

Cyber Safety

Parents Presentation

CONSTABLE SHAWN WALTERS



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Whakatauki

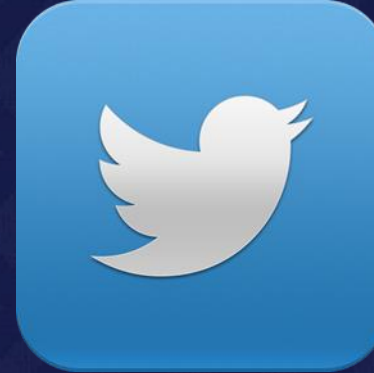
Ma te whakaatu, ka mohio
Ma te mohio, ka marama
Ma te marama, ka matau
Ma te matau, ka ora

By discussion comes understanding,
By understanding comes light,
By light comes wisdom,
By wisdom, comes wellbeing.

Tena koutou, tena koutou, tena ra tatou katoa



What are some social media websites commonly being used?



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What is Cyber Bullying?

When someone uses:

- Internet
- Cell phone
- iPad or tablet
- Computer

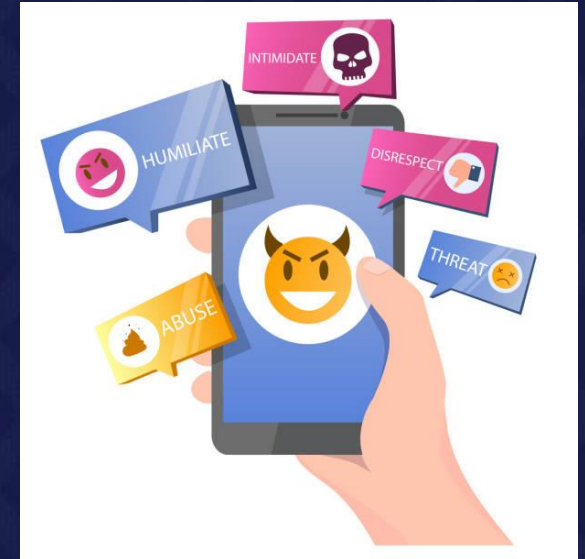
or any other technological devices to send or post texts or images that are intended to:

- Hurt
- Embarrass
- Threaten
- Torment
- Humiliate
- or intimidate their victim



What does cyberbullying look like?

- Nasty comments via txt/email or on social media.
- Telling a person to harm themselves or commit suicide
- Trying to embarrass someone
- Calling someone names
- Spreading rumours and lies
- Spreading private information about someone



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What does cyberbullying look like?

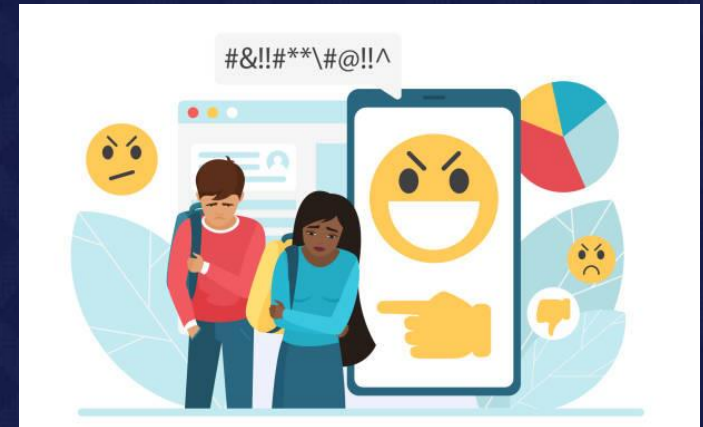
- Using fake accounts to make fun of someone
- Meme pages that embarrass someone
- Purposefully excluding people from online groups, chats, events etc.
- Hacking or impersonating someone else online
- Someone repeatedly sending you unwanted messages



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Is cyberbullying a big deal?

- 1 in 5 New Zealand students say they have been cyberbullied, makes them feel scared, depressed, angry or ashamed.
- Things online can be shared with a lot of people very quickly
- The bullying can happen anytime which can make it feel like it's hard to get away from it.
- People can use anonymous accounts to bully, so it's difficult to tell who is doing it.



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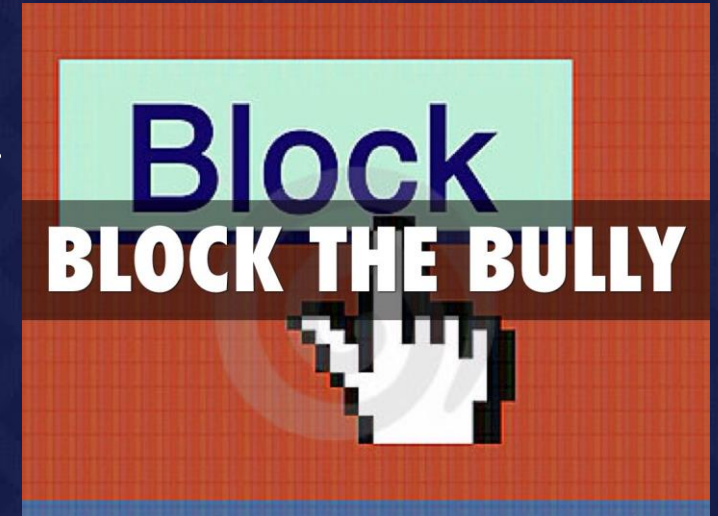
Harmful Digital Communication Act 2015

- ▶ Posting a harmful digital communication with the intent of causing harm. Is punishable by up to two years imprisonment or a maximum fine of \$50,000.
- ▶ Intentionally exposing a person Under 16 to sexually explicit material Punishable by up to 3 Years in prison!
- ▶ To incite a person to self harm is liable on conviction to imprisonment for a term not exceeding 3 years.
- ▶ Defamation of a persons character may be punished by up to one year in jail and/or a fine of \$1,000.



What should my child do?

- Evaluate the situation: Know exactly what you're dealing with. Is it a few remarks or on-going/ more serious?
- Understand how your child is being affected: Incidents effect children differently. If your child is upset let them know it ok to be upset.
- **Never respond** to harassing or rude comments.
- **Save** or print the evidence.
- Teach your child to use available features: Block, unfollow, private and unfriend. Also show them how to report content.
- Contact Netsafe and get advice around what they can do
- **Contact** the site administrator and report the behaviour.
- Don't take away technology: Taking away their device can alienate them from their support networks- their peers.



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Social media vs Reality



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Social media vs Reality



Social Media vs Reality- **How you can help**

Understanding that not all children know that the things they see online are often altered or fake. Children are often not developmentally ready to navigate a lot of issues brought up or shown on social media.

- Discuss with your child/ren good online habits. Good habits include logging on for a purpose and actively participating rather than passively scrolling, as well as unfollowing those who are exclusionary or have a negative influence.
- Teach children to use social media in a way that helps them feel good about themselves and connect with other people, which is its real purpose. If they are following someone who makes them feel self conscious or that they compare themselves to negatively, unfollow them.
- Discuss with children most images posted online are highly edited and that people only show the “best” parts of their lives.



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Sexting and Inappropriate Content

'Catfished' by a sexual predator: Teen boys fell victim to fake Facebook profiles of girls

Phyllipa Yalden and Mike Mather · 16:46, Sep 07 2018



The man set up fake profiles on Facebook, pretending to be teenage girls, allegedly luring boys to post images of sexual acts.

'Catfish' child porn case: Hawke's Bay girl targeted by international predator

5 Nov, 2019 07:00 AM

3 minutes to read



Alexander McCartney, from Northern Ireland, allegedly used false identities on social media sites to urge children to send him naked pictures of themselves.

Younger victims targeted as online predators widen net

Jonathan Carson · 10:33, Jun 18 2015



Paedophiles are using websites like Facebook to groom young New Zealand children online.

Sexting and Inappropriate Content

OFFENDER CHARGES

5 x Blackmail
7 x Indecent Act with young person
5 x attempted sexual connection with young person
9 x indecent communication with a young person

**30 Year old Hamilton Man
pretended to be teen girls to
gain exploitive images and
perform sex acts online - 2018**

YOUNG PEOPLE SAID:

"I was too scared to tell my mum and dad what was going on"
"I was quiet all the time, moody and didn't want to be with anyone."
"It traumatized me so much that I did not want to leave my house, talk to friends or even family"
"These feelings of fear and vulnerability are still present today"
"I felt ashamed, dirty and scared that this girl was going to show everyone what I had been doing."
"It was the most traumatising thing I have been through"
"I have faced nervousness, a loss of confidence and anxiety when facing social situations"

Sexting and Inappropriate Content

Talk about how the decisions they make now, could effect them in the future.

Struggling teen really needed 'sugar daddy's' money, jury told

Wellington higher courts reporter · 20:06, Jun 16 2021



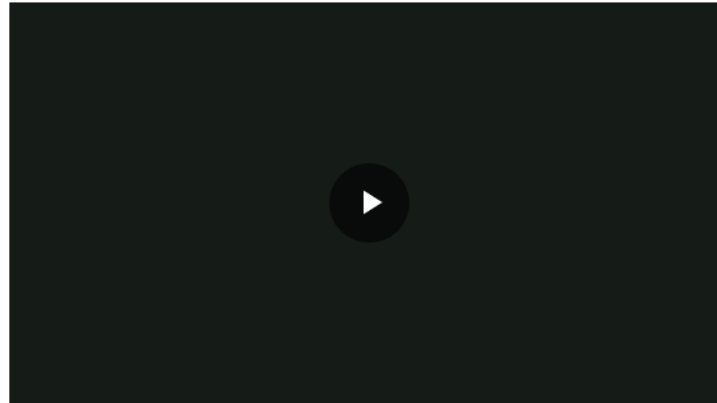
AP

McKenzie said he would see Tinder profiles and message the young women and girls on Tinder. (File photo)

An 18-year-old with seven sugar daddies reveals what she does for men in exchange for money

16 Jun, 2019 11:13 AM

3 minutes to read



Interview with 18 year-old sugar baby Valentina / BBC Three

Truck driver's line 'Do you want a sugar daddy?' hooks teens on Tinder

Wellington higher courts reporter · 18:50, Jun 14 2021



AP

It's alleged a man in his 40s promised young females hundreds of dollars for sex. (File photo)

How to Help:

It is important your child knows that they can talk to you when something goes wrong online.

Explain to your child:

- How easy it is for someone to pretend to be someone else
- Reasons why people pretend to be someone else
- Ways to safely manage online friends
- What to do if someone they don't know wants to chat/ wants to be friends
- How to work out if the person is who they say they are
- What to do if things start to become uncomfortable
can be hard to get back. Never send compromising photos.
- Report to Netsafe, Police and the platform



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Learn about your child's online activity

Ask your child what they do, who they talk to/ how they use their devices

- Why they like certain apps or sites?
- What they are playing?
- Are they making music or videos?
- What information they share?



Asking your child about the advice they would give a friend facing an online challenge, gives good insight into how they would deal with a similar problem and also makes it easier for them to discuss any problems they might be having.

Explore the sites and apps your child uses

Get them to teach you or show you how to play the apps or games they use and play.



Agree and set expectations

Set expectations about:

- A balanced amount of time
- The apps and sites that are appropriate to use
- What type of information is safe to share online
- Where they can go to get advice including you, a trusted adult, teacher, Youthline or Netsafe



Create a Family Safe Online Treaty, this outlines what your expectations are, consequences, time limits etc. Examples can be found on Netsafes website

Teach your children how to be safe online

- Keep it locked- Passwords and pin codes.
- Keep it private- Some information when shared publicly can make your child more vulnerable to identity theft or grooming.
- Keep it helpful- A digital footprint is the trail of electronic bread crumbs. It can last a long time.
- Keep it real- Hard for children to know if the person they are talking to is real. Talk to your child about invites or conversations with strangers.
- Keep it friendly- Be kind and respectful. Not to bully others



Model Behaviour **Be the example**



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Model Behaviour **Be the example**



Lawrence via: TheDailyMail Facebook



Lawrence via: TheDailyMail Facebook



Lawrence via: TheDailyMail Facebook



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Model Behaviour **Be the example**



**Warning:
Following
content
mentions suicide
and self harm**



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Self Harm and Suicide

- Trends on social media platforms promote suicide ideology and romanticise the topic. Although a percentage of children who make content about suicide, don't fully understand what it means, especially young children who are learning of suicide through social media. The term can often be thrown around as "click bait" and in order to receive views or positive affirmations from peers. It's important to keep this in perspective.
- Historically self harm and suicide have been taboo topics that brought shame. In Maori culture there are still Marae around the country who do not allow people to hold funerals at the family Marae or bury family members in the urupa if they commit suicide.
- Some religions also view suicide as equivalent to murder and therefore believe the victim will not go to heaven. It's important that we remove the stigmas around suicide and hold open and supportive conversations with our children. This will allow them to feel more comfortable in approaching you to discuss any suicidal thoughts.
- Cyber bullying can feel hard to escape. Before social media, bullying was classroom or school based. Today, children go to school, go home, in the weekends and their bullies have continued access to them. This can contribute to thoughts of hopelessness and the inability to escape.

Self Harm and Suicide

New Zealand now had the highest global rate of suicide for 15- to 19-year-olds, ranked two in the world for bullying in schools and third in the world for cyber-bullying.

- Based on these statistics New Zealand is the least safe place in the world to bring up children.
- The bulk of children who [die by] suicide have got deficient emotional social control ... or drugs and alcohol have impaired them, and there's a trigger that they can't deal with due to their lack of emotional control
- Social-media peer pressure could also be a catalyst.
- Because of its nature it can be particularly nasty and awkward and overwhelming. Young people live in their social network on the media and if they turn against them they think the world's turned against them."



Self Harm and Suicide- How to help

- Regularly check in with your child/ren
- Watch for signs of distress, pulling away, not enjoying things they usually do, wearing long clothing and hoodies in 28 degree weather, continually on their device.
- Address any concerning behaviour as soon as possible. Don't assume that they will grow out of it or it will go away on its own.
- Validate your child's feelings- this is different from validating the behaviour.
- Do not pressure your child, self harm is often an indication that your child has difficulty verbalising their emotions.
- If your child mentions they have attempted to self harm e.g. taken an overdose of medication, call an ambulance or take them to ED straight away.

Tips for supporting someone online



Please visit Netsafe for more comprehensive advice

Self Harm and Suicide- **How to help**

- Understanding that self harm can be a technique to regulate emotions.
- Self harm and suicide does not discriminate or follow a criteria. Everyone is susceptible. Even if it is hard to understand as a parent, caregiver or grandparent why your child might be feeling this way, it is important to know that it is their reality.
- If you don't feel comfortable speaking to your child about these topics there are other organisations that can on your behalf. Speak to your school and enquire about in school counselling or put them in touch with an external agency such as Youthline.
- Netsafe have excellent resources, including activities your child can do to help them with what's happening with them, identify triggers, creating safety checklists and figuring out what makes them feel good and how to stay connected. These resources are about helping your child create and develop healthy coping skills.



Take home messages:

- Open communication is paramount
- Discuss expectations
- Discuss real vs fake
- Discuss sending compromising images
- Keep all evidence and block
- Be a role model
- Normalise their response “it’s normal to be scared/angry/upset/confused”.
- Seek outside help



Where to Get Help!

- ▶ <http://www.police.govt.nz/advice/email-and-internet-safety/online-child-safety>
- ▶ <http://www.netsafe.org.nz/>
- ▶ <https://www.keepitrealonline.govt.nz/youth/>
- ▶ Youth line Call **0800 376633** or email talk@youthline.co.nz.



**KEEP IT REAL
ONLINE.**

