INTERNET SAFETY AND SUBSTANCE ABUSE GUIDE FOR TEENS

OFFICE OF THE ARIZONA ATTORNEY GENERAL

MARK BRNOVICH

are you protecting yourself online?

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A message from Attorney General Mark Brnovich to children and teens about Internet Safety, Cyber-Crimes, and Substance Abuse:

Your generation has grown up using the Internet so you know what a great tool it is for connecting with friends, finding out what is going on in the world and doing research for your school projects.

The Internet offers many good resources, but I want to remind you that there are some bad people online too. Some of these people will go to chat rooms, message boards or social network sites and find ways to take advantage of you. Even though they may not be in the same room or even in your city, they can still cause serious problems for you and your family. Additionally, access to the Internet and social networking sites may increase your exposure to negative influences such as drugs, alcohol, and smoking. It is important to learn what these problems and negative influences look like and how to stay away from danger.

This booklet talks about these problems and what you can do to protect yourself. You can also go to www.azag.gov to find more ways to be safe on the Internet.

Thank You,
Mark Brnovich
Arizona Attorney General

Yesterday I started talking to someone online. He is a cool guy! I think I am going to meet him...

WHAT'S THE PROBLEM?

The Internet can be a great tool, fun to surf and totally entertaining. But remember, we live in a world where people sometimes take advantage of others, especially teens. It's smart to be prepared.

Anything on the Internet, whether it's chat rooms or websites, that are of interest to you and your friends will also interest Cyber-Predators. They will find a way to use that to connect to you.

Cyber-Predators communicate through chat rooms, instant messages and social networks like Twitter and Facebook seeking to develop relationships with teenagers. They want your trust and once they have it the harassment begins. They ask to meet somewhere to check out a movie, window shop or get something to eat. Typically, a Cyber-Predator does all this while posing as a young adult or teenager.

Who are Cyber-Predators?

>> **They are likely to have above average intelligence and income**

>> **They may have a successful career**

>> **They may be married with children of their own**

>> **They may have no criminal history or none related to sex crimes**

>> **Most are male (99%), non-Hispanic, white (91%) and older than 26 (86%)**

>> **They may be perceived as "the last person you would expect to be a Cyber-Predator"**

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.

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HOW THEY LURE YOUNG PEOPLE

Cyber-Predators use the anonymity of the Internet to talk to young people. **They look for clues to figure out what you care about and even where you live.** Too often, it's easy because you have unknowingly provided your personal information.

CYBER-PREDATORS

- Cyber-Predators seek youths vulnerable to seduction, including those with histories of sexual or physical abuse, those who post sexually provocative photos/video and those who talk about sex with unknown people online. [9]

- Boys constitute 25% of victims and virtually all their offenders are male. [10]

  - 1 in 25 youths received an online sexual solicitation where the solicitor tried to make offline contact. [11]

  - In more than one-quarter (27%) of incidents, solicitors asked youths for sexual photographs of themselves. [12]

REF:
- [9] Wolak J, Finkelhor D, Mitchell K, Ybarra M. _Online "Predators" and Their Victims: Myths, Realities, and Implications for Prevention and Treatment._ American Psychologist, 2008;63, 111-128
- [10] Ibid.
- [11] Ibid.
- [12] Ibid.

EMAIL

Sometimes you meet people you really like online and you want to talk to them more than just in chat rooms. **But be careful before you give out your email address or instant messaging screen name. Often your email has a profile that can be easily accessed by a Cyber-Predator.** Emails are personal and are sometimes unsafe to give to online "friends". Limit the people who have your email address to friends and family. **Don't give it to people you meet in chat rooms and set your chat profile to not display your email address.**

CYBERSTALKING

Searching chat rooms or reading your blogs are easy ways for a Cyber-Predator to learn how to talk to you and earn your trust. By following you through chat rooms, a Cyber-Predator can gather information about you and make you feel comfortable enough to talk to them about anything, even revealing secrets. **Beware of someone who knows everything about your conversations or who is quick to say "the same thing happened to me."**

PHOTOGRAPHS

Putting photographs online is more and more popular especially with chat rooms, blogs, Twitter and Facebook. Unfortunately, there are a number of reasons why photographs are a problem:

- **Combining a photograph with personal information can make it extremely easy for a Cyber-Predator to find his way to your school or doorstep.**

- **Photographs can be manipulated—your face put onto another person's body in a sexually explicit photograph—and posted for anyone, including your parents, to see.**

- The bottom line is that you should never send photos of yourself to people online who you don't know. And you should always be careful who you allow to have access to your photos or in chat rooms, blogs, Twitter and Facebook.

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In this Picture (Tagged): Megan, Sam, Lisa and Tom
1/5/2012 2:14p.m.
Tom: Hey I tagged you Megan 😊 1/5/2012 2:15p.m.
Megan: Cool 😊 1/5/2012 2:22p.m.
Sam: Hey tag me 2... 1/5/2012 2:24p.m.
Lisa: and me 2... 😊 1/5/2012 3:40p.m.
Tom: ok :D 1/5/2012 4:20p.m.

PRETENDING

Cyber-Predators often disguise themselves as teenagers and young adults. Most often they try to befriend you as a peer. **These people can be very convincing and, without realizing it, you may befriend a Cyber-Predator.** There is no way to know who is your age and who is an adult. But **being safe means ending communication with any online "friend" if they begin to harass you.** Remember, never give out personal information (not even an email address) and if anything mean or inappropriate happens, don't be afraid to tell your parents.

GIVING YOU SPECIAL STUFF

When an online "friend" sends you inappropriate material, whether you want it or not, it is smart to stop speaking to that "friend". Cyber-Predators use this technique to scare or "friend" you. Almost all of the time this material is unwanted, but **if you continue to speak to this person, they will push you to do more than just look at inappropriate material.** Ending the conversation with this person will tell that Cyber-Predator that you are not interested in what they have to offer.

THREATS

If an online "friend" begins to threaten you because you refuse to meet him or speak to him anymore, the best thing to do is tell your parents. Cyber-Predators exploit any weaknesses they can find. A Cyber-Predator's objective is to make you do what he wants. Getting advise from a parent, guardian, police officer or a member of the public that you trust will help you make the right decision and will also make sure you stay safe.

THEIR TECHNIQUES

Identifying a Cyber-Predator is difficult because they sound like anyone else. Chatting online can be really fun and can be a quick way to make new friends, but it might not be the safest way. **Cyber-Predators have many techniques to convince you that they are just like you, can relate to your problems and would like to become your real friend instead of your online "friend".**

1/ USER NAMES / SCREEN NAMES

While a user name or screen name **seems like a pretty innocent thing, it can be a gold mine of information for a Cyber-Predator.** Many people choose something familiar and easy to remember. You might think about your favorite bands, pets, hobbies and sports as part of a user name or screen name. But what information are you giving a Cyber-Predator to use?

User name:
Abercromshoper89.
This tells the Cyber-Predator that you like to shop, Abercrombie and Fitch is your favorite and that you were born in 1989.

User name:
prisonerofhermione15.
This tells the Cyber-Predator that you are a Harry Potter fan, you especially like the character Hermione Granger and you are likely 15.

Armed with this information, a Cyber-Predator will talk to Abercromshoper89 about shopping and fashion while talking to prisonerofhermione15 about Harry Potter and magic.

It may not seem important, but providing a Cyber-Predator with any personal information that helps him learn how to become a trusted friend is potentially dangerous.

WHEN CHOOSING A USER NAME OR SCREEN NAME, think of the game "MadLibs." Try using one of the following formulas to select a user name:

>>> **Adjective + noun**
    stuffedninja
>>> **Size + animal**
    minielephant
>>> **Season + noun**
    summerteeth
>>> **RANDOM number + ice cream flavor**
    45cookiedough
>>> **Actor's name + action verb**
    Travoltadancing

NOT your age, phone number or address

A user name or screen name with a random selection of words such as "Soupshoe" is much better than a potentially descriptive identifier such as "Missy1981." Make sure your user identifier doesn't relate to you, your age, your school, your location or your interests.

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he sent me ugly pictures again -
    I don't like him anymore...
he said he's gonna tell my mom
   what we chat about
      if I don't call him back

2/ PROFILES

Profiles can provide Cyber-Predators with a lot of useful information. Profiles ask for information like your real name, birthday, address, phone number, hobbies and what school you go to. Filling out this information is meant to be useful to other teens and young adults who are looking for people to chat with who are interested in the same things. **The problem is that Cyber-Predators use personal information to gain your trust and find ways to manipulate you.** Filling out profiles is not required to use most chat programs and filling them out is a pain in the neck anyway. **To protect yourself, fill out profiles only on sites that allow you to control who has access to the profile.**

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3/ WHAT YOU SAY

Some Cyber-Predators will do something called **"Cyber-Stalking"** *(and yes, it's as scary as it sounds)*. A Cyber-Predator will go to a teen or young adult's chat room and pick a user name to follow through chat rooms. **The Cyber-Predator slowly accu-mulates information about a user by simply reading what they chat about.** Young adults and teens face many problems with peer pressure, parents, family members and friends. Chat rooms seem like the perfect place to gripe about all those people but **watch out for people too anxious to take your side. Often, Cyber-Predators play on your emotions by saying they went through the same thing.**

4/ SELLING STUFF

By selling things online, you can always make a quick buck off that old Pokemon or Ninja Turtles collection you received for your sixth birthday. But, selling things can also provide information to Cyber-Predators. Sometimes, a seller will provide their telephone number so that people interested can call and ask questions about the item; Cyber-Predators don't always call. **Instead they use your telephone number to track you down.** Providing your phone number not only tells a Cyber-Predator what state you live in, **it may also lead them to your house.**

Mike Johnston

Phoenix, AZ

Interests: Soccer, Movies, Music

Status: Waiting for the next insanely great thing.

1 hour ago

Blogs and Sites

http://www. mikejohnston222.com

Friends: 352

Photos: 84

Around The Web

- mikeman655
- 599680755
- mikeman655
- mikeman655
- MikeJohnston

More About Mike Johnston...

Mike Johnston has left 5 comments on 4 blogs

Recent Activity:

I'm a huge fan of Mondo Chocolate. I can't wait until they're in town!!!
2 hours ago on Rock Groups from the Southwest
1 reply

It's a great to see Dan and Jonnene involved in the MovieMime focus group. Hope Thomas will join too.
4 hours ago on MovieMime at the Pub
3 replys

Roxanne. I have some great pics of you and the guys at the game. Maybe one day we'll score again. A Christmas miracle isn't too much to ask for, is it?
9 hours ago

Went mattress shopping and slept on it. Not a good match so back to finding another mattress. Why is mattress shopping so difficult?
12 hours ago

Mike. We'll see you at the IMAX on Saturday morning at 9. Can't wait!!!! I've seen the trailer and It's awesome!!!!! Cindy will also be there. We're heading to GameStop after the show.
Yesterday

Happy birthday to Spice. 12 years. Not bad for a Puggle.
Yesterday

Subscribe to Mike Johnston's Recent Comments

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POTENTIAL CONSEQUENCES
FOR ONLINE ACTIVISTS

1. Chatting with strangers in a chat room

It's easy to lie online because a person's identity can be easily disguised, so you never really know who you are talking to online. **Giving out information to people online is just as dangerous as giving the same information to a stranger you meet on the street,** maybe even more dangerous.

2. Using a webcam

For a Cyber-Predator, a webcam is the next best thing to an in-person meeting. By allowing people to view your webcam, you are essentially opening the shades to your home or your bedroom and allowing a complete stranger to watch you through that window. **Cyber-Predators use what they see to take advantage of you. They may record the video you send and post it for the world to see or simply wait and use it against you later.**

3. Accepting webcam views from strangers

By accepting an invitation to view live webcams from strangers, you could expose yourself to unwanted **nudity and sexually explicit video that could be disturbing.** Remember, the 16-year-old boy inviting you to see him is more likely to be around 50, overweight and hairy!

4. Arranging a face-to-face meeting with someone you've met online

Since you never really know who you are really talking to online, you may be unpleasantly surprised when you discover that person's true identity. **Cyber-Predators arrange meetings with youth for the purposes of hurting, molesting, raping, kidnapping and even killing them.**

WELL YEAH, BUT HE IS
SO NOT THE GUY
I THOUGHT ... AND HE
IS LIKE STALKING ME NOW!
...DONT KNOW
HE IS SCARING ME ...
NOPE, BUT DONT
TELL ANYONE

"SEXTING"

SENDING INAPPROPRIATE IMAGES OF YOURSELF TO OTHERS THRU TEXT MESSAGES

Sexting can be a crime in Arizona and you can be arrested and/or prosecuted. Sending and receiving inappropriate messages often leads to serious consequences. These actions may jeopardize your college career or future employment. **It is important to keep in mind that once you click, post it, or send it, you can not take it back.**

Sexting opens the door to serious outcomes. The next time someone asks you to send an inappropriate message or you receive one, think about the potential damage it can create for your friends and family.

If you are not willing to do it face-to-face in front of your friends, parents and teachers, then you should not be doing it behind closed doors.
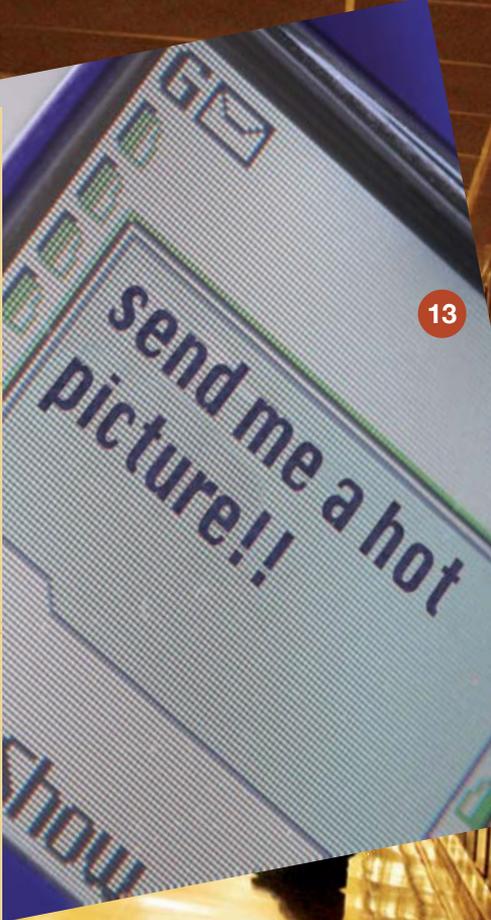
send me a hot picture!!

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I hope no one finds out!
mom's gonna kill me this time...

5. Downloading pictures from an unknown source
Downloading a picture may bring hidden **viruses, which may destroy your computer,** or place **"cookies" allowing the sender to track where you go on the Internet, as well as key stroke trackers use to steal identities.**

6. Filling out online profiles
Filling out profiles allows Cyber-Predators to see personal information about you, such as your real name, phone number, address, school name, etc., and **allows the Cyber-Predator to "find" you in real life.**

7. Posting pictures of yourself on the Internet
In addition to allowing anyone to get a look at you, digital photo manipulation can put your face onto another body in any graphic situation. When such a photo is in the possession of a Cyber-Predator, it can have devastating consequences. **The Cyber-Predator might threaten to send the picture to your parents or spread it all over the internet unless you do as he says.**

8. Posting on blogs and social networking sites
Because these popular online features are virtual diaries, they give online Cyber-Predators an intimate look into your thoughts and feelings. **By reading postings on a blog, a Cyber-Predator can gain greater insight into your vulnerabilities, likes and dislikes and can "tailor" his message to you.** It may take a Cyber-Predator some time to learn about you, but the more information you place on blogs, podcasts and social networking sites, the easier you make it for the Cyber-Predator. **The next time you think you have met your online soulmate, consider that it is more likely that you encountered a Cyber-Predator.**

9. Responding to postings that are belligerent or harassing
These messages are often posted by the author **simply to get a reaction. If you respond, you may open yourself to harassment.**

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CYBER SAFETY GUIDELINES

- Remember: anyone can lie on the Internet.

- Limit giving out information about yourself to only your trusted friends or family.

- Help catch Cyber-Predators, contact local law enforcement if you think you're a victim or know somone who is.

- Visit CyberTipline at www.cybertipline.com or call 1.800.THE.LOST (1.800.843.5678). Report any of the following issues immediately.

  >>> Child Pornography –
      STOP and contact your local Police Department. SAVE the Image but DO NOT PRINT or SEND the images to anyone!!

  >>> Sexually explicit pictures or streaming video – save the information and do not forward or print.

  >>> Sexual solicitation –
      Save the communication. Copy it and paste it into a text file.

- Don't stay in an uncomfortable or dangerous situation online. A bad situation could get worse if you ignore it. Talk to a parent or a trusted adult.

- Share these guidelines with your friends and family.

- Do not send or forward any type of inappropriate image online, via e-mail, Facebook, Twitter or text messages.

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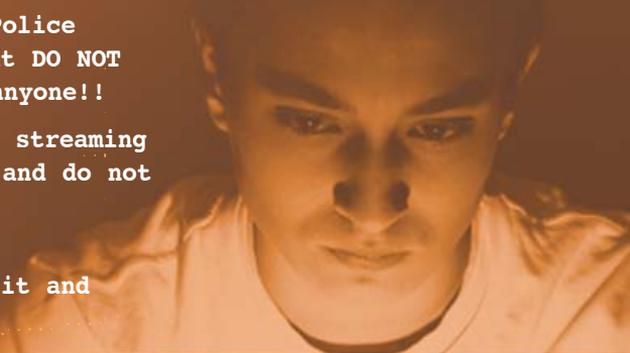
CYBERBULLYING IT'S NOT A JOKE

Social networking sites, chat rooms, email and cell phones are all fun parts of life. However, communicating online makes it easier to spread rumors and be cruel to others simply because they are not saying something to the other person's face. We often say things online and later regret it. It is important to keep in mind that once you post, there is no taking it back — even if you feel badly about it later.

So, before you send a hasty text message or cell phone photo, spreading gossip or making fun of someone, consider…

- Cell phones and texts allow rumors to move quickly, before the real facts of a situation are known. You don't want to be responsible for spreading something that is false — it can come back to bite you.

- If you see something you think is funny but could be embarrassing to someone else, consider how you would feel if you were on the other side before you whip out that cell phone camera. After all, everyone has embarrassing moments and it isn't a good feeling to know everyone at school watches you with a cell phone camera just waiting for you to do something stupid.

Think about the consequences of what you say, text or post. You never know what may be going on inside of another person and the effect that your words could have on them. Many kids/teens have transferred schools or even committed suicide to escape harassment. Remember, it is always best to treat others as you would like to be treated, especially online.

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If you see cyberbullying going on, you can do something about it. Report cruel postings and mocking photos to Facebook, or whatever site you are on, so they can remove it without revealing that you were the one to report it. You can also talk to your parents or school officials about offensive postings. If the mean rumor or gossip is in an IM or text message or in a chat room, you can choose to delete the message…don't forward it and don't join in.

THE MEGAN PLEDGE

STOPCyberbullying.org
a program of WiredSafety.org

The Megan Pledge

Megan Meier was thirteen when she died. She had been cyberbullied and harassed by others, including the mother of one of her friends. She felt that she had no choice but to take her own life, rather than face the betrayal of her friends and their cruelty.

Although Megan is not the first teen to choose suicide over being the target of a cyberbully, I make this pledge hoping that she will be the last.

I make it for Megan and all others who have experienced the fear of being a victim of cyberbullying. I make it for myself. I make it for my friends. I make it to create a safer Internet for everyone.

I believe that everyone is entitled to feel safe, online and offline. I believe that no one should be harassed or targeted for their differences. I believe that technology should not be used as a weapon to hurt others. I believe that no matter what someone has done, they should never be terrorized online. I believe that there are better ways of handling disputes than cyberbullying others. I believe that suicide is never an option, and that all young people can make a positive difference in the lives of others.

By taking this pledge:

I agree to take a stand against cyberbullying, including sharing this pledge with others and asking them to take it too.

I agree not to use technology as a weapon to hurt others.

I agree to Think Before I Click.

I agree to think about the person on the other side.

I agree to support others being cyberbullied and report cyberbullying whenever I find it.

I agree not to join in cyberbullying tactics or be used by cyberbullies to hurt others.

I agree to "Stop, Block and Tell" when I am being targeted by a cyberbully and to "Take 5!" to help me calm down and walk away from the computer.

I agree to be part of the solution, not part of the problem.

Signed by:_____ Date:_____

Print name:_____ Age:_____

E-Mail (optional):_____ State/Province:_____

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SOCIAL NETWORKING MAY INCREASE YOUR RISK OF SUBSTANCE ABUSE

Access to the Internet and social networking sites increases your exposure to negative influences like drugs and alcohol. A 2011 study conducted by the National Center on Addiction and Substance Abuse at Columbia University (CASA Columbia) on young people between the ages of 12-17 found:

YOU MIGHT BE AT RISK

Spending time on social media sites may put you in increased risk of smoking, drinking and drug use. Studies show you are:

- 5 times more likely to use tobacco (10%) than someone not on a social networking site.

- 3 times more likely to use alcohol (26%) than someone not on a social networking site.

- 2 times more likely to use marijuana (13%) than someone not on a social networking site.

If you spend time on social networking sites and have seen pictures of other kids/teens drunk, passed out or using drugs, you may be:

- 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.

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Be aware of the dangers, and take an active approach in separating yourself from these types of influences.

If something on the Internet or social networking site concerns you, talk to your parents, teacher or a trusted adult.

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) found, 2011.