

ONLINE SAFETY

FOR TEENS



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A message from the Arizona Attorney General's Office to children and teens about internet safety and cyber crimes:

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 we want to remind you that there are some bad people online too. Some of these people will use chat rooms, message boards, or social networking sites and find ways to take advantage of you. It is important to recognize 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 learn more ways to be safe online.

Thank you,
The Arizona Attorney General's Office



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CYBER PREDATORS

Cyber predators communicate through chat rooms, text messages, instant messages, and social networks like Instagram and Twitter, seeking to develop relationships with teenagers.

They look for clues on your online profiles to figure out what your interests are, who your friends are, and even where you live. Often, you have already given them this information because of what you post online.

If you are not careful, you can become a victim to cyber predators.

If a victim attempts to cut off the communication, predators will begin to threaten victims with releasing information, messages, and privately shared pictures.

Cyber predators use the anonymity of the Internet to talk to young people, gain their trust, and, once they have it, the harassment begins.

WHO ARE CYBER PREDATORS?

- They target both female and male youth
- They are master manipulators
- They look for youth that are emotionally vulnerable
- Most are male
- 91% are white and non-Hispanic
- 91% hold a full-time job
- They may not always lie about their age
- They search for potential victims on social media, chat rooms, etc.
- They may threaten to expose inappropriate images or photos of the victim

The National Center for Missing & Exploited Children reports these stats about online offenders

60%

wanted to receive sexually explicit images

32%

wanted to meet for sexual purposes

8%

wanted to have sexually explicit conversations

2%

wanted to extort youth for financial gains

REF: National Center for Research, "Online Predators: What Do We Know, and What Can We Do?" www.center4research.org
www.familysafecomputers.org
"The Facts About Online Predators Every Parent Should Know," Commonsense.org, Christine Elgersma, July 2017



COMMON TACTICS USED BY CYBER PREDATORS

- Compliments or praises you
- Likes your posts frequently
- Discusses a “shared” interest that they found on your profile
- Begins a conversation with the intent of starting a sexually explicit conversation with you
- Sends/offers unsolicited sexually explicit images
- Asks you for sexually explicit images
- Offers money, gifts, drugs, or necessities

If they are pretending to be a professional, cyber predators often introduce themselves as a photographer or modeling agent who has the means and ability to start your career. They may offer a free photo shoot, and ask you to meet them face-to-face.



HOW TO RECOGNIZE ONLINE SEXUAL ENTICEMENT.

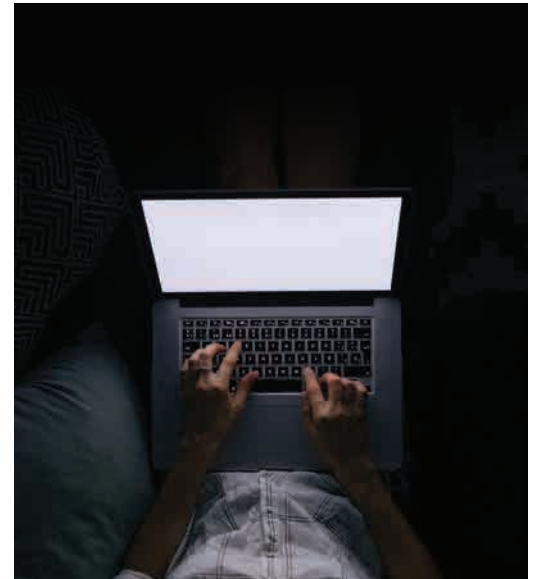
If someone you don't know is attempting to begin a conversation with you on the Internet, do not engage. If you accept their friend request, cyber predators use compliments and flattery to gain your trust and establish a “relationship.” If you become suspicious of anyone or their intentions, unfriend the person, report them, and tell a trusted adult. Never meet someone from the Internet in person.

CYBER PREDATORS LIE ABOUT WHO THEY ARE AND THEIR INTENTIONS.

Cyber predators seek to entice kids and teens via online platforms such as chat rooms, social media sites, and video games. Cyber predators can be men or women, and sometimes pretend to be the opposite sex. They also come from all age brackets, including teens and young adults. Cyber predators will study profiles to see if they can use information such as “shared” interests they can view on your public profile to start a conversation with you.

ALWAYS REPORT.

If you or someone you know has been victimized by someone you met online, report them to the site or app you were approached on, tell a trusted adult, and submit a tip to www.CyberTipline.com. If appropriate, make a report with local police.



CYBER-BULLYING



Cyberbullying is bullying that takes place over cell phones, computers, laptops or tablets via social media sites, text messages, online chats, websites, and online gaming services.

**CYBERBULLYING
HAPPENS**

24/7



CYBERBULLYING IS

PERSISTENT

Electronic devices allow you to immediately and continuously communicate with your peers. Cyberbullies use devices to their advantage by consistently posting negative and hurtful comments, images, and blogs about their victims.

PERMANENT

Information communicated via electronic devices, social media, and online games is often permanent and public. A negative online reputation, including for those who bully, can impact future employment, college admissions, and other important areas of life.

HARD TO NOTICE

The Internet and electronic devices provide anonymity, so it can be harder to spot online bullying. If you are a victim of cyberbullying, tell a trusted adult.





AVOID GOSSIP

You may receive a message, read something on social media, or hear a rumor going around school; don't spread the rumor. Gossiping isn't just wrong, it's immature and often not accurate.

DON'T GIVE IN TO CYBERBULLIES

If someone is harassing you online or posting harmful messages, tell a trusted adult, and report the conversation and/or post to the website, app, or cell phone service. If the harassment continues, save the messages, block the sender, tell a trusted adult, and contact the police if you feel threatened or unsafe.

BYSTANDERS ARE NOT FREE OF BLAME

If your friends are cyberbullying someone, speak up. If you come across an inappropriate post on your feed, or witness cyberbullying happening, defend the person being harassed or report the incident. Consider how you would feel if you were the subject.

CONSEQUENCES

A situation can easily get out of control, impacting your friends, parents, and school officials. If you participate in cyberbullying, you can be suspended or expelled, removed from school sponsored activities, excluded from school events, charged, and even prosecuted for a crime. Think about the possible consequences of a post before you decide to post it.





SEXTING

Sexting is the sending of sexually explicit messages or images, usually through cellphones. Sending and receiving inappropriate messages often leads to serious consequences. Once you post or send it, you cannot take it back.

DANGERS OF SEXTING

- People may see explicit photos on your phone even if you didn't send them. Never take pictures of yourself or anyone else that you wouldn't want anyone to see – your classmates, teachers, parents, strangers, or your employer.
- You can't control where pictures go once sent or posted. What you send to a boyfriend or girlfriend could easily end up in the hands of their friends, strangers, or even posted online.
- If anyone pressures you to send a sexually explicit message or picture, don't give in. Even if you know or trust the person you send the photo to, they can still use it to hurt you once the relationship ends. Talk to a trusted adult.
- Many sex offenders pretend to be teens in order to trick teens into sending inappropriate photos.
- Beware of online relationships.

POSSIBLE CONSEQUENCES OF SEXTING

- You may face bullying
- You could be kicked out of school-sponsored activities
- Your friends and family may see the images or messages
- The images may end up on the Internet
- You may be suspended or expelled
- You may lose educational and/or future employment opportunities
- If you have or send a photo of yourself or of minors on your phone, you are committing a felony and can be prosecuted, even if you know the person.



ONLINE SAFETY



Gaining access to the Internet is easy. We have to be cautious when using social media, chat rooms, websites, apps, and online gaming.

Due to our constant online presence, it is important that you take the appropriate steps to learn about possible online dangers and how to stay safe online.

The sites and apps that you use on a daily basis, especially social media, draw the attention of people who use these platforms with the intent to harm.

It is important to be aware of people who you accept as a follower or a friend, and those who try to communicate with you via social media, chat rooms, websites, apps, and online gaming.



45%

of teenagers say they are online at a near-constant basis

79%

of teenagers instant message their friends

59%

of teenagers video chat their friends

52%

of teenagers spend time with their friends playing video games

REF: "Teens, Social Media & Technology 2018,"
Pew Research Center
"Teens, Technology and Friendships,"
Pew Research Center



ONLINE GAMING

Aside from social media sites, websites and chat rooms, teens are also being solicited through online gaming on a computer, game console, or portable device.

Review your privacy settings to ensure your online gaming experience is safe and private.

One of the features online gaming allows is chat. You can use chats to talk with your friends who are online, whether playing a game or not, and you can use them to chat with people you have met while playing online. Be alert of users you do not know who are attempting to contact you through

chat or other online gaming means. Cyber predators have used online gaming as a way to target and solicit youth.

Additionally, due to in-game purchases, cyber predators may create fraudulent accounts, pretending to be game developers. Be aware of users who are pretending to be game developers or who are asking for your passwords (game developers will not ask you for your account information). The fraudulent account uses your account information to steal and sell your in-game purchases.



72% 84%

of teens ages 13-17 play video games

of teenage boys play online video games

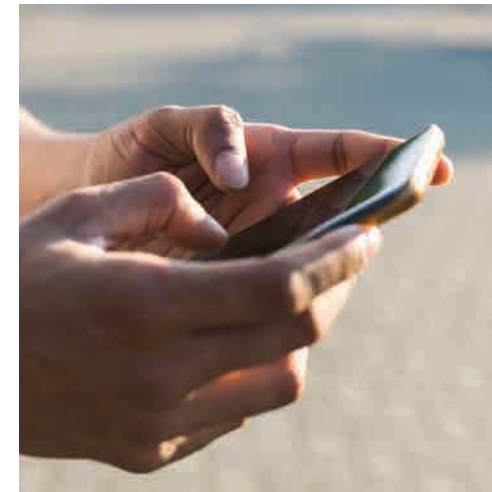
SOCIAL MEDIA SAFETY

CHECK YOUR IMAGES AND CAPTIONS.

Have you posted anything inappropriate or illegal including threats, profanity, nudity, alcohol, or drugs?

TALK TO YOUR FRIENDS ABOUT WHAT'S OKAY TO POST.

Set rules as to what is and is not okay to post. Agree that if one of you doesn't like the picture, you will take it down.



KNOW YOUR FRIENDS, CONTACTS, AND FOLLOWERS.

These are people who can see, share, and comment on anything you post, so you want to be sure you trust them. Report and block anyone who is harassing, threatening, or making inappropriate comments to you.

EXAMINE YOUR ONLINE PROFILES.

Remove personal information from your online profiles. Be mindful of pictures you don't want your future employers or school officials to see. If you are unsure of an image, take it down—OR, DON'T POST IT!



DON'T FORGET MOBILE

When you use mobile devices to post or check into a location, you could also be sharing your location. Turn off the geotagging feature in your mobile settings.

PROTECT YOUR SPACE

Never give out your password. Review your account and privacy settings. Don't accept requests from people you don't know. Do some investigating. Who are they? Do you or one of your friends know them in the real world, not just online?



KEEP AN EYE ON THIRD-PARTY APPS

Apps that you can download online such as camera apps or social media apps that ask for permission to access information on your device could also give companies access to your personal information including photos and your contacts. Always read the fine print before deciding to download a new app.

REPORT

You have the right to be safe online. If anyone cyberbullies you or solicits you online, tell a trusted adult, and make a report to the website or app. If anyone shares or asks you to share sexual messages or images, tell a trusted adult, contact law enforcement, and make a report to www.CyberTipline.com

PUBLIC V. PRIVATE ACCOUNTS

When your accounts are set to "public," anyone can view your pictures, the locations you are checking into, posts about where you are going to be later that day, and any other personal information. The information you include on your account can be used to target you online.

Setting your profile to "private" is the first step to protect yourself against online predators. To make sure you have all of your accounts set to "private," search your name and handles on a search engine. Any of the information that is still set to "public" will pop up in the search results.



PROTECTING YOUR PERSONAL INFORMATION

WHAT NOT TO POST

- Your birthdate
- Your Social Security number
- Where you go to school
- Your home address
- Your personal cell phone number or home phone number
- Where you work
- Close-up images of your face (i.e. portrait pictures)
- Your current location
- Pictures of your house

DOWNLOADS

Always ask a trusted adult before you download an app or program onto your electronic device.

WIFI TIPS

- Avoid automatically connecting to and using public WiFi networks/hotspots
- Turn off sharing
- Confirm the network name
- Protect your passwords and don't sign in to sites that are on an unsecure network

USERNAME TIPS

Usernames can give more information than you think. Try using a combination of words or characters that do not reveal your name, age, or where you live.

