



# Safety & Environmental Services

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## Did you know?

- Facebook is the most downloaded app
- There are over 2 billion apps available
- Facebook, Instagram, and Snapchat are used most often by American teens. To have an account with these sites, users should be at least 13 years old
- 24% of teens go online almost constantly
- A typical teen Instagram user has 150 followers
- About 1 out of every 5 teens have sent a sexually suggestive picture
- Only 1 in 10 teens tells a parent if they have been a cyber bully victim



—Pew Research Center 2018

## Apps...What is all the fuss about?

An **app**, short for application, is a piece of software that allows the user access to a variety of programs. Apps can be found just about anywhere—phones, tablets, computers, TVs, etc. Teens use social media sites and apps on a regular basis to play games, express themselves, connect with friends and meet new people. When it comes to making these connections, social media apps and sites provide a variety of options and platforms for teens to share what they want with whomever they

want. There are **anonymous sharing apps or sites** where individuals can ask questions or post confessional texts or images anonymously. There are also **temporary apps** that allow people to send messages and images that self-destruct after a set time. Other apps allow users to chat over **video connections** or create and post their own videos. While some of these apps offer some benefits like sharing with a smaller audience and the opportunity to share talents, they can



also have a negative side including inappropriate content or encouraging bullying behavior. **Talk with your teen** and learn about their social media interests. Set aside some time each day to just listen and chat with your teen about what's going on in their life. When it comes to apps and social media, knowledge is the best preventative.

—commonsensemedia.org  
—netsanity.net/apps-for-teens

## Adults Need to Know about Social Media

Parents have a right to know what their teens are doing online. This includes which social networks and websites they access.

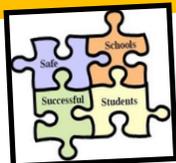
Information every parent should know includes:

- Passwords to social media accounts used by their teen

- Posts and shares made by their teens
- How to set social media apps and accounts to "private"
- Your child/teen's friends and follower lists
- How to use parental control settings
- How to talk to your child about sexting and cyberbullying issues
- Kansas laws about social media use



—Child Advocacy Center of Sedgwick County



Security Communications  
316-973-2100

Environmental Services  
316-973-2217

Safety Services  
Phone: 316-973-2260

# Tips for Parents

Ideas to help deal with online challenges and activities

## PARENT/CHILD DEVICE CONTRACT

A signed contract is an excellent way to hold family members accountable for responsible electronic device usage. [Complete a contract](#) and discuss the terms before providing the device to your child. Stick to what is outlined within the contract. Visit [commonsense.org](#) for more information and updates on current trends.

## DEVICE SETTINGS & PARENTAL CONTROLS

Ensure that you set up parental controls on your devices at home. Take a few moments to find out control options for the devices your child uses and utilize those features.

## BE PRESENT

It's important for you, as a parent or care giver, to be present while your children are online. This will give you a greater understanding of what they are doing on their devices, as well as providing you with the opportunity to discuss,

support and stop certain activities that your child may be involved in.

## TALK REGULARLY WITH YOUR CHILD

As well as monitoring your child's activity, it's important for you to discuss it with them too. Not only will this give you an understanding of their online actions, but those honest and frequent conversations will encourage your child to feel confident to discuss issues and concerns they may have related to the online world.

## PEER PRESSURE

Trends and viral challenges can be tempting for children to participate in; no matter how dangerous or scary they seem. Tell your child they shouldn't succumb to peer pressure or do anything they are not comfortable with on or offline. If they are unsure, encourage them to talk to a trusted adult.

## TELL THEM IT'S NOT REAL

Although this may seem obvious, it's important for you to reiterate to your child that any fictional character is



not a real person and cannot directly harm them! Also, tell your child to not go openly searching for this content online as it may only cause more distress.

## REAL OR HOAX?

As a parent it is natural to feel worried about certain things you see online that may be harmful to your child. However, not everything you see online is true. Check the validity of the source and be mindful of what you share as it may only cause more worry.

## BREAK IT DOWN

**Kids may feel like parental controls invade their privacy.** Let them know that you'll do spot-checks—not to "catch them"

or get in their business, but to support them.

**What you say makes more of an impact.** To get a kid to really remember something, research shows it needs to be repeated over time:

"Remember to think before you post"

"Don't talk to strangers on the internet"

"Use strong privacy settings"

**Sharing instead of shutting down**—When things come up in media, use the opportunity to start a discussion, ask questions, and make connections.

For more information visit:

- [nationalonlinesafety.com](http://nationalonlinesafety.com)
- [commonsense.org](http://commonsense.org)



## Online Safety—Tips to Share

Remember:  
Everything posted on social media may be viewed by others—even unintended audiences.  
Do Not overshare information that could be used for harmful purposes.

## PROTECT YOUR DEVICES & INFORMATION

Keep all software (including web browser) current and install legitimate antivirus and antispyware software.

## SHARE WITH CARE

Make sure your on-line profiles don't have private or personal identifying information. (e.g., phone numbers, addresses, etc.

## THINK BEFORE YOU POST

Information you share online about yourself or comments you post can become public. Don't share suggestive photos or videos; make your social network pages private and be choosy about adding new friends on social sites or in games.

## TAKE A FEW MOMENTS

Avoid responding impulsively on-line or via text, evaluate the consequences of posting your thoughts or pictures before hitting the send button

## BE A REAL FRIEND

If you wouldn't wear it (say, on a t-shirt), don't share it. Stand up for your friends.

*iKeepSafe and Microsoft*