Technology & Social Media

Creating Safer Online Spaces + Healthier Digital Relationships

www.wrcnepa.org

Group Agreements

- Respect
- Ask Questions
- Confidentiality
- No Judgment
- Take care of yourself

WRC: We are Your Safe Space

www.wrcnepa.org

570-346-4671

- 24 Hour Hotline
- Crisis Intervention
- Safe Housing
- Legal Support
- Counseling

- Systems Advocacy
- Education + Prevention
- All services are FREE and CONFIDENTIAL and available regardless of income, race, gender, age, marital, social or economic status, cultural or religious beliefs, sexual orientation, or physical abilities.

Big Ideas

1. We don't know each other's stories.

2. There is on one "right" or "wrong" approach.

3. Resources and help are always available.

4. Together we can help keep kids safer and healthier.

Some Benefits + Risks of Social Media

Benefits

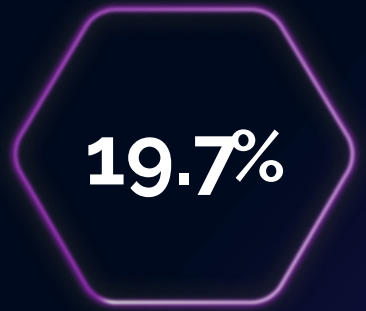
- Connecting with Friends and Family
- Finding People Who Share Similar Interests / Expand Social Circle
- Getting Involved in Activism or Charities
- Enhancing Creativity by Sharing Ideas, Music, and Art
- Helping Form Self-expression and Identity
- Connecting with Educators, Experts and Other Students
- Can Provide Safe Space for Some

Risks

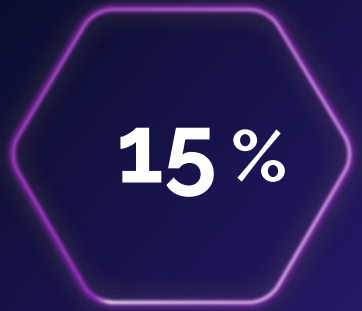
- Cyberbullying
- Inappropriate Content
- Fear Of Missing Out (FOMO)
- Decrease in face-to-face Interaction
- Online Predators + Traffickers
- Stalking/Tracking
- Addiction
- Sexting and Image/Video-Based Abuse
- Porn

Lackawanna County Statistics 2021

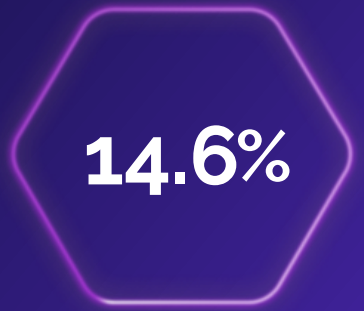
"During the past 12 months, have you been bullied through texting and/or social media?"



6th Grade



8th Grade



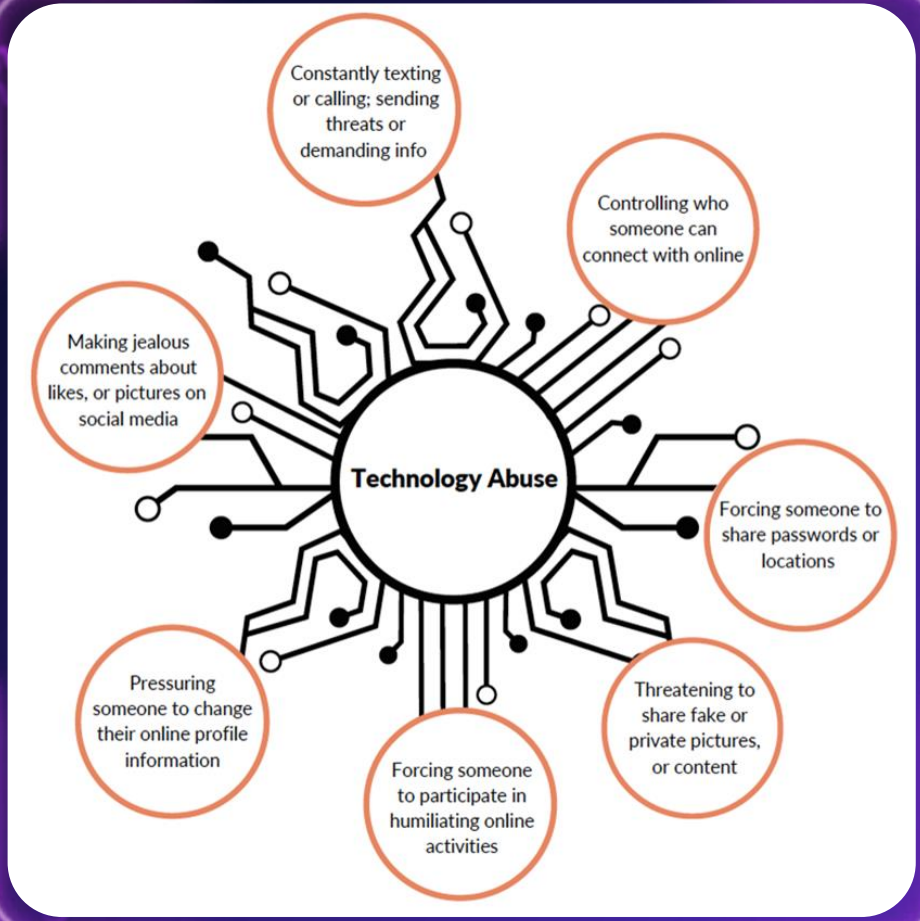
10th Grade

Unhealthy relationships (online or offline) can include:

- **Lack of respect**
- **Poor communication**
- **Lack of trust**
- **Manipulation**
- **Isolation**
- **Guilting**
- **Volatility**
- **Sabotage**
- **Dependence**
- **Inequality**
- **Possessiveness**
- **Intensity**
- **Belittling**
- **Deflecting Responsibility**
- **Gaslighting**

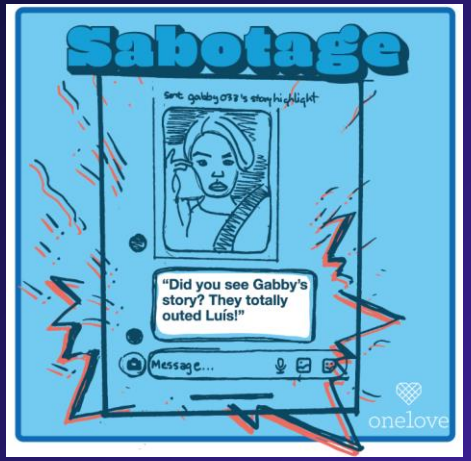
Red Flags that technology is being used to abuse or control.

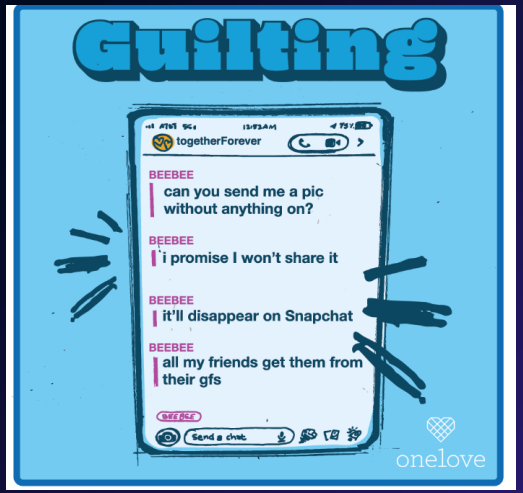
These flags can indicate that your child is experiencing harm OR that they are the one causing harm.



Intensity
Hi, wyd?
10:23 PM
You know I really care about you, right?
10:26 PM
Do you want to hang out after school?
10:27 PM
I'm really into you
10:29 PM
onelove

MANIPULATION
I'm not giving you my password
what do you have to hide?
If you really loved me, you'd give it to me
onelove

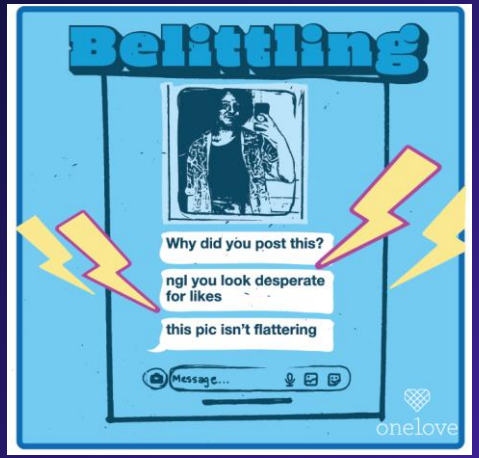

Sabotage
"Did you see Gabby's story? They totally outed Luis!"
Message...
onelove

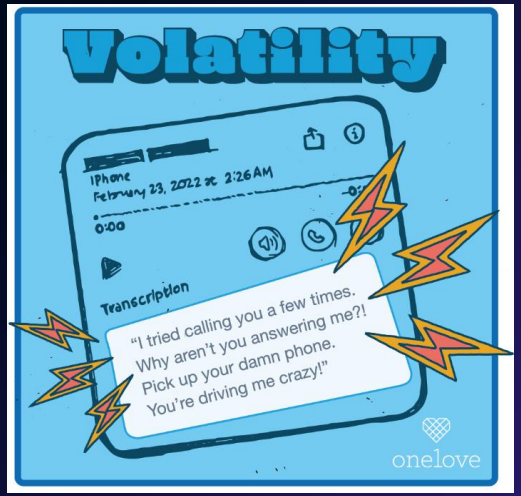

Guilting
togetherForever
BEEBEE
can you send me a pic without anything on?
BEEBEE
i promise I won't share it
BEEBEE
it'll disappear on Snapchat
BEEBEE
all my friends get them from their gfs
Send a chat
onelove

DEFLECTING RESPONSIBILITY
I didn't mean for that to get out. Someone must have hacked my phone
onelove

POSSESSIVENESS
Why did you like her photo?
You told me you were going by your friends but I see you're in town
why r u lying?
Who r u with?
Send me your location now.
onelove

Isolation
Did you unfollow my friends from my account?
Also did you change the password for my TikTok account...
onelove


Belittling
Why did you post this?
ngl you look desperate for likes
this pic isn't flattering
Message...
onelove


Volatility
IPhone
February 23, 2022 at 2:26 AM
0:00
Transcription
"I tried calling you a few times. Why aren't you answering me?! Pick up your damn phone. You're driving me crazy!"
onelove

Betrayal
Noah sent me nudes..
Woah
Damnnn
but don't tell anyone I shared this with you
onelove

We Can Build Safe Online Spaces

NSVRC

How do we create safer online spaces?

1. **Creating Healthy and Safe Online Relationships**
2. **Communicating Openly**
3. **Identifying Trusted Adults Who Can Help**
4. **Spend Time With Your Child or Teen Online**
5. **Implementing Tech Fixes**

Creating Healthy and Safe Online Relationships

Little things can make a big difference.

Create clear expectations and agreements.

Discuss privacy and mindful posting.

Understand consent and boundaries.

Sample tips for kids that can be made into a signed agreement.

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Communicating Openly

Communication is a skill that can be practiced.

Stay calm & approachable.

Be alert + observant of red flags.

Have regular, open, & consistent communication.

You can say...

“I’m sorry this happened.”

“I love you.”

“I believe you.”

“How can I help.”

“I want you to be safe.”

“Thank you for telling me.”

“We can get through this together.”

Together we can take the fear out of getting help and support.

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Identifying trusted adults who can help

Help is always available.

Know when and where to go for help.

Believe them & try not to dismiss or minimize.

Encourage honesty.

Some Things to Consider

What does it mean to be a trusted adult?

What situations require help beyond what you can offer?

How do you address the trend of children/teens not asking for help because don't want to get in trouble or get their phone taken away?

What other barriers might exist to getting help?

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Spend time with your child or teen online

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Some suggested tech fixes...

Technology isn't as scary as it may seem.

Parental controls

Privacy settings

Limit location services + webcam access

So many apps- where to start?

HeartMob (iheartmob.org)

User-friendly information on how to use different platforms' reporting and privacy tools – all gathered in one location.

Manage Your Privacy Settings - Stay Safe Online

Use these direct links to update your privacy settings on popular devices and online services or read about your platforms' privacy policies and statements.

Tech Safety | Tech Safety (techsafetyapp.org):

Information that can help someone identify technology-facilitated harassment, stalking, or abuse and includes tips on what can be done. In English and Spanish.

Best Apps for Kids | Common Sense Media

Offers reviews and recommendations for age appropriate apps and games.

Big Ideas to Take Home

Big Ideas to Take Home (cont.)

WRC

www.wrcnepa.org

24-hour confidential hotlines
Lackawanna County: 570-346-4671
Susquehanna County: 570-278-1800

Women's Resource Center
We are your safe place.