

Cyber Bullying

Boys are as likely as girls to be targeted for threats or efforts to humiliate them on the Internet. Gender does not affect a child's online risk profile.

- **Don't open/read messages from cyber bullies** - Your child can't be intimidated by messages from cyber bullies they never open. Teach your child to curb his or her curiosity to read and respond to a message if they suspect or know a cyber bully has sent.
- **Encourage your child to tell an adult** - For some children, their reaction to being bullied is not only fright, but also confusion about how to react appropriately. Coach your child to tell a trusted adult if they are ever being bullied.
- **Report cyber bullying** - Internet Service Providers (ISP's) can often block a cyber bully, and schools have specific procedures and rules to handle bullying. Save the bully's message and screen name, then contact and report it.
- **No chatting while angry** - Sending angry, hostile or taunting message attracts cyber bullies. Make certain your child is not using e-mail messages or chat rooms to vent their own anger in a way that hurts others.
- **If you are threatened with harm, tell the police** - Even if you don't know how to identify the individual who has made the threat, law enforcement often has access to the information and may be able to track down and arrest them before they do more harm.
- **Be part of your child's online experience** - It can be a fun journey to explore the wonders of the Internet as a family. As computer-savvy as kids and teens are today they will certainly teach you a thing or two!

This information was provided by i-SAFE. The United States Congress has designated i-SAFE America Inc, a non-profit Internet safety foundation, to bring Internet safety education and awareness to the youth of this country. Founded in 1998, i-SAFE is a proactive prevention-oriented Internet safety awareness program.

For more information go to www.i-SAFE.com

Eluding Internet Predators

According to a survey by the National Center for Missing & Exploited Children, only 1 in 4 youth who received a sexual solicitation online reported the incident to an adult.

- **Keep usernames and profiles generic and anonymous** - Discuss your child's online screen name (s), profile (s), and activities. Many provide too much personal information. Ensure all screen names and profiles are non-specific and purposely vague.
- **Avoid posting personal photos** - Pictures can be altered to embarrass or humiliate. They also provide personal information that can help an Internet predator to pretend to know you, your children, and/or their friends.
- **Always keep private information private** - With just three pieces of personal information, specialized Internet search engines can be used to locate someone anywhere. Internet conversations should never include any personal information.
- **Keep the computer in an open area** - A responsible adult should always accompany minors while they access the Internet to provide support and direction should they be confronted with an aggressive solicitation or inappropriate materials.
- **Respect children's privacy** - Respect your child's privacy but make certain they know personally everyone on their e-mail "buddy" list. Work to generate parent-child trust that supports open and honest Internet use.

Internet Safety Quiz for Adults

1. Where is the best place to locate your family computer?

- a. Child's bedroom
- b. Family Room
- c. Home office in remote area of house

2. Which is the best example of how to protect your children online?

- a. Post clear, simple, easy-to-read house rules on or near the monitor and supervise your child's online activity.
- b. Only allow your child to use the computer at the public library or school.
- c. Do not allow your child to surf the Internet without having a friend nearby.

3. Your children are completely safe if they only visit child-friendly chatrooms.

- a. True
- b. False

4. What should you do if your children tell you that their online friend has asked for their telephone number and wants to meet them in person?

- a. Take away their computer privileges.
- b. Praise them for being honest with you about this information and discuss with them the reasons why it is unsafe for them to meet in person with someone they have first met online without your supervision.
- c. Tell them that it's okay to meet their friend as long as you know where they are going.

5. Of the choices below, which is the worst screen name for a child?

- a. katie_ny13
- b. CuteLitlAngel
- c. BlueEyes7642

6. According to Online Victimization: A Report on the Nation's Youth, ¹ how many children received a sexual solicitation or approach over the Internet in a one-year period of time?

- a. 1 in 5 children
- b. 1 in 100 children
- c. 1 in 500 children

7. If you are not familiar with computers and the Internet you should

- a. Take a basic class to become familiar with them.
- b. Sit down with your children to have them show you web sites they visit and how they navigate through the world wide web.
- c. Both.

8. What should you do if you suspect online "stalking" or sexual exploitation of a child?

- a. Ignore it, and hope that it goes away.
- b. Report it to your local law-enforcement agency and the CyberTipline.
- c. Change Internet Service Providers.

9. If your children have their own personal web page and ask you if they can put their photographs on it, what should you do?

- a. Tell them that they can put their photograph on the web page only if they promise to give the web-site address to people they know.
- b. Tell them that it is not safe to put photographs on web sites.

Internet Safety Quiz for Adults (Answers)

1. ANSWER: B. The safest location for the computer is in a room where there is sufficient adult supervision.
2. ANSWER: A. Posting clear, simple, easy-to-read house rules is an excellent way to set boundaries for your child's Internet use. The rules can be signed by you and your child and should be periodically reviewed. Visit www.NetSmartz.org for examples of rules. At this site you can also find safety tips and definitions to help you better understand the many different areas of the world wide web. Remember that nothing beats your supervision of and attention to what your children do while online.
3. ANSWER: B. Although it is recommended that your child only visit child-friendly sites, realize that anyone can access these sites. Child predators have been known to entice children in child-oriented chatrooms. Nothing can replace your supervision.
4. ANSWER: B. Rewarding your child for being forthcoming with information is an excellent way to keep the lines of communication between you open. Furthermore, your acceptance and praise of this may encourage them to report incidents to you in the future. You should remind your child not to give out personal information or meet anyone in person without your prior knowledge and consent. If you want to consider a meeting, ask to talk to the other child's parents. If you agree to the meeting, accompany your child and meet with the other child and his or her parents in a public place.
5. ANSWER: A. Internet predators often use screen names to select their potential targets. A screen name should never reveal any identifying information about a child especially things like a name, age, location, year of birth, school name, and year of graduation.
6. ANSWER: A. David Finkelhor, Kimberly J. Mitchell, and Janis Wolak. *Online Victimization: A Report on the Nation's Youth*. Alexandria, Virginia: National Center for Missing & Exploited Children, 2000, page ix.
7. ANSWER: C. Taking a class is an excellent way to begin to learn about the Internet. Check your local adult community education schedules or with computer retailers for suggested classes. There are also many excellent books available on computers and the Internet that you could either check out from your local library or purchase. Furthermore, sitting down with your children at the computer is not only an excellent way to learn, it is also a great way to connect with them. This can be a pleasurable experience for both you and your children.
8. ANSWER: B. Immediately report the information to local law enforcement and the CyberTipline at www.cybertipline.com or 1-800-843-5678. The Federal Bureau of Investigation recommends - if your child or anyone in your household has received child pornography, your child has been sexually solicited by someone who knows that your child is younger than 18, or your child has received sexually explicit images from someone who knows your child is younger than 18 - that you keep the computer turned off in order to preserve any evidence for future law enforcement use. Unless directed to do so by law enforcement, you should not attempt to copy any of the images and/or text found on the computer.
9. ANSWER: B. Remember that anyone in the world can access a web page. It is not recommended to put any personal information on the Internet such as information that may be used by online predators to identify children as targets for molestation. Publishing a child's photograph on any web site can be a risk. If your child has a personal web page, NetSmartz recommends against posting the child's photograph on the page. If your child is a member of a group with a web site, photographs of children published online should not be accompanied with identifying information. Group shots are preferable to individual pictures. The group may be identified as "Members of the basketball team." Remember, even a first name can be a tool that empowers those who use the Internet to identify and stalk children. Also many schools are now posting individual information about students in Internet yearbooks. Check with your child's school to determine their policy about posting information online.

Xanga.com – How to Report Abuse

<http://help.xanga.com/abuse.htm>

What is Xanga's Abuse Policy?

SHUTTING DOWN A SITE

We've built some protection into Xanga, like Comment Blocking, Comment Deletion, and Protected Posting. But sometimes that isn't enough, and a user will appeal to our Abuse Team for a site shutdown.

Generally, there are three main reasons that we will shut down a site:

- It exists *solely* to abuse or stalk another member (or ethnic group)
- It contains an explicit death threat (or physical threat) to another person
- It is blatantly pornographic

FREE SPEECH ON XANGA

We at Xanga are enormous believers in free speech.

That means that we put up with a certain amount of content and language that we don't necessarily like or agree with. In our minds, this is part of the cost of Free Speech.

The only time we question that belief is when Free Speech comes into conflict with users' physical safety. Safety always wins out over Free Speech.

YOUR SAFETY

While we do try to keep Xanga safe, please remember that we are a very small company with limited resources. Please take advantage of your local authorities. If you feel like your life or safety is in danger, PLEASE REPORT THE SITUATION TO THE POLICE OR LOCAL AUTHORITIES!

POLICE INVESTIGATIONS

While we don't have the resources to fully investigate every abuse report, we are always happy to cooperate with police investigations. To ensure that we don't violate users' privacy without due process, we do ask that police investigators send us a subpoena before we pass along any user information.

If you'd like to contact us regarding a police investigation, you can do so here:

<http://help.xanga.com/contact/abuse-police.htm>

MySpace.com – How to report Abuse

<http://viewmorepics.myspace.com/index.cfm?fuseaction=misc.faq&z=1&Mytoken=20040917113647>

or

Go to **www.myspace.com** and click on **"FAQ"** link on the bottom of the page.

Q. Someone is pretending to be me. What do I do?

A. In order to verify your identity, please send us a "salute". This means we will need an image of yourself holding a handwritten sign with the word "MySpace.com" and your Friend ID (your Friend ID number appears immediately after "friendID=" in the web address/URL when viewing your profile). We can then remove the profile that uses your identity without your permission. Please be sure to include the web address/URL to the profile in question when you send your salute. If you do not have a profile on MySpace please just include the current date instead of your Friend ID. You can contact us [here](#).

Q. Where do I report underage users?

A. Users must be at least 14 to join. According to the TOS, if a user is under 18 and misrepresenting their age, the account may be deleted. If you have sighted a user under 14 years of age on MySpace.com, please **contact us** with the URL or friend ID number and we will remove it.

Q. Where do I report spammers?

A. Please contact us with the URL to the profile of a spammer, and details of how you were spammed. Also make sure to report the spam message in your MySpace.com inbox by clicking on 'Flag Spam/Abuse'. Please contact us [here](#).

Q. Where do I report Inappropriate Content?

A. Please send us a **message** with the URL to the profile containing the inappropriate content, and a brief description of what on the profile offended you.

Q. Someone on MySpace is bugging or harassing me... what can I do about it?

A. The best thing to do if and when you encounter such a situation is simply ignore them... 99.9% of the time they will soon leave you alone. Remember, you can always remove the person from your Friend List (they will then no longer be able to add Comments to your Profile page), delete any Comments they leave on your Profile page, and you can even delete any messages they send you via the MySpace Mail system without opening them. By NOT responding to offending user (i.e., NOT giving them any attention, NOT letting them get a "rise" out of you), most people will simply go away. You may also view their profile and click "Block User", which will prevent them from contacting you. Annoying people get bored very fast when you don't allow them to annoy you. If someone threatens you, contact law enforcement immediately. If you feel threatened, please also read our safety tips [here](#). You can contact customer service [here](#).

Filter Resources

Comcast.net – Parental Control and Identity Protection

http://www.comcast.net/security/mcafee/?cm.src=assistant_promo_AsstGraphicMcAfee0105

Aol – Parental Control

<http://help.aol.com> and click on "Safety, Security & Privacy".

Verizon DSL – Parental Control

http://www22.verizon.com/forhomedsl/channels/dsl/micro/security_suite/faqs/parentalcontrols.asp

*Almost every ISP has Parental Control feature available for you to use. Please contact your ISP today to find out more information.

List of Internet Filter Software

- ContentProtect – <https://www.contentwatch.com>
- CyberSittier - <http://www.cybersitter.com/>
- NetNanny - <http://www.netnanny.com/>
- Cyber Patrol - <http://www.cyberpatrol.com/>
- FilterPark - http://aimconnect.com/fp_content_filter.htm
- Cyber Sentinel - <http://www.cyber-sentinel.net/>
- McAfee Parental Controls -
<http://us.mcafee.com/root/package.asp?pkgid=104>
- Norton Parental Controls -
http://www.symantec.com/home_homeoffice/products/internet_security/nis2006/
- Cyber Snoop - <http://www.pearlsw.com/>

i-SAFE America Chat Abbreviations

Acronyms & Emoticons

AFAIK = As Far As I Know
AFK = Away From Keyboard
ASAP = As Soon As Possible
BBL = Be Back Later
BBN = Bye Bye Now
BBS = Be Back Soon
BEG = Big Evil Grin
BF = Boyfriend
BRB = Be Right Back
BTW = By The Way
BWL = Bursting With Laughter
C&G = Chuckle and Grin
CICO = Coffee In, Coffee Out
CID = Crying In Disgrace
CNP = Continued (in my) Next Post
CP = Chat Post (a chat message)
CRBT = Crying Real Big Tears
CSG = Chuckle Snicker Grin
CYA = See You (Seeya)
CYALBR = See You Later (Seeyalata)
DLTBBB = Don't Let The Bed Bugs Bite
EG = Evil Grin
EMSG = Email Message
FC = Fingers Crossed
FTBOMH = From The Bottom Of My Heart
FYI = For Your Information
FWIW = For What It's Worth
GAL = Get A Life
GF = Girlfriend
GFN = Gone For Now
GMBA = Giggling My Butt Off
GMTA = Great Minds Think Alike
GTSY = Glad To See You
H&K = Hug and Kiss
HABU = Have A Better 'Un
HAGN = Have A Good Night
HAGU = Have A Good 'Un
RHIS = Hanging Head In Shame
HUB = Head Up Butt
IAE = In Any Event
IC = I See
IMNSHO = In My Not So Humble Opinion
IMO = In My Opinion
IMCO = In My Considered Opinion
IMHO = In My Humble Opinion
IONW = In Other Words
IRL = In Real Life
IWALU = I Will Always Love You
JMO = Just My Opinion
JTYK = Just To Let You Know
KIT = Keep In Touch

KOC = Kiss On Cheek
KOL = Kiss On Lips
LBR = Later
LBR = GBR = Later 'Gater
LHM = Lord Help Me
LHO = Laughing Head Off
LHU = Lord Help Us
LMSO = Laughing My Socks Off
LOL = Laugh Out Loud
LSHMBB = Laughing So Hard My Belly Is Bouncing
LSHMBH = Laughing So Hard My Belly Hurts
LSHTTARDML = Laughing So Hard The Tears Are Running Down My Leg
LTNS = Long Time No See
LTS = Laughing To Self
LUWAMH = Love You With All My Heart
LY = Love Ya
MTF = More To Follow
NRN = No Reply Necessary
NADT = Not A Darn Thing
OK = Oh, I See
OL = Old Lady (significant other)
OM = Old Man (significant other)
OTOM = On The Other Hand
OTTOM = Off The Top of My Head
PDS = Please Don't Shoot
PM = Private Message
PMEJI = Pardon Me For Jumping In
PMP = Peed My Pants
POAHF = Put On A Happy Face
QSE = Reply
QSO = Conversation
QT = Cutie
ROFL = Rolling On Floor Laughing
ROFLUTS ROFL = Unable to Speak
SETE = Smiling Ear To Ear
SHID = Slaps Head In Disgust
SO = Significant Other
SOT = Short Of Time
SOTMG = Short Of Time Must Go
SWL = Screaming with Laughter
SYS = See You Soon
TA = Thanks Again
TGIF = Thank God It's Friday
TCU = Take Care Of Yourself
TTL = Tell Me Like It Is
TNT = The Next Time
TOY = Thinking Of You

TTFN = Ta Ta For Now
TTYL = Talk To You Later
WB = Welcome Back
WTH = What/Who The Heck
YBS = You'll Be Sorry
YL = Young Lady
YM = Young Man
HUGS AND KISSES
:*) kisses
:X) a big wet kiss!
:x) kiss kiss
:-D) blowing a kiss
HAPPY, SMILING, LAUGHING
:~) smiling; agreeing
:-D) laughing
:~) bee bee
:~) so happy, I'm crying
TEASING, MISCHIEVOUS
:~) winking; just kidding
:~>) devilish wink
:~) downing
:-I) keeping a straight face
AFFIRMING, SUPPORTING
:XD) "Great! I like it!"
&~) "Wow, man!"
:~o) "Wow!"
^S) high five
UNHAPPY, SAD
:-() frowning; boo boo
:~C) really bummed
&~) tearful
:~(crying and really sad
ANGRY, SARCASTIC
>:~<) angry
:~||) angry
:~V) shouting
:~r) sticking tongue out
:~I) indifferent
:~o) bored