problems in their lives that should be addressed. Take the time to investigate further if you see any of these red flags among the youth you care for.

A Child May Be a Target of Cyberbullying If He or She:

- unexpectedly stops using their device(s)
- appears nervous or jumpy when using their device(s)
- appears uneasy about going to school or outside in general
- appears to be angry, depressed, or frustrated after going online (including gaming)
- is oversleeping or not sleeping enough
- becomes abnormally withdrawn from usual friends and family members
- shows increase or decrease in eating
- seems regularly depressed
- makes passing statements about suicide or the meaninglessness of life
- loses interest in the things that mattered most to them
- avoids discussions about what they are doing online
- frequently calls or texts from school requesting to go home ill
- desires to spend much more time with parents rather than peers
- becomes unusually secretive, especially when it comes to online activities

A Child May Be Cyberbullying Others If He or She:

- quickly switches screens or hides their device when you are close by
- uses their device(s) at all hours of the night
- gets unusually upset if they can't use their device(s)
- laughs excessively while using their device(s) and won't show you what is so funny
- avoids discussions about what they are doing online
- seems to be using multiple online accounts or an account that is not their own
- is dealing with increased behavioral issues or disciplinary actions at school (or elsewhere)
- appears overly concerned with popularity or continued presence in a particular social circle or status
- demonstrates increasing insensitivity or callousness toward other teens
- starts to hang out with the "wrong" crowd
- demonstrates violent tendencies
- appears overly conceited as to their technological skills and abilities
- is increasingly withdrawn or isolated from the family



Sameer Hinduja, Ph.D. is a professor at Florida Atlantic University and Justin W. Patchin, Ph.D. is a professor at the University of Wisconsin-Eau Claire. Together, they travel across the United States and abroad teaching teens how to use technology safely and responsibly. They have written six books, including "Words Wound: Delete Cyberbullying and Make Kindness Go Viral" which helps empower teens to be the solution to online cruelty. They also offer comprehensive workshops for parents, teachers, counselors, mental health professionals, law enforcement, and others concerned with addressing and preventing online aggression. The Cyberbullying Research Center is dedicated to providing up-to-date information about the nature, extent, causes, and consequences of cyberbullying among adolescents. For more information, visit <http://www.cyberbullying.org>.

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What To Do When Your Child is Cyberbullied

Top Ten Tips for Parents



Sameer Hinduja, Ph.D. and Justin W. Patchin, Ph.D.

January 2015

Cyberbullying Research Center

1. Make sure your child is (and feels) safe.

The safety and well-being of your child should always be the foremost priority. Convey unconditional support. Parents must demonstrate to their children through words and actions that they both desire the same end result: stopping the cyberbullying.

2. Talk with and listen to your child.

Engage your child in conversation about what is going on. Refrain from freaking out. Take the time to learn exactly what happened, and the nuanced context in which it occurred. Also, don't minimize the situation or make excuses for the aggressor.

3. Collect evidence.

Print out or make screenshots of conversations, messages, pictures, and any other items which can serve as clear proof that your child is being cyberbullied. Keep a record of any and all incidents to assist in the investigative process. Also, keep notes on relevant details like location, frequency, severity of harm, third-party involvement or witnesses, and the backstory.

4. Work with the school.

All schools in the U.S. have a bullying policy, and most cover cyberbullying. Seek the help of administrators if the target and aggressor go to the same school. Your child has the right to feel safe at school, and educators are responsible to ensure this through an investigation and appropriate response.

5. Refrain from contacting the parents of the bully.

Some parents confronted with accusations that their child is engaging in cyberbullying may become defensive and therefore may not be receptive to your thoughts. Be judicious in your approach to avoid additional drama and possible retaliation.

6. Contact the content provider.

Cyberbullying violates the Terms of Service of all legitimate service providers (websites, apps, Internet or cell companies). Regardless of whether your child can identify who is harassing them, contact the relevant provider. An updated list of contact information can be found here: cyberbullying.us/report.

7. Contact the police when physical threats are involved.

Most states have laws related to online threats, and law enforcement can assist in these cases either informally or formally. If your local department is not helpful, contact county or state law enforcement officials, as they often have more resources and expertise in technology-related offenses.

8. If the bullying is based on race, sex, or disability, contact the Office of Civil Rights.

The U.S. Department of Education takes these cases very seriously if children are limited in their ability to learn and thrive at school because of discrimination.

9. If necessary, seek counseling.

Your child may benefit from speaking with a mental health professional. Children may prefer to dialogue with a third party who may be perceived as more objective.

10. Implement measures to prevent it from reoccurring.

If your child is being bullied through social media (Facebook, Instagram, Snapchat, Twitter, etc.), set up privacy controls within each platform to block the bully from contacting them, and file a report (see #6). Also encourage them to keep talking to you before small issues flare up into major situations.

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