In cybersecurity we try a keep our sense of humor!
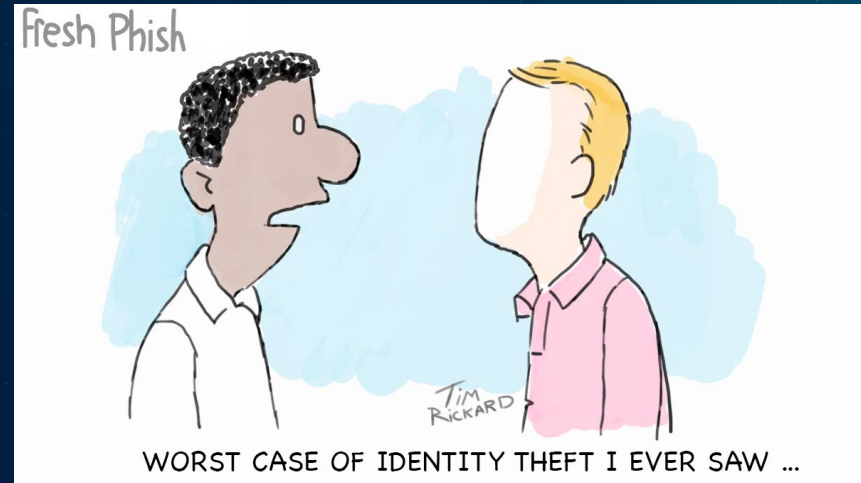
About me:

A parent of two (now adult) kids

A 20 years in CyberSecurity

40 years in I.T.

Disclaimer: Views expressed in this presentation are my own and not those of the University of Notre Dame
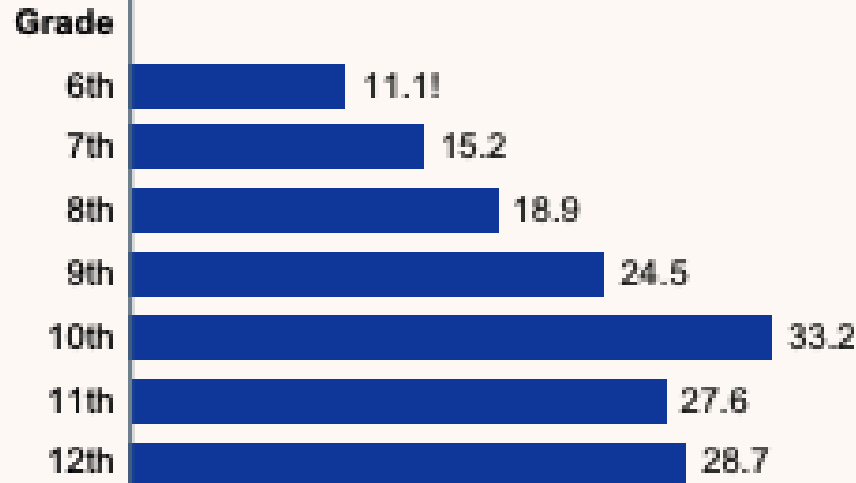
What We'll Talk About

- Bullying
- Sexting
- Sextortion
- Oversharing Personal Data
- Screen Time and Parental Controls
- Good Cyber-Hygiene Habits
  - Email
  - Passwords
  - Public WiFi
  - Patch Your Stuff

Bullying

2023 - % of online/text bullying for 12 - 18 Yrs who reported bullying

IES Institute of Education Sciences

Report on Indicators of School Crime and Safety: 2023

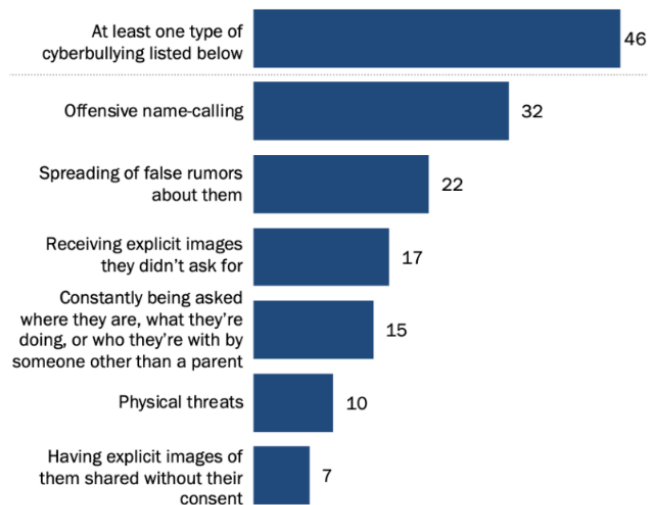| Grade	
6th	11.1!
7th	15.2
8th	18.9
9th	24.5
10th	33.2
11th	27.6
12th	28.7

Bullying

Nearly half of teens have ever experienced cyberbullying, with offensive name-calling being the type most commonly reported

% of U.S. teens who say they have ever experienced ___ when online or on their cellphone

Category	%
At least one type of cyberbullying listed below	46
Offensive name-calling	32
Spreading of false rumors about them	22
Receiving explicit images they didn't ask for	17
Constantly being asked where they are, what they're doing, or who they're with by someone other than a parent	15
Physical threats	10
Having explicit images of them shared without their consent	7

Note: Teens are those ages 13 to 17. Those who did not give an answer are not shown.
Source: Survey conducted April 14-May 4, 2022.
"Teens and Cyberbullying 2022"

PEW RESEARCH CENTER

Bullying

What to do if your kid is bullied online

- Talk to and support your child (keep them safe)
- Participate in your child's online world
- Utilize Parental Control tools to block the bully
- Work with the school to resolve the situation
- Physical threats should be reported to law enforcement

Sexting

Sending or forwarding sexually explicit photos, videos, or messages from a mobile phone

- Tell your kids not to do it
- It risks their reputation and their friendships
- If you get a sexting message DELETE it.
- It's illegal if you create, forward or save a picture when the subject is under 18*

Fines and a statutory minimum of 15 years to 30 years in prison

Sextortion

Example:

A "friend" requests an explicit photo. Harmless fun until the "friend" threatens to publish the photo unless more explicit pictures/video are sent or (financial sextortion) money is sent.

- Social Media
- Gaming Platforms
- Direct Messaging Apps (TikTok, Instagram, Twitch, Telegram)*

* Telegram CEO Pavel Durov was just arrested for not turning in criminals using the platform
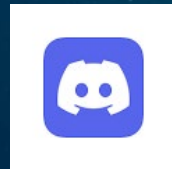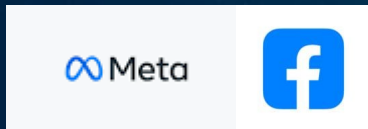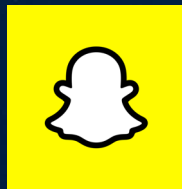
Sextortion

Protecting your kids from Sextortion

- Use monitoring tools
- Have open conversations about Sextortion
- Use online resources like:

NetSmartz®

https://www.missingkids.org/netsmartz/home

Oversharing personal data

What Do These Social Media Apps Have In Common?

Snapchat, Instagram, FaceBook, Discord, Twitch, Telegram, WhatsApp, TikTok, Twitter

Oversharing personal data

Q: What Do These Social Media Apps Have In Common?

A: They make their money on advertising and selling your personal data.

Social media platforms Facebook, Instagram, Snapchat, TikTok, X (formerly Twitter), and YouTube collectively derived nearly $11 billion in advertising revenue from U.S.-based users younger than 18 in 2022.*

Harvard T.H. Chan School of Public Health.

Oversharing personal data

Who cares? Everyone has my data anyway!
(Dangers of oversharing):

- Blackmail, extortion, fraud
- Identity theft
- Monetary theft
- Reputational Damage
- Loss of privacy

Oversharing personal data

Tips for Safeguarding your personal information

- Social Media
  - Review privacy settings
  - Be selective about who follows you
  - Post as though you were broadcasting to the public
- Websites
  - Pay attention to privacy warnings and turn off cookies
- Services, Clubs, Surveys
  - Just because they asked doesn't mean you have to give it!
  - No financial information or identifiers like:
    - SSN, Drivers License, Passport Number
    - Credit Card, Bank Account

Screen Time For Kids

Too Much Screen Time can lead to

- Sleep problems
- Lower grades in school
- Less time with family and friends
- Not enough outdoor or physical activity
- Mood problems
- Poor self-image and body image issues
- Fear of missing out
- Less time learning other ways to relax and have fun

Screen Time For Kids

American Academy of
Child & Adolescent
Psychiatry
WWW.AACAP.ORG

Age 0 - 1.5   Video chatting along with an adult
Age 1.5 - 2   Watching educational programming with a
caregiver

Age 2-5   Limit non-educational screen time to 1 hour per
                               weekday, 3 hours on the weekend
days.
6 and up   Encourage healthy habits limit activities that
include

                               screens.

For Parents   - Turn off all screens during family meals and
outings.

        - Avoid using screens as pacifiers, babysitters, or to
          stop tantrums.
   - Turn off screens and remove them from bedrooms

Screen Time for families

- Set a good example with your screen habits.
- Familiarize yourself with programming to make sure it is age - appropriate.
- Talk to your child about what they are seeing. Point out good behavior, such as cooperation, friendship, and concern for others.
- Be aware of advertising and how it influences choices.
- Encourage your child to learn other activities such as sports, music, art, and hobbies that do not involve screens.
- Actively decide when your child is ready for a personal device.
- Encourage using screens in ways that build creativity and connection with family and friends.
- Consider your child or teen's maturity and habits. The right plan for one family may not be a good fit for another.

AMERICAN ACADEMY OF
CHILD & ADOLESCENT
PSYCHIATRY
W W W . A A C A P . O R G

If you are concerned about your child's screen time, talk to your pediatrician or family physician.

Parental Controls
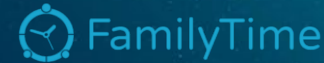
What to look for:

- Compatibility
    - Win/Mac - Apple/Android - Game Platform
- Set Time Limits
- Website and content filter
- Application Usage/Installation
- Online activity monitoring
- Location tracking
- Email Monitoring
- Texting history

FamilyTime

securly

Mobicip

Qustodio

bark

Norton Family

Net Nanny®

AURA

There is no substitute for talking to your kids about their online life

CyberHygiene Habits

Email

- Understand what Phishing is and how to detect it.
- Don't be afraid to hit "Delete"

Passwords

- Long (15 letter) passphrases
- Sign up for MFA anywhere you can
- Use a Password Manager
- Use Biometric ID when possible

Public WiFi

- If you don't see a lock Icon it's wide open
- Watch for WIFI Spoofing
  Starbucks-WiFi Vs Starbucks-Free-WIFI

Update your stuff

- Set phones, tablets and laptops to auto-update
- Update software (especially your browser) regularly

Resources:

(kolinh@gmail.com)

CyberBullying - Report on Indicators of School Crime and Safety: 2023
https://bjs.ojp.gov/document/iscs23.pdf

Screen Time Recommendations
https://www.aacap.org/AACAP/Families_and_Youth/Facts_for_Families/FFF-Guide/Children-And-Watching-TV-054.aspx

Readiness and Emergency Management for Schools (cybersafety tips)
https://rems.ed.gov/cybersafety

Social Media platforms generate billions.
https://journals.plos.org/plosone/article?id=10.1371/journal.pone.0295337

Telegram CEO Arrested
https://www.cnn.com/2024/09/23/tech/telegram-ceo-durov-arrest-user-data-changes/index.html

Training: NetSmartz - Cyber education for Kids (Sexting, Sextortion, Cyberbullying, Social Media, Phones)
https://www.missingkids.org/netsmartz/home

Training: Common Sense Media - Cyber Education for Kids (Screen Time, Online Privacy)
https://www.commonsensemedia.org/articles?rid=930291135&mid=20240828_Adhoc_TRN_BackToSchoolFraud

Password Managers
1Password - https://1password.com   NordPass - https://nordpass.com/

What you should know about email accounts for kids
https://www.microsoft.com/en-us/microsoft-365-life-hacks/privacy-and-safety/what-to-know-about-email-and-kids