

The Cyberspace Environment...

Today's Internet is a valuable tool that can enrich our lives by providing us with educational, informational, and entertainment resources. However, it is important to remember that Cyberspace also contains many dangers that you must educate yourself and your family about.

Common dangers to young children and teens include:

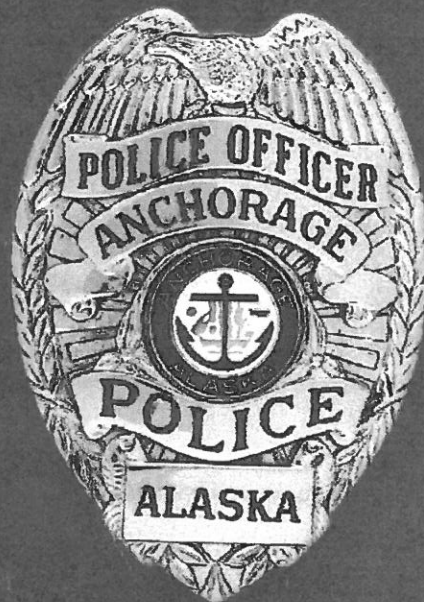
- exposure to inappropriate material
- sexual exploitation
- harassment and bullying
- theft of personal information

By familiarizing yourself and your family with the information contained in this pamphlet and by visiting Internet safety websites you will be on the way to minimizing online dangers to your family.

How You Can Help...

If you become aware of the online transmission, use, or viewing of child pornography immediately make a report to the National Center for Missing and Exploited Children at 1-800-843-5678 or www.cybertipline.com.

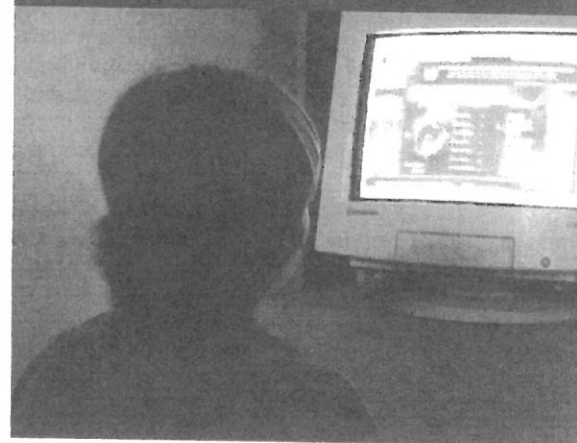
**The ICAC Task Force
also investigates and
prosecutes those who
use the Internet to
victimize children.**



**For More Information:
Anchorage
Police Department
(907) 786-8500**

Internet Crimes Against Children (ICAC) Task Force


It is the mission of the ICAC Task Force to protect our children through community education and the identification, apprehension and prosecution of those who commit Internet crimes against children.



Kids & Teens...Surf Safely

- Before going online, talk with your parents about what types of websites and online activities you are interested in, and develop rules for your Internet use. **It's a matter of safety.**
- Never give out personal information such as your address, phone number, name, parents' names and work numbers, or the name and location of your school to anyone online. Do not include personal information in an online profile, and use a screen name that is different from your real name and your e-mail address.
- There are places on the Internet that are for adults only. If you find yourself in one of those places, immediately tell your parents how you got to the adult area and how you feel about what you saw.
- Never respond to messages or bulletin board items that are sexually suggestive, obscene, threatening, or that make you feel uncomfortable for any reason. If someone harasses you online, says anything inappropriate, or does anything that makes you feel uncomfortable, give a copy of the message to your parents immediately and contact your Internet service provider (ISP).
- Delete, without opening, all e-mails from senders you don't know. These e-mails could contain bad stuff like viruses, spyware, or sexual explicit material.
- Never send pictures to someone you meet online without discussing it with your parents first. **Once the picture is sent you can never get it back**, and it becomes the property of everyone it is sent to.
- If you "chat" in chat rooms, remember that some users are not who they say they are and may be interested in illegal activities such as identity theft or sexually abusing minors. A person who says "she" is a 14-year-old girl from New York that is looking for a friend may really be a 42-year-old man from California who doesn't really want to be "friends." The Internet can be a lot of fun, but use caution when chatting with people you "meet" online.

- Never agree to get together with someone you met online without your parents permission. If your parents agree to the meeting, the meeting should be in a public place and your parents should go with you.
- If you are having problems at home, with your friends, or at school, the Internet or an online friend may not be the best place to go for help. An online "friend" may not be interested in truly being your friend, and may try to take advantage of you when you are feeling down. Talk to your parents, a counselor, a teacher, or another adult you trust.
- Tell your parents if someone or something you come across online makes you feel uncomfortable.



RED FLAGS FOR PARENTS

- **Your child changes or minimizes the screen when you walk into the room.**
- **Your child suddenly spends substantially more time online.**
- **Your child starts getting strange phone calls from people you don't know.**
- **Your child has new clothes, CDs or other items from unknown sources.**
- **Your child gets overly upset if Internet access is restricted or unavailable for even a short time.**
- **Your child is unusually withdrawn.**

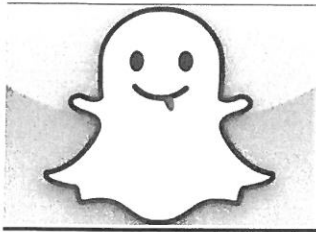
Helpful Information For Adults

- Before allowing your kids to go online, develop rules for their Internet use. Rules should include what websites your child can visit, who they can talk to online, how long they can be online and where they can use a computer. **It isn't a matter of trust, it's a matter of safety.**
- Never give out personal information, or allow your child to give out personal information, such as addresses, phone numbers, names, or the name and location of your child's school. Do not include personal information in an online profile. Pedophiles often use profiles to find victims online.
- Keep the computer in a common area of the home such as the family room. **Computers with Internet access should not be kept in your child's room or be used when you are not at home.**
- Periodically review your child's e-mail account. Find out what websites your kids go to by checking the "history" folder of your Internet browser. Visit these sites and find out what type of information they offer.
- Become computer literate, including learning chatroom lingo.
- Many Internet service providers (ISPs) have tools, known as "filters," to help parents restrict the types of websites kids can access. Find out if your ISP offers filters and learn how to use them. There are also commercially available software programs designed to help parents monitor their kid's computer activities.
- Do not allow your child to respond to messages or bulletin board items that are sexually suggestive, obscene, or threatening. Forward a copy of such messages to your ISP.
- Never allow your child to arrange an in-person meeting with someone they met online without your permission. In-person meetings should occur in a public place and you should accompany your child.

National Center for Missing
and Exploited Children
1-800-843-5678
www.cybertipline.com



SMARTPHONE APPLICATIONS:



Snapchat

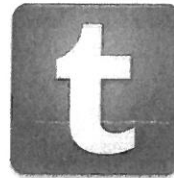


Kik



Instagram

Instagram



Tumblr



Whisper



Live.me



Tiger Text



Twitter



Ask FM



Live.ly

INTERNET SAFETY SITES

www.netsmartz411.org Internet Safety Helpdesk

www.ikeepSAFE.org

www.netsmartz.org

www.webwisekids.com

www.muni.org/apd

SEX OFFENDER REGISTRATION SITES

www.familywatchdog.us Sex offender web site

<http://www.dps.state.ak.us/sorweb/Sorweb.aspx> Alaska sex offender registry



Offender Locator Apps (Free or Paid versions)



Lieutenant Julie Shank JShank@muni.org

Sergeant Aaron Whitt AWhitt@muni.org

Detective Mark Thomas MThomas@muni.org

Detective Lenny Torres LTorres@Muni.org

Detective Kim Trujillo KTrujillo@muni.org

Cyber Crimes Tech Angela Worthy AWorthy@muni.org

Cyber Crimes Tech Brandon Hunter BHunter@muni.org

KNOW THE RULES... Internet Safety Quiz For Adults



1. Where is the best place to allow Internet use in the home?
- A. Child's bedroom
 - B. Family's living room
 - C. Parent/guardian's office in remote area of the home

Answer B. The safest location for Internet use in the home is in a room where there is sufficient adult supervision. Remember children are able to access the Internet on a variety of devices including computers, cell phones, other wireless devices, and gaming consoles. It is also essential to know where else your child may access the Internet including friends' homes, libraries, and schools. Have a plan in place to closely supervise and monitor your children's online activity no matter where or how they are accessing the Internet.

2. Which is the best example of how to protect your children when online?
- A. Post clear, simple, easy-to-read rules where you allow Internet use in the home; closely supervise your children's online activity when they are at home; and monitor your children's online activity when they access the Internet from other locations
 - B. Allow your children to use the computer only at the library or school
 - C. Allow your children to access the Internet only when a friend is nearby

Answer A. Posting clear, simple, and easy-to-read rules is an excellent way to set boundaries for your children's Internet use. Consider having your children and you sign the rules, which you should periodically review with them. For examples of rules regarding Internet use visit www.NetSmartz.org. This National Center for Missing & Exploited Children® (NCMEC) website provides animated videos, real-life stories, and safety tips to help you better understand the Internet. If you have questions about the online world, visit NCMEC's www.NetSmartz411.org for guidance customized to your particular situation. Remember nothing beats your supervision of and attention to what your children do while online.

3. Which social-networking websites are completely safe for children?
- A. Social-networking websites that are child friendly
 - B. Social-networking websites with security settings
 - C. No social-networking websites are completely safe for children

Answer C. Like most new technological developments, social-networking websites have both positive and negative implications. Children are able to connect with friends and meet others with the same interests. Your children, however, may not be aware they are putting themselves at risk by giving out too much personal information and communicating with people they have first met online. Social-networking websites have various components including instant messaging, chatrooms, profiles, photos, e-mail, and blogs. Individuals accessing these websites can easily contact your children. You should explain to your children the potential risks of social-networking websites and set limits on which websites they may access and when they may access them.

4. What should you do if your children tell you someone they have "met" online wants to meet them in person?
- A. Take away their Internet-use privileges.
 - B. Praise them for telling you this, and discuss with them the reasons why it is unsafe to meet in person with someone they have met online without your supervision. Make a CyberTipline® report if you suspect this person is an adult attempting to meet a child.
 - C. Tell them it's OK to meet their friend as long as you know where they are going.

Answer B. Rewarding your children for being forthcoming with information is an excellent way to keep the lines of communication open between your children and you. Your acceptance and praise may encourage them to report incidents to you in the future. You should remind your children not to give out personal information or meet anyone in person without your prior knowledge and consent. If you want to consider a meeting, talk to the other child's parents/guardians. If you agree to the meeting, accompany your child and meet with the other child and his or her parents/guardians in a public place. If you suspect this person is an adult trying to meet a child report it to NCMEC's CyberTipline at www.cybertipline.com or 1-800-843-5678.

5. Which is an example of an appropriate screenname for a child?
- A. katie_ny13
 - B. CutelItlAngel
 - C. Pkdg_329

Answer C. Those who wish to harm children online often use screennames to select their potential victims. A screenname should never reveal any identifying information about a child especially things such as name, age, location, year of birth, school

name, and year of graduation. Answer C is an example of a good choice for a screenname because it avoids calling attention to the user. To make strong screennames or passwords, NetSmartz411® recommends using the first letter of each word of a phrase or an acronym that is easy to remember. Visit www.NetSmartz411.org for more information.

- 6. What are the consequences of "sexting" your child may face?**
- A. Recurring embarrassment and victimization**
 - B. Potential damage to academic, employment, and social opportunities**
 - C. Both**

Answer C. Children who send sexual images of themselves or other children face many social repercussions such as being judged or excluded by their peers, families, and communities. Law-enforcement officials may even criminally charge children for producing, possessing, and/or distributing pornography depicting children. Images posted online can circulate forever, which could damage a child's reputation, and even be used by offenders in an attempt to victimize other children.

- 7. What should you do if you are not familiar with computers and the Internet?**
- A. Visit www.NetSmartz411.org to help educate yourself**
 - B. Sit down with your children and have them show you the websites they visit and how they use the Internet**
 - C. Both**

Answer C. NetSmartz411 is the premier Internet-safety helpdesk and hotline for answers to parents' and guardians' questions about Internet safety, technology, and the Web. You can get answers to your direct questions by asking an expert online at www.NetSmartz411.org or calling **1-888-NETS411 (638-7411)** and speaking with an NCMEC Analyst. Sitting down with your children while they are online is an excellent way to learn and connect with them. It could also be a fun activity for both your children and you.

- 8. What should you do if you suspect online stalking or sexual exploitation of your child?**
- A. Ignore it, and hope it goes away**
 - B. Report it to your local law-enforcement agency and the CyberTipline**
 - C. Change Internet Service Providers**

Answer B. If your children or anyone in your home has received pornography depicting children, been sexually solicited by someone, or received sexually explicit images immediately report the information to local law enforcement and follow their instructions. You should keep the device's screen turned off in order to preserve any evidence for future law-enforcement use. Do not copy any of the images and/or text. You should also report the incident to NCMEC's **CyberTipline at www.cybertipline.com or 1-800-843-5678.**

- 9. When should your children post photos of themselves on their own personal website or a social-networking website?**
- A. When they promise to only give the website address to people they know**
 - B. When you have approved the content of the photos**
 - C. When they promise not to post any potentially embarrassing or inappropriate photos**

Answer B. Your children should post personal photos or provide personally identifying information only with your knowledge and approval. Remind your children that anyone in the world can access a website, and posting photos could make them easy to find and potentially put them at risk. It is safer to publish photos on a website where you are able to use privacy settings to share them with trusted family members and friends only, but this is no guarantee the photos will not be saved and used in ways you may not realize. If your children are members of a group with a website, photos 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 may be a tool empowering those individuals with bad intentions. Also many schools are now posting individual information about students in Internet yearbooks. Check with your children's school(s) to determine their policy about posting information online. Regularly monitoring your children's online activities and discussing the potential risks involved will go a long way in helping to ensure their safe use of the Internet.

- 10. Which type of personal information is OK for your child to post on their social-networking account?**
- A. Dates and details about an upcoming family vacation**
 - B. Daily after-school routine**
 - C. Favorite movie**

Answer C. Individuals could use personal information your children post online to harm your children or your family. Your children should never post information online that could help someone locate or contact them in the real world. Detailed plans about an upcoming family vacation posted on a social-networking account could put your home at risk of crime while you are away.

Visit www.NetSmartz.org and www.NetSmartz411.org for more information regarding how to keep your family safer.

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SEXTING

Questions and Answers from NetSmartz® Workshop

Many youth believe that anything that they want to do with *their* bodies and *their* phones is *their* business. Youth enjoy the privacy and freedom that cell phones give them from their parents or guardians. But when they use that freedom and their cell phones to explore their budding sexuality, it's easy to understand why 1 in 5 teens (13-19) reported having sent a sexually suggestive image or message.¹ However, when youth engage in sexting, the sending or posting of nude or partially nude images of minors, the law takes a very different view.

Help your children avoid the potential life consequences of sexting by learning more about the issue and talking to your children before they put themselves in a compromising position.

Q: Why do youth sext?

A: Youth sext for many reasons. They may be pressured by friends or trying to impress a crush. Some are responding to a sexual text message they've received and others willingly send nude photos of themselves to a boyfriend or girlfriend. Youth make these decisions without thinking about how their futures may be affected. It's important for parents and guardians to understand that as technically savvy as their children are, they often don't think about the implications of how quickly digital information can spread via cell phone and the Internet.

Q: What are the consequences of sexting?

A: Youth who sext may face charges of producing, possessing, and/or distributing child pornography. For example, if Sue takes a nude picture of herself and sends it to John, she may be charged with the production and distribution of child pornography. If John forwards the image to Tim, John may be charged with the possession and distribution of child pornography. As long as the image circulates, anyone with it may face charges.

Legal consequences are not the only outcomes that children face. They may face social repercussions, such as being judged or excluded by their peers, communities, and families. Youth that send the images may become targets of mean comments, rumors, and harassment. Furthermore, the image may follow them forever, damaging academic, social, and employment opportunities.

Sexting may also profoundly affect the emotional and psychological development of a child. Trust is broken when an image is forwarded without the creator's consent, such as when a boyfriend takes revenge on an ex-girlfriend by forwarding images intended to be private. Once an image is spread via cell phone or posted online, it is impossible to get back and can potentially circulate forever; youth who engage in sexting risk reoccurring embarrassment and victimization. These pictures can even find their way into the hands of those individuals who prey on children and collect child pornography. This kind of exploitation can be psychologically devastating.

Q: What can I do to help prevent my child from sexting?

A: Make sure to review your house rules for online conduct with your children before giving them access to new Web-enabled technologies. Along with discussing your expectations for their behavior, discuss the consequences for failing to meet those expectations, such as limited access to Web and texting functions. If children ignore the rules, consider removing cell phones all together; however, this should be your last resort. Technology is not going anywhere, and it's important that children learn how to use it appropriately.

Talk to them early and often about how digital information and images may travel very far, very quickly. Make it absolutely clear to youth that the moment they send a digital image of themselves from their cell phone, they completely lose control of what happens to it next.

¹ Statistic referenced is from *Sex and Tech*, a survey by The National Campaign to Prevent Teen and Unplanned Pregnancy and CosmoGirl.com.

Q: How do I know if my child is sexting?

A: No parent or guardian wants to be the last one to know that their child is sexting. Try to maintain open lines of communication with your children so that they are not afraid to talk to you if they receive inappropriate photos or are being pressured to send them.

Below are some discussion starters to help you have the “sexting talk” with your child

- Have you ever received a sexual message or naked picture on your cell phone?
- Has anyone ever asked or pressured you to send a nude or sexual picture?
- Do you think it's OK to send “sexy” messages or images? Why?
- What could happen to you if you send or forward a sexual text message or naked picture with your cell phone?
- How likely is it that images and messages intended for one person will be seen by others?



Tips to Prevent **SEXTING**



THINK ABOUT THE CONSEQUENCES

of taking, sending, or forwarding a sexual picture of someone underage, even if it's of you. You could get kicked off of sports teams, face humiliation, lose educational opportunities, and even get in trouble with the law.

NEVER TAKE

images of yourself that you wouldn't want everyone—your classmates, your teachers, your family, or your employers—to see.

BEFORE HITTING SEND

remember that you can't control where this image may travel. What you send to a boyfriend or girlfriend could easily end up with their friends, and their friends, and their friends...

IF YOU FORWARD

a sexual picture of someone underage, you are as responsible for this image as the original sender. You could face child pornography charges, go to jail, and have to register as a sex offender.

REPORT

any nude pictures you receive on your cell phone to an adult you trust. Do not delete the message. Instead, get your parents or guardians, teachers, and school counselors involved immediately.