

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.

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?"



19.7%

6th Grade

15%

8th Grade

14.6%

10th Grade

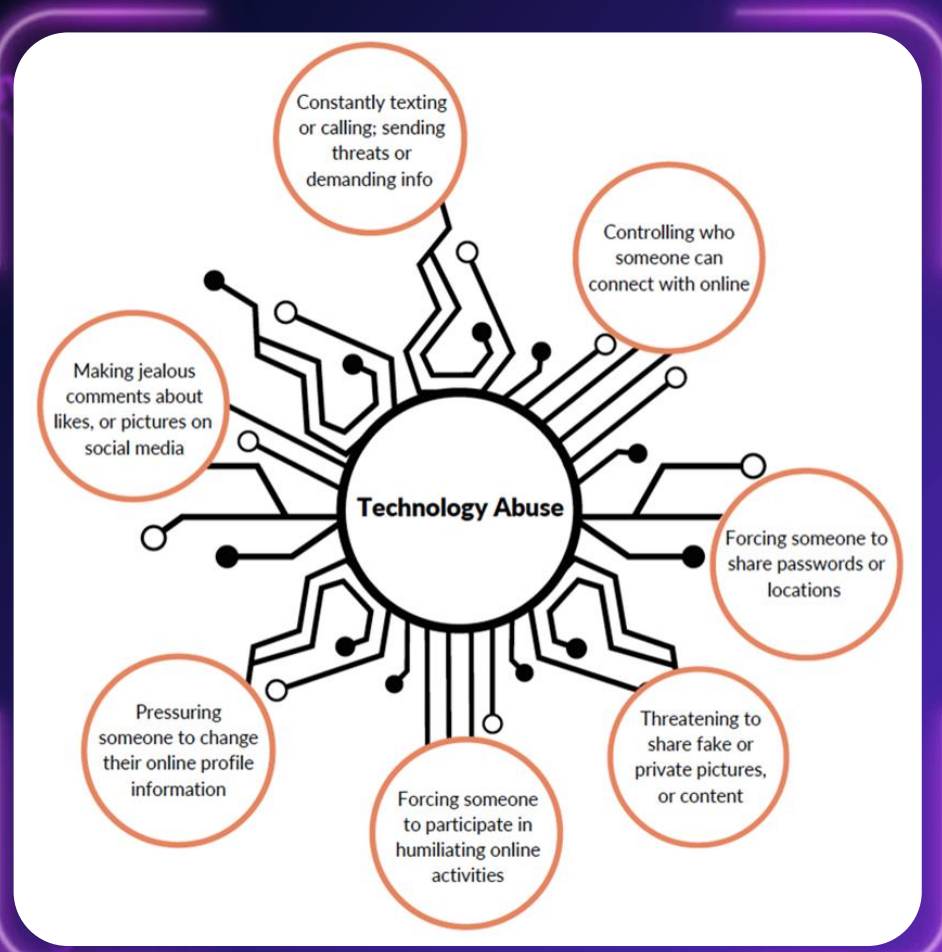
Unhealthy relationships (online or offline) can include:

- **Lack of respect**
- **Poor communication**
- **Lack of trust**
- **Manipulation**
- **Isolation**
- **Guilt**
- **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

Sort gabby's story's story hi highlight

“Did you see Gabby's story? They totally outed Luis!”

Message...

onelove

Guilt

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.



Isolation

Did you unfollow my friends from my account?

Also did you change the password for my TikTok account...



Belittling



Why did you post this?

ngl you look desperate for likes

this pic isn't flattering

Message...



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!"



Betrayal

Noah sent me nudes..

Woah

Damnnn


but don't tell anyone I shared this with you



We Can Build Safe Online Spaces



 NSVRC
NATIONAL SUICIDE PREVENTION CENTER

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NATIONAL SUICIDE PREVENTION CENTER

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.

ONLINE SAFETY

guidelines for kids

- 1 Follow the family rules for behavior and length of time on social media sites and online gaming.
- 2 Never share personal pictures.
- 3 Never reveal personal information, such as address, phone number, or location.
- 4 Don't chat with strangers and avoid "friending" anyone you don't know.
- 5 Never respond to a threatening email, message, post, or text.
- 6 Use only a screen name and don't share passwords with anyone (other than with parents).
- 7 Never agree to get together in person with anyone met online without parent approval and/or supervision.
- 8 Always tell a parent or other trusted adult about any communication or conversation that was scary or hurtful.

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



Explore

Model

Monitor

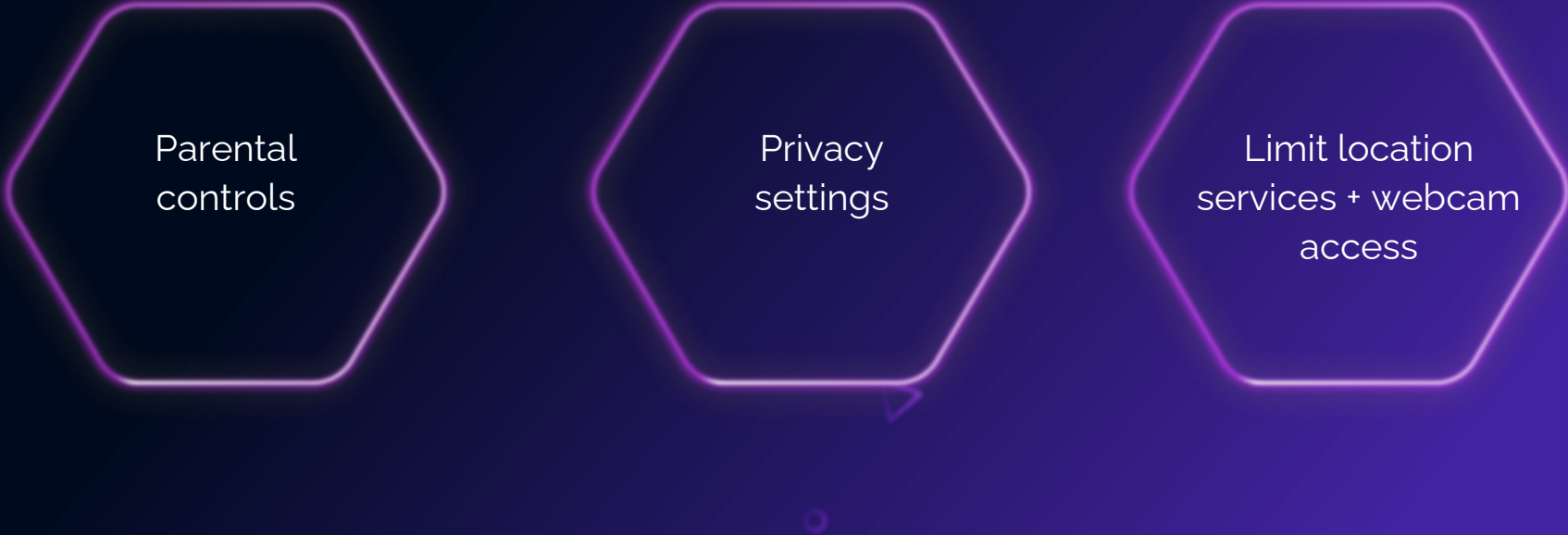
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Some suggested tech fixes...

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 \(iheartmob.org\)](https://www.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 \(techsafetyapp.org\)](https://www.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.)

05

Stay calm.

Practice what you
will say.

06

07

Know that there is
support for you and
your child.

Keep the lines of
communication
open, get informed
and be proactive.

08

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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.