

# Cyber Safety Guide

## Quick Facts

### Popular social networking sites & cellphone apps:

Facebook, Twitter, Ask.fm, Vine, Snapchat, Instagram

### How can they be dangerous?

Many social networking sites and cellphone applications are allowing teens to bully each other. Some sites allow teens to do this anonymously.

### What's the big deal?

Bullying that happens on social media can have a lasting impact on the victim. Also, if your teen is taking part in inappropriate behaviors, others are able to save pictures/texts to make them a target for bullying in the future.

### How can I monitor my teen?

Parental Control Software can be helpful in monitoring your teen's actions online. The following are available:

- <http://www.parentalsoftware.org/>
- <http://www.netnanny.com/>
- <http://www.1.k9weptprotection.com>
- <http://www.internetsafety.com/safe-eyes-parental-control-software.php>
- <https://onlinefamily.norton.com>

If you Google "parental control software" you can search multiple options and determine what fits best in your home.

There are also ways that your cell phone company can help out. Call or go online to find out more!

## Talk to Your Teen

### It's Happening Here:

Don't shrug it off as a short-lived trend or a passing news story. This is something that is happening in your teens school!

### How can I help?

Be aware of what networking sites your teen is on and that they know what is and is not appropriate to be saying to others. Let your teen know that what they say is out there for the world to see and can have major social and legal consequences.

### My teen is bullied. How can I stop it?

The best thing to do is to try to block the person. If it is a text, you can have the number blocked. You can usually do this through your online account or your service provider can help you. If it is happening through Facebook, you can block this person from seeing your page in the settings menu or delete them as a friend permanently. Depending on the extent this is affecting your teen, you may want to have them stay off the site completely and can use parental control software to monitor their actions online. You can also contact the police department or the school resource officer to report the bullying.

### Be Aware and Communicate with your Teen:

Just because we use social networking, does not mean it's safe! If your teen is a part of any of these social media networks, you should know what their password is and frequently check their account activity. You as a parent should also be a part of the social media network and be "friends" with your teen to keep up with what is going on. This may also deter your teen from inappropriate actions on these sites and applications.

### Questions?

Please feel free to contact me, Taylor Funke, your school's prevention counselor (TFunke@CarrollInstitute.org or 605-275-1329); your school counselors, Mrs. Atwood at South MS (Betsy.Atwood@k12.sd.us or 605-743-2567) and Mrs. Groeneweg at North MS (Krista.Groeneweg@k12.sd.us or 743-2567 ext. 3317); or your service provider.

September 2013