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How safe is your
child online?

INTERNET SAFETY AND SUBSTANCE ABUSE GUIDE FOR PARENTS
OFFICE OF THE ARIZONA ATTORNEY GENERAL
MARK BRNOVICH

TABLE OF CONTENTS

Description of the problem	3
How Cyber-Predators work	4
Case studies	5
Online language and chat examples	7
Age appropriate guidelines	11
Online activities and their potential consequences	12
Warning signs	14
Cyber-bullying.	16
Substance Abuse	18
Sexting	20
How to talk to your teen about Internet Safety	21
Tools for Parents	23
Tips for Parents and Teachers	28
Resources	30

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An Internet Safety Message from Attorney General Mark Brnovich:

As a parent, you are aware of the potential dangers to your child. Of course, you do everything in your power to keep them safe. I have two daughters of my own and their well-being is my priority.

As Arizona's Attorney General, it's my job to take the lead in protecting the public from predators. These unsavory folks come in many forms; some of them are easy to recognize while others can be more difficult to detect, especially online.

While the Internet is incredibly useful, in the hands of a cyber-predator it can become a weapon. Whether you encounter sexual cyber-predators, cyber-bullies, "sexting" or an array of other misguided behavior, the power of the Internet to inflict damage on someone, especially a child, is significant.

It is important that parents begin to recognize the risks that can be associated with social networking and Internet usage. As children spend more time online, they can also be exposed to many negative influences such as substance abuse, alcohol and smoking.

The Arizona Attorney General's Office provides a number of resources to help parents understand the dangerous aspects of the Internet; this booklet is just one of them. If you would like more information, please visit the Attorney General's website at: www.azag.gov.

Thank You,
Mark Brnovich
Arizona Attorney General



72% of teens have a social networking profile and nearly half (47%) have a public profile viewable by anyone.

Teens often include the following information on their social networking profiles:

- > Real age (50%)
- > Photos of themselves (62%)
- > City they live in (41%)
- > School name/location (45%)
- > Videos of friends (16%)
- > Videos of themselves (14%)
- > Their cell phone number (14%)
- > Places where they typically go (9%)

REF: Teen Online & Wireless Safety Survey: Cyberbullying, Sexting and Parental Controls. Cox Communications Teen Online and Wireless Safety Survey in Partnership with the National Center for Missing and Exploited Children, 2009.

2

Even your child or teen
can become a target
of a Cyber-Predator

Cyber-Predation

The Problem is Serious

- >> 71% of teens ages 13-17 reported receiving messages online from someone they didn't know. When teens receive messages online from a stranger, 40% reported that they usually reply and chat with that person, but only 18% said they tell an adult.
- >> 45% of teens have been asked for personal information by someone they don't know.
- >> 30% of teens have considered meeting someone they have chatted with online and 14% have actually had such an encounter.

REF: *Teenage Research Unlimited*. Teen Internet Safety Survey. National Center for Missing and Exploited Children and Cox Communications, 2006.

Cyber-Predators are tough to spot. Who are Cyber-Predators? Not who you think.

- >> 99% are male
- >> Above average intelligence
- >> Above average incomes
- >> Have a successful career
- >> 91% are non-Hispanic white
- >> Have computer knowledge
- >> Many have children of their own
- >> Have no criminal history related to sex crimes
- >> 86% are older than 25

>> 1 in 7 teens has received unwanted sexual solicitations online. One third (31%) of these solicitations were aggressively seeking offline contact.

REF: Janis Wolak, Kimberly Mitchell and David Finkelhor. *Online Victimization of Youth: Five Years Later (2006)*. Crimes against Children Research Center, University of New Hampshire.

Who do Cyber-Predators target? ANYBODY!

- ... Especially young people that are vulnerable. Specifically:
- >>> Kids/teens living in single parent households
- >>> Kids/teens with self-esteem problems
- >>> Kids/teens that don't communicate with parents
- >>> Kids/teens whose babysitter is the computer

HOW DO THEY LURE CHILDREN?

- It usually begins in a chat room.
- A Cyber-Predator pays close attention to what the youth is saying - within 45 minutes they can usually find out where the child lives, goes to school, what they do for fun, what their real name is, and on and on.
- The Cyber-Predator can easily move the chat from online to the phone and ultimately to a face-to-face meeting.
The search for a potential victim usually begins in a chat room, but your child might catch the attention of a Cyber-Predator from **information they have provided on their blog or profile** on a social networking site like **Facebook**.

Solicitation by a Child Cyber-Predator: How It Can Happen

Arizona Internet Crimes Against Children (AZ ICAC) Task Force



The Internet Crimes Against Children Task Force Program (ICAC) is a national

network of 61 coordinated task forces representing over 2,000 federal, state, and local law enforcement and prosecutorial agencies. These agencies are engaged in proactive investigations, forensic investigations, and criminal prosecutions. By helping state and local agencies develop effective, sustainable responses to online child victimization and child pornography, the U.S. Department of Justice, Office of Juvenile Justice and Delinquency Prevention has increased their capacity to address Internet crimes against children.

The Arizona Internet Crimes Against Children Task Force (AZ ICAC) is comprised of investigators from City, County, State, and Federal Agencies. Special emphasis is placed on locating, prosecuting, and imprisoning people who intentionally exploit children. The Arizona Internet Crimes Against Children

Task Force diligently pushes to fulfill this goal with highly trained and professional investigators and cutting edge forensics and technology.

Since the ICAC program's inception in 1998, more than 338,000 law enforcement officers, prosecutors, and other professionals have been trained in the United States and in 17 countries on techniques to investigate and prosecute ICAC related cases. Since 1998, ICAC Task Forces have reviewed more than 280,000 complaints of alleged child sexual victimization resulting in the arrest of more than almost 30,000 individuals.

It is very important for parents to monitor their children on any device that connects to the internet, (i.e. not just a computer but cell phones and other devices). By visiting resources on websites like www.azag.gov and azicac.org that contain educational videos for children, parents can educate themselves on child predators and learn additional ways to report abuse. Please review (AZICAC.ORG) for further information.



From the Case Files of AZ ICAC

SEXUAL PREDATOR LOCATED AND STALKED THE VICTIM AT HER SCHOOL. THE SEXUAL PREDATOR WENT TO SCHOOL CAMPUS TO MEET HER IN PERSON. THE VICTIM WAS SCARED AND CALLED POLICE.

In a recent case that was prosecuted, a female high school student in Scottsdale, AZ, contacted school officials and police when a 25 year old sexual predator stalked and followed the girl to her school and onto the school campus. She became frightened because she didn't think this would happen or that he would go to this extreme. The Arizona Internet Crimes Against Children Task Force

and Scottsdale Police arrested the man at the school. When the sexual predator was interviewed he told police he met the girl online which led to the victim and him having an online relationship. He said he wanted to meet her in person. Apparently, the suspect sent the victim pornographic images because the victim had them on her person and provided the evidence to police. The unemployed Scottsdale man was booked into Madison Street Jail and charged with luring a minor for sexual exploitation and furnishing harmful items to a minor via the internet.

The Grooming Process

The Cyber-Predator looks for clues about the child: what they like to do, the type of music they listen to, what they do for fun and how old they are. **Much of this is often revealed by the child's user name. A Cyber-Predator pays close attention to what the youth is saying in a chat room or what they have written and posted online.**

The Cyber-Predator then asks to be included on the child's instant messenger or chat room "buddy list" and can then tell every time the child is online.

Anonymity online allows the Cyber-Predator to become a "friend." In normal circumstances, your child would probably never develop a relationship with a much older person. But online, that Cyber-Predator can claim to be just another teen because it's so easy to lie online.

Over time, the Cyber-Predator can develop a relationship with your child and build their trust. The Cyber-Predator will ask the child to keep their relationship secret. Later the Cyber-Predator can use the secrecy as a weapon against the child - threatening to tell their parents or even harming the child if they try to end the relationship.

ONLINE, there is no gatekeeper. IN REAL LIFE, a predator must befriend the parents as well as the child, because they are the gatekeeper to the child.

At some point, the Cyber-Predator will try to move the relationship to the next phase. **The ultimate goal is to arrange a face-to-face meeting,** frequently for a sexual encounter. The consequences can be deadly.

As a parent you might not know the latest ONLINE LANGUAGE. See how many of these common online acronyms you recognize. Please be advised that these acronyms are constantly changing:



20 Internet Acronyms Every Parent Should Know

- | | |
|-----------|------------------------------|
| 1. A/S/L | Age/sex/location |
| 2. DOC | Drug of choice |
| 3. GYPO | Get your pants off |
| 4. ITS | Intense text sex |
| 5. IWSN | I want sex now |
| 6. KPC | Keeping parents clueless |
| 7. LHSO | Let's have sex online |
| 8. LMIRL | Let's meet in real life |
| 9. NIFOC | Nude in front of
computer |
| 10. P911 | Parent alert |
| 11. PAW | Parents are watching |
| 12. PIR | Parent in room |
| 13. POS | Parent over shoulder |
| 14. PRON | Porn(ography) |
| 15. RUO18 | Are you over 18? |
| 16. SorG | Straight or gay |
| 17. TDTM | Talk dirty to me |
| 18. WUF | Where are you from? |
| 19. WYCM | Will you call me |
| 20. WYRN | What's your real name? |

A Child starts chat, expresses feelings that the Cyber-Predator can easily pick up on.

B Cyber-Predator begins "grooming" by expressing empathy to gain the child's trust.

C Child expresses trust in the person, encouraging the Cyber-Predator.

D Further expression of empathy from Cyber-Predator.

E Child's frustration is evident to the Cyber-Predator who takes full advantage by portraying himself as a trusted confidant.

F Cyber-Predator offers a way to entice the child.

Here is an example of

A CHILD: my mom sux! its her falt that my parents are gettin divorced

B CYBER-PREDATOR: i no. my parents r2.

CHILD: we never have \$\$ nemor

("We never have money anymore.")

CHILD: evry time i need sumtin she says the same thing "we cant aford it"

CHILD: when my parents were 2gether i could buy stuff

C CHILD: now i cant

D CYBER-PREDATOR: me to. i hate dat.

CHILD: i w8ed 6 mos for this game to come out

("I waited 6 months for this game to come out.")

CHILD: my mom promisd me wed get it.

CHILD: can i get it now? nope.

E CHILD: we dont have enuf \$\$\$.
my mom sux!

CYBER-PREDATOR: wow. dats tuf

F CYBER-PREDATOR: i hav a realy cool uncle

CYBER-PREDATOR: buys me things all the time

CYBER-PREDATOR: he has lots o \$\$\$

CHILD: ur sooooo lucky!

CYBER-PREDATOR: i got an idea. ill see if hell by it 4 u.

CHILD: really? thx man!

a Grooming Process:

CYBER-PREDATOR: brb gonna call him **G**

("Be right back. I'm going to call him.")

CYBER-PREDATOR: w00t! he said k **H**

CHILD: wow realy? thx i cant bleve it.

CYBER-PREDATOR: where do u live? **I**

CHILD: 2son,az u? *("Tucson, Arizona. What about you?")*

CYBER-PREDATOR: phx, az uncle 2. ne malls near u? *("Phoenix, Arizona Uncle, too. Any malls near you?")* **J**

CHILD: 2son mall. *(Tucson mall)* **K**

CYBER-PREDATOR: ive herd of that one. Saturday ok?

CHILD: sounds good.

CYBER-PREDATOR: b ther at 12 **L**

CHILD: k. meet at the game store.

CYBER-PREDATOR: k!

CHILD: well g2g. thx again dude

("Well, got to go. Thanks again, dude!")

CHILD: this is awesome!

CHILD: TTYL! *("Talk to you later!")* **M**

CYBER-PREDATOR: 18r *("Later.")*

G Of course, there is no "rich uncle." The Cyber-Predator gives that impression to the child by waiting for a period of time before sending his next message.

H Cyber-Predator expresses excitement, tells the child the "uncle" will buy the game.

I Cyber-Predator starts asking for clues about the child, begins scheming to find out where the child is to arrange a face-to-face meeting.

J The Cyber-Predator will place himself in close proximity to the child, regardless of his actual location.

K Child has actually just determined the final meeting place without realizing the danger he/she is in because of the misplaced trust in the new "friend."

L Cyber-Predator finalizes the meeting.

M The Cyber-Predator now has all the information he needs to meet the child face to face.



Most harassment (85%) initially occurs when child/teen was logged on at home. The harassment primarily happened first when a child/teen was communicating in:

- > Instant messages (47%)
- > E-mails (13%)
- > Chat rooms (11%)

10

Harassment began in online journals or blogs in 3% of cases. Close to one-third of youth (31%) were "with friends or other kids [they] knew when this happened."

One-third of the harassment episodes (33%) included contact or attempts at contact by telephone, offline mail, or in person. When we excluded cases where youth knew their harassers, this proportion remained similar (31%).

REF: http://www.missingkids.com/en_US/publications/NC167.pdf



Age Appropriate Guidelines

It's important to remember that rules and guidelines you establish for young kids, preteens and teens will most likely be very different. Teenagers are especially protective of their privacy and are the least willing to share what they are doing online. They will probably tell you that they don't want to be treated like a child. Keep this in mind when you create age appropriate internet usage rules for your kids.

Here are some general guidelines to impress upon your kids, although some of them apply more to teenagers.

- **BE EXTREMELY SKEPTICAL ABOUT WHAT YOU READ ON THE INTERNET, ESPECIALLY FROM SOMEONE IN A CHAT ROOM.** It is extremely easy to lie online and a Cyber-Predator will tell you as many lies as possible to gain your trust.
- **BE VERY CAREFUL ABOUT WHAT INFORMATION YOU GIVE SOMEONE ONLINE, ESPECIALLY PERSONAL INFORMATION THAT CAN BE USED TO FIND YOU.**
- **DO NOT MEET SOMEONE IN PERSON THAT YOU MET ONLINE.** Once your teenager has gotten their driver's license or if they use public transportation, it can be very difficult for you to prevent this from happening. You might want to emphasize how dangerous it is to meet someone you don't know ALONE. If they cannot be talked out of meeting someone from the internet, they should at least bring a friend and meet in a public place.
- **DO NOT DOWNLOAD FILES A STRANGER HAS SENT YOU.** They can contain inappropriate material or computer viruses.
- **DO NOT VIEW THE WEBCAM OF A STRANGER.**
- **BE SMART ABOUT WHAT INFORMATION YOU PUT IN YOUR ONLINE PROFILE OR BLOG.** Don't include any information that could be used to locate you. Remember to make your blog entries private or for friends only.

The age requirement for a social networking site such as Facebook is 13 years old. Check to verify the rules and guidelines of the social networking site that your child/teen signs up for.

Online Activities and their Potential Consequences

1. Filling out online profiles

Filling out profiles will allow Cyber-Predators to see personal information about your child, such as their real name, phone number, address, school name, etc. and will allow the Cyber-Predator to "find" your child in real life.

2. Downloading pictures from an unknown source

Downloading a picture may bring hidden viruses, which may destroy your computer, or place "cookies" that allow the sender to track where you or your child goes on the internet, as well as key stroke trackers that may be used to steal your child/teens identity.

3. Responding to postings that are belligerent or harassing

These messages are often posted by the author simply to see who will respond and to get a conversation going.

4. Posting pictures on the internet

In addition to allowing anyone to get a look at your child, digital photo manipulation could put your child's face on another body, which could be spread all over the internet, or your child could be blackmailed into sending more photos.

5. Posting on blogs and social networking sites

While Facebook and other social networking sites are wildly popular among young people, they are new territory for law enforcement, schools and parents. Teens are often quick to add new names as "friends," thus removing important security features and divulging personal information to strangers. There are over 800 million active Facebook accounts and the number continues to grow every day. Among these millions are many who will paint a false picture of themselves to get close to young people and try to arrange a face-to-face meeting. By reading postings on a child's blog, a Cyber-Predator can get insight into a child's vulnerabilities, likes and dislikes and can "tailor" his message to target that child.

6. Chatting with strangers in a chat room

It's easy to lie online. Seemingly innocent conversations can have harmful ulterior motives. Don't believe everything someone tells you in a chat room.

7. Using a webcam

For a Cyber-Predator, a webcam is the next best thing to an in-person meeting. By allowing people to view a webcam, your child is essentially opening the shades to your home and allowing a complete stranger to watch them through that window.

Cyber-Predators will use what they see to take advantage of your child. They may record the video your child sends and post it for the world to see

or simply wait and use it against your child later.

8. Accepting webcam views from strangers

By accepting an invitation to view live webcams from strangers, your child could be exposed to nudity and sexually explicit material. Ask your child never to accept an invitation to view a webcam or click on a link in a chat room.

9. Arranging a face-to-face meeting with someone met online

Your child could be hurt, molested, raped, kidnapped or worse during a face-to-face encounter.



WARNING SIGNS

1. Your child becomes withdrawn from the family, and isolates themselves more often.

Talk to your child, and their teachers. Consider counseling.

2. Your child is spending more time online.

Ask what they are doing that is causing them to spend so much time online. Research for school? Chats? Downloading? Games? Use your Web browser's "Internet History" to view the websites that have been visited.

3. Your child turns off the screen when you walk in the room.

What does your child not want you to see? Are they ashamed of something? Talk to them about their online activity. Be aware, though, that prying too much could foster

paranoia and lead to more secretive behavior and further isolation.

4. You find pornography on the computer.

STOP! CALL POLICE. If it's adult porn discuss it with the child. If it's child pornography, **SAVE THE IMAGE BUT DO NOT PRINT OR SEND!!! CONTACT POLICE IMMEDIATELY!!!**

5. Your phone bill has calls to unknown numbers.

There are a number of tools available online to search telephone numbers. Do a reverse phone directory search online to find out whose number it is. The reverse number search will give you a name and an address for the telephone number.

WHAT CAN YOU DO TO KEEP YOUR CHILDREN SAFE ONLINE?

6. Your child receives mail/gifts/packages from senders you don't know.

Track the package, research who it is from. Use the same tools the Cyber-Predators use to get information, such as reverse address directory searches, telephone directory searches, email address searches, Google searches etc. **Once the relationship reaches this level, it's time to intervene.** A face-to-face meeting with your child may be in the planning stages.

To report a Cyber-Predator call your Local Police Department and then contact the CyberTipline at www.cybertipline.com or 1.800.THE.LOST (1.800.843.5678). The CyberTipline is part of the National Center for Missing & Exploited Children, which coordinates the efforts of federal, state and local law enforcement agencies to investigate Internet crimes against children. If you suspect a face-to-face meeting has been arranged, also contact your local law enforcement immediately to request assistance.

First and foremost, talk to your children openly and frankly. Be available to answer questions and concerns. Let them know about Internet dangers including identity theft, exposure to sexually explicit or violent material and sexual Cyber-Predators.

Make it safe for them to come to you with concerns about people they've met online, when an inappropriate pop-up appears, or someone sends them inappropriate materials and if someone harasses or threatens them online.

Let them know that on the Internet, people can pretend to be anyone. And their intentions are often not good.

Use separate user profiles, content filtering software and/or ISP filters, Web browser controls and/or your Web browser's Internet history to monitor what your child is doing on the Internet. See the section on Tools, (p. 23), for more information.

Cyber-bullying

Cyber-bullying occurs when a person is being harassed online through a text message, email, or social networking website such as Facebook.

A cyber-bully's goal is to embarrass, threaten or intimidate their victims.

Some forms of cyber-bullying include receiving an anonymous threatening email, or a rumor that is started through a social media website.

Cyber-bullying can even occur while your child is playing a video game with others online. In all of these instances, an online "bully" can remain anonymous if he or she chooses.

16

Cyber-bullying Statistics

- > More than one-third of teens surveyed have been cyber-bullied, have perpetrated cyber-bullying, or know friends who have experienced or perpetrated it.
- > 66% of teens surveyed think cyber-bullying is a serious problem.
- > About four in five teens (81%) think that cyber-bullying online is easier to get away with or to hide from their parents than bullying in person.

REF: Teen Online & Wireless Safety Survey: Cyberbullying, Sexting and Parental Controls. Cox Communications Teen Online and Wireless Safety Survey in Partnership with the National Center for Missing and Exploited Children, 2009.

Tips to protect your child/teen against cyber-bullying

Let your children know what online behavior you find acceptable. Communication is key! Look for the following possible signs that your child is being cyberbullied:

- > Nightmares
 - > School avoidance
 - > Sudden avoidance or interest in the computer
- Block messages from cyberbullies and save evidence that may help identify a bully.
- > If your child continues to receive harassing emails or text messages, have them delete their current accounts and help them open new ones.
 - > Save the evidence in case you need proof.

- > If a cyber-bully posted embarrassing photos or personal information about your child on a website, contact your Internet Service Provider for assistance, the website hosting the page, and if necessary, inform local law enforcement to try to get the website removed.
- > If the cyber-bully is a fellow student, notify the school and request assistance from the administration and School Resource Officer. If there are threats or harassment, notify law enforcement.



Social networking increases your children's risk of substance abuse

Access to the Internet and social networking sites have increased our children's ability to be exposed to negative influences such as drugs and alcohol. A 2011 study conducted by the national Center on Addiction and Substance Abuse at Columbia University (CASA Columbia) found:

- > 70% of kids/teens between the ages of 12-17 report spending time on social networking sites in a typical day.
- > Kids/teens that spend time on social networking sites are at an increased risk of smoking, drinking and drug use.
- > Compared to kids/teens who generally in a typical day do not spend any time on a social networking site, those who spend time online are:

- 5 times more likely to use tobacco (10%)
- 3 times more likely to use alcohol (26%)
- 2 times more likely to use marijuana (13%)



- > Half of the kids/teens who spend time on social networking sites in a typical day have seen pictures of kids/teens drunk, passed out, or using drugs. Those exposed are:

- More than twice as likely to try drugs in the future
- More likely to have friends or classmates that use drugs and abuse prescription drugs
- 4 times more likely to get or use marijuana
- 4 times more likely to get prescription drugs without a prescription
- 3 times more likely to use alcohol

IT IS IMPORTANT THAT WE ARE PROTECTING OUR CHILDREN AND BEGIN TO RECOGNIZE THE DANGER THAT NOW COME WITH THE INTERNET

- > Of the parents surveyed, 9 out of 10 do not think their kids/teens are at risk for spending time on social networking sites.
- > 64 percent of parents who say their kids/teens have a social networking page also say they monitor it.

Two important points to emphasize from years of surveys are:

1. Kids/teens that are able to get through to the age of 21 without smoking, using illegal drugs or abusing alcohol are virtually certain to never do so.
2. **NO ONE HAS GREATER POWER TO INFLUENCE A TEEN'S DECISION WHETHER TO SMOKE, DRINK OR USE DRUGS THAN THAT TEEN'S PARENTS/GUARDIANS.**

REF:

National Survey of American Attitudes on Substance Abuse XVI: Teens and Parents. The National Center on Addiction and Substance Abuse at Columbia University (CASA Columbia) found, 2010

Talk to your kids/teens and have an open dialog.

Let your kids/teens know the dangers of the internet and social networking.

Be aware of what your kids/teens are doing online.

Do they have a social networking page such as Facebook?

IF YOU SUSPECT THAT YOUR CHILDREN ARE AT RISK OR NEED ADVICE, THERE ARE RESOURCES AVAILABLE

SEXTING:

Sexting is the sending, receiving or forwarding of sexually suggestive nude or nearly nude photos through a cell phone. This is another growing problem among kids/teens.



Texting has become a centerpiece in teen/kids social life, and parents, educators and advocates grow increasingly concerned about the role of cell phones in their sexual lives.

- > 75% of teens ages 12-17 have cell phones
- > On average texting teens ages 12-17 send and receive 1500 text messages a month

The Pew Research Center's Internet & American Life Project conducted a 2009 survey and found:

- > 75% of children between the ages of 12-17 use text messaging.
- > 4% of those that owned a cell phone say they have sent sexually suggestive nude or nearly nude images of themselves to someone else via text messaging.
- > 15% of those that own a cell phone say they received sexually suggestive nude or nearly nude images of someone they know via text messaging on their cell phone.
- > Older teens are much more likely to send and receive these images; 8% of 17-year olds with cell phones have sent a sexually provocative image by text, and 30% have received a nude or nearly nude image on their phone.

Both laws and law enforcement practices around sexting are emerging, and it is being taken very seriously. Some law enforcement agencies have begun prosecuting teens who create and share such images under laws generally reserved for producers and distributors of child pornography.

WHAT SHOULD PARENTS DO?

- > Talk to your children about the dangers of sexting and how it can negatively impact online reputations.
- > Reinforce the message that sexting is inappropriate behavior.
- > Encourage your teen to tell you if he or she recognizes an individual in a sext. Remember the individual in the picture may be a victim and unaware that the sext has been sent.
- > Inform your child that it may be illegal to send or forward sexually explicit photos, messages or videos from a cell phone and that they could be breaking the law and face legal consequences if they participate in sexting.
- > Monitor your child's text messages to make sure they aren't sending, receiving or saving sexts.
- > Experts and teens say the best advice they can give to parents and guardians about how to talk to their kids and how to protect them from harm is – **don't overreact!**

Technology continues to evolve at an accelerated rate. New technology creates new ways for teens/kids to access the Internet, which also means that sexting is no longer just sending a simple text message.

- > In a recent survey 19% of 13-18 year olds were found to go online via their cell phones and their parents are unaware of it.

REF:

Teens and Sexting. Pew Research Center. *Internet & American Life Project*, 2009

Teen Online & Wireless Safety Survey: Cyberbullying, Sexting and Parental Controls. Cox Communications Teen Online and Wireless Safety Survey in Partnership with the National Center for Missing and Exploited Children, 2009.



Talking to Your Kids and Teens About Internet Safety

- Your teenager is gaining independence and struggling to get away from parental control. **Protect them without alienating them by letting them have some independence while still providing parental guidance.** Be involved with what they are doing on the Internet without invading their privacy. Make sure they still feel comfortable talking to you about what they do on the net.
- **Don't talk down to your teen.** Instead, show your teen that you trust them to make good decisions. **Encourage them to protect themselves from online Cyber-Predators by being vigilant and cautious.**
- **Set reasonable expectations.** You can't expect a teenager to completely avoid chat rooms, but you can expect them to not give a stranger their personal information.
- Remember what it was like to be their age. If you find they are doing something online you find inappropriate, **choose a punishment carefully** and remember that teenagers are going through a difficult and exciting time of change and new discoveries.

- **Be supportive!**

Visit sites with your children. Let them know what you consider inappropriate.

Learn about the Internet.

Don't put your head in the sand. Study. Some helpful sites for parents are:

iSafe (www.isafe.org)

NetSmartz Workshop (www.NetSmartz.org)

Common Sense Media (www.commonsense.com)

Install filtering software onto your computers. Please contact your Internet Service Provider for options on filtering software.

If you think your child might be engaged in dangerous activity on the Internet, you can check the computer's browser history to see the websites recently visited. You can also take the computer into a computer services store. They can provide a full diagnostic evaluation to tell you exactly where your computer was online and the types of activities logged on your computer.

Search for your child's name on Facebook and by using search engines like Google or Yahoo!, you may find a profile or webpage your child posted or a page or comments about your child posted by someone else.

What To Do if Your Child Becomes a Victim

If your child received a sexual solicitation online, immediately contact the local Police! You can also contact the Cybertipline at www.cybertipline.com or 1.800.THE.LOST (1.800.843.5678). The CyberTipline is part of the National Center for Missing & Exploited Children, which coordinates the efforts of federal, state and local law enforcement agencies to investigate Internet crimes against children. If you suspect a face-to-face meeting was arranged, contact your local law enforcement immediately to request assistance.

If you or your child has received **CHILD PORNOGRAPHY**, save but do not print the images and call law enforcement immediately. **DO NOT EMAIL or PRINT THE PHOTOGRAPHS!** If you do, you may be committing a crime.

Internet Safety Tools for Parents

There are a number of tools parents can use to protect their children from Internet dangers. Although none of them are fool-proof, they can help. Here are a few:

- Computer Placement
- User Profiles
- Web Browser Controls
- Viewing Internet History
- Filtering/Blocking/Monitoring Software
- Filtered ISPs

Computer Placement:

Keep the computer in a common area of your home. It's easiest to monitor what your children do without having to pry if the computer is in an open area, such as the living room or kitchen. Don't place the computer in a room where your child can close the door and go online.

User Profiles:

Newer versions of Windows and Apple's operating software allow

for multiple user profiles to be set up. Every person who uses a computer can have their own user name and password. To gain access, the computer requires the user name and password. This allows you to set up different levels of access for each of the different users and also makes it easier to track and find out what each of the users are doing on the computer. To get more information about setting up user profiles, consult your computer's help files.

24

Web Browser Controls:

Most Web browsers have a way to filter and block access to inappropriate websites. Web browser settings, used in conjunction with user profiles, fine tune the level of access different users have on the Internet. By fine tuning these controls, you can customize the type of content that each user can access. For more information on using these settings, consult your browser's help files.

Filtered ISPs:

Most Internet Service Providers, such as AOL, Comcast, MSN and CenturyLink, provide filtering and blocking tools to help protect your child online. Contact them for more information.



Software:

There are many software programs available for purchase that help make the Internet safer for your children. Some of the **options** these programs can give you include:

- Blocking chat rooms and/or instant messaging
- Blocking downloads
- Disabling links in chat rooms
- Allowing only approved addresses to email your child
- Filtering websites
- Filtering searches or allowing your child to use child-safe search engines
- Recording instant message conversations or chat room conversations
- Notifying you by email when your child tries to access an inappropriate website
- Limiting the time your child spends online
- Operating in the background without your child's knowledge

- Allowing third-party rating of websites
- Recording every key stroke your child makes
- Recording and sending you pictures of your child's computer screen as they are using it

Not all of these options are included in each software program. Each program is different. Compare and find the program that suits your needs.

Viewing Internet History / Temporary Internet Files:

To track your child's online activity, you can use the internet history and temporary internet files to see what websites have been accessed recently. Even if you delete this information from the computer your child uses, it can still be accessed by a computer expert. For more information about viewing internet history and temporary internet files, consult your browser's help files.

Internet Safety Education

Many good resources are available at no cost to teach kids and parents about Internet Safety through websites, school curriculums or law enforcement agencies. Here are a few examples:

The Arizona Attorney General's Internet Safety Initiative

Attorney General Mark Brnovich continues to ensure aggressive prosecution of Internet crimes against children and teamed up with the NetSmartz Workshop®

and the Arizona Alliance of Boys and Girls Clubs to provide Safety education to Arizona children.

Information on Internet safety, including this guide, an Internet Safety DVD, an Internet Safety Tips and Kids Page, are all available on the Arizona Attorney General's website (www.azag.gov). Kids who successfully complete the NetSmartz Internet Safety Quiz on the Attorney General's Kids Page will get an **official Web License**.

NetSmartz Workshop (www.NetSmartz.org)

NetSmartz combines the newest technologies with the most current information to create high-impact educational activities that are well received by even the most



tech-savvy kids. Parents, guardians, educators and law enforcement also have access to resources, including NetSmartz411, for learning and teaching about the dangers children may face online.

NetSmartz focuses on three basic rules for Internet Safety. The games and activities are designed to give children of various age groups a better understanding of the risks they could encounter online. With that understanding, they may be more receptive when you communicate your desire to protect them by setting up rules for Internet use.

i-SAFE (www.isafe.org)

i-SAFE offers a K-12 curriculum and community outreach programs to parents, law enforcement and community leaders. A number of i-SAFE programs give students and parents opportunities to get involved in their schools and communities by teaching and promoting Internet Safety.

Common Sense Media (www.commonsense.com)

Common Sense Media, a nonprofit organization addressing issues that shapes how the media impacts kids, has released a new guide, "Keeping Your Kids Internet Safe and Smart." The guide describes challenges faced by parents online and tips for both kids and parents. It also includes helpful information on Internet gaming, downloading and social networking.

Web Wise Kids (www.webwisekids.org)

Web Wise Kids offers fun, challenging and interactive simulations for kids based on real-life criminal cases. The program also provides a special learning program sponsored in part by the U.S. Department of Justice and designed just for parents. By addressing issues like piracy, fraud, online romances, bullying, social networking, blogging, cyber stalking, online Cyber-Predators, identity theft and more, Web Wise Kids helps prepare young people to be their own first line of defense so they can safely explore the best that the Internet has to offer.

Internet Survival Tips for Parents and Teachers

1. Be aware and involved.
2. Do your homework.
3. Talk to your kids.
4. Teach safety.
5. Set family online rules.
6. Report suspicious activity.
7. Help kids view online information with a mature point of view.
8. Be aware of your own online habits and set the example.
9. Make sure you keep channels of communication open.
10. Embrace their world.

28

Remember, the Internet is here to stay. It's our job to help our kids be Internet safe and smart.

REF: www.common sense media.com

"Education is key. Parents need to be very vigilant in talking with their kids about online and wireless safety, use parental controls and keep an open dialogue."

– John Walsh
National Team Summit on
Internet and Wireless



The Internet is a huge information source and a valuable tool for adults and children. But because of its anonymous nature, it creates opportunities for Cyber-Predators.

IN REAL LIFE, a predator must befriend the parents as well as the child, because the parents are the gatekeeper to the child.

ONLINE, there is no gatekeeper. The Cyber-Predator has direct access to your child.

Chat rooms that attract teens also attract Cyber-Predators.



If you would like more information from the Attorney General's Office on Internet safety or additional resources for educating yourself about internet safety, please scan in the following bar

code with your smart phone or visit http://www.azag.gov/children_family/netsafety.html.

You can find more information about Internet Safety on the Attorney General's website at www.azag.gov

Special thanks

Many individuals and groups helped make this Internet Safety publication possible. We want to especially acknowledge the Governor's Office for Children, Youth and Families, Arizona Internet Crimes Against Children (AZ ICAC) Task Force, The National Center for Missing & Exploited Children and NetSmartz Workshop, the Arizona Alliance of Boys and Girls Clubs, Common Sense Media and the New Mexico Attorney General's Office. This project was supported with federal funds from the U.S. Department of Justice through a sub-grant from AZ ICAC, Phoenix Police Department.

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Resources

Arizona Attorney
General's Office

www.azag.gov

Phoenix: 602.542.2123

Tucson: 520.628.6504

Outside the Phoenix or Tucson
metro area: 800.352.8431

Arizona Internet Crimes
Against Children Task Force

www.azicac.org

ChildhelpUSA

www.childhelpusa.org

24 Hour Child Abuse
Crisis Counseling

1-800-422-4453

(1-800-4-A-CHILD)

Common Sense Media

www.commonsense.com

Community Information
and Referral

www.cirs.org

602.263.8856

(800.352.3792 within area
codes 520 and 928)

GetNetWise

www.getnetwise.org

i-SAFE

www.isafe.org

Internet Fraud
Complaint Center

www.ic3.gov

National Center for
Missing & Exploited Children

www.missingkids.com

CyberTipline

www.cybertipline.com

or 1.800.THE.LOST

(1.800.843.5678)

NetSmartz Workshop

www.netsmartz.org

www.netsmartz411.org

State of Arizona Department
of Public Safety Sex Offender
InfoCenter

**www.az.gov/webapp/offender
/main.do**

Web Wise Kids

www.webwisekids.org

WiredSafety

www.wiredsafety.org

www.wiredkids.org

www.teenangels.org

www.stopcyberbullying.org

CRIME AND FRAUD PREVENTION INITIATIVES

The Arizona Attorney General's Community Outreach & Education Division is committed to educating Arizona residents about crime prevention, identity theft, civil rights, internet safety, consumer fraud, senior abuse and victims rights. Community Outreach Coordinators are available, statewide, to give educational presentations to community groups, schools, senior centers and veteran's groups; additionally we are available to distribute educational materials at local events. Our office operates a network of satellite offices, staffed by volunteers, throughout the state making it easier for Arizona residents to gather information and remain educated about the issues affecting them. Our goal is simple, preventing YOU from becoming a victim. A complete list of satellite offices, upcoming events and information about requesting presentations is available on the Attorney General's website www.azag.gov.



For more information, contact:

Community Outreach and Education
Arizona Attorney General's Office
1275 West Washington Street
Phoenix, Arizona 85007
602.542.2123 or 1.800.352.8431
communityservices@azag.gov

Other Publications available from the Arizona Attorney General's Office:

- Identity Theft
- Consumers' Guide to Buying a Car
- Life Care Planning
- Predatory Lending
- Top Consumer Scams
- Civil Rights:
 - > Employment Discrimination
 - > Housing Discrimination
 - > Discrimination in Places of Public Accommodation
 - > Voting Discrimination

Subscribe to the Attorney General's consumer alerts and messages on current issues at www.azag.gov.

SUBSTANCE ABUSE RESOURCES

Crisis and Emergency Information
Police, Fire or medical emergencies
Dial 911

Drug Free AZ:

3030 N. Central Avenue, Suite 509
Phoenix, AZ 85012
Phone: (602) 264-5700
Fax: (602) 264-5704
E-mail: partner@drugfreeaz.org
<http://drugfreeaz.org/>

Statewide Crisis Line

1-800-631-1314

32

Help Lines

Community Information and Referral Services

(24 hour help line):
(602) 263-8856
Toll free: 1-800-352-3792
<http://drugfreeaz.org/>

The Partnership at Drugfree.org:

Parents Toll-Free Helpline

Speak to a Parent Specialist

We're here to help you – in English or Spanish, Call us Monday to Friday, 10:00 am - 6:00 pm ET

1-855-378-4373

<http://www.drugfree.org/>

Governor's Office for Children, Youth and Families

1700 W. Washington Street, Suite 101
Phoenix, AZ 85007

Telephone (602) 542-4043

Fax (602) 542-3520

<http://gocyf.az.gov/>

Tobacco Free Arizona:

150 N. 18th Ave., Suite 310
Phoenix, A 85007

Phone: (602) 364-0824

<http://www.tobaccofreearizona.com/partners/services.html>

Arizona Underage Drinking Prevention "Draw the line":

<http://www.drawourline.com/home>

Arizona Juvenile Justice Services Division

<http://azcourts.gov/Default.aspx?alias=azcourts/jjsd>

Mothers Against Drunk Driving (MADD)

www.madd.org/az

Students Against Destructive Decisions (SADD)

www.sadd.org/states/arizona.htm

Wheel Council

www.wheelcouncil.org

Maricopa County Attorney's Office

<http://www.safeteensaz.org/>