



Office of New Mexico **Attorney General**

# Cyberbullying and Cyber Safety: *What you need to know*



— Attorney General —  
**HECTOR BALDERAS**

PRESENTED BY KATHERINE TRUJILLO

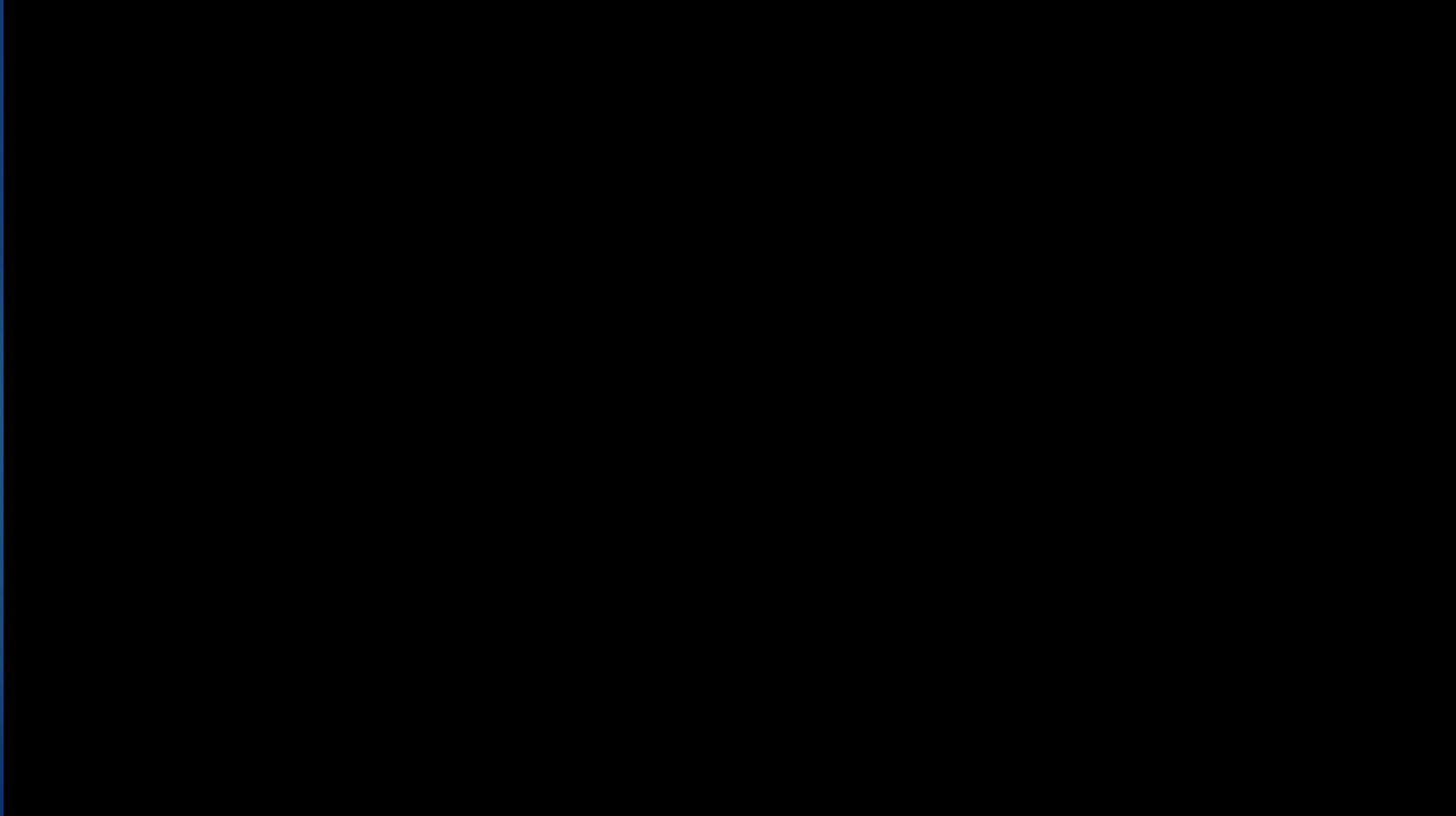
~ SPECIAL PROJECTS COORDINATOR &  
EDUCATIONAL CONSULTANT



**Inspire2019**  
*Journey to the Heart of Education*

**NMOAG-Hector Balderas**

**Protecting our children is a priority**



# Session objective:

- ▶ Participants will learn about Cyber bullying/cyber safety and how to share this information to their students, school community and families.
- ▶ The session will also review strategies on how to help youth understand the proper ways of using the internet as a tool versus causing themselves or others harm.
- ▶ Have tools and resources to create Digital citizenship in the classroom
- ▶ Resources and handouts will also be shared during this presentation. Future school presentation requests for students may done online at <https://www.nmag.gov/community-outreach.aspx>



**Inspire2019**  
*Journey to the Heart of Education*

# Collaboration Time:

Time to turn and talk to the members at your table

- **In your tables share out what are the biggest concerns schools face with internet safety online?**

*Create a list of responses from your table*

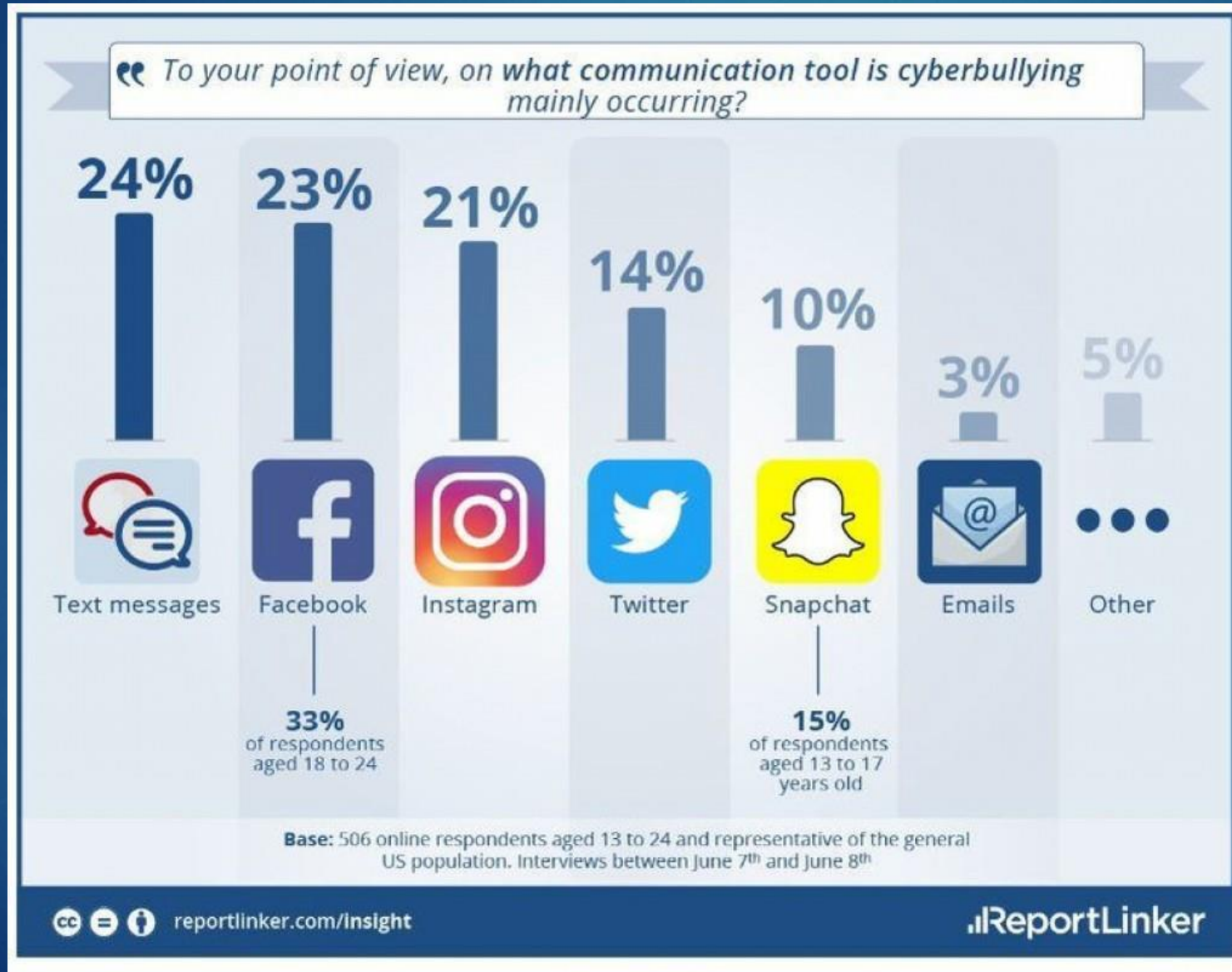
*(10min collaboration before reporting out)*

**Time to share out.....**

**Now lets learn more about the current dangers students face online with safety and cyberbullying.....**



# Cyber Bullying Statistics from 2019



# What is Cyber Bullying?

## Defined as:


- ▶ *“willful and repeated harm inflicted through the use of computers, cell phones, and other electronic devices.”*
- ▶ referring to incidents where adolescents use technology to harass, threaten, humiliate, or otherwise hassle their peers or others.

## EXAMPLES:


- ▶ *What do you think would be a form of Cyber Bullying?*
- ▶ *LET'S TALK.....*




# GAME TIME: What is Cyber Bullying?

A black smartphone icon with a white exclamation mark on the left side of the screen and a white oval on the right side.

Sending insults or threats via text messaging or social media.

A black smartphone icon with a white exclamation mark on the left side of the screen and a white oval on the right side.

Spreading rumors for the purpose of damaging a person's reputation.

A black smartphone icon with a white exclamation mark on the left side of the screen and a white oval on the right side.

Pretending to be someone you are not online.

A black smartphone icon with a white exclamation mark on the left side of the screen and a white oval on the right side.

Posting a picture of your new car and bragging about it.



# Where does cyberbullying commonly occur?

## **Online:**

Cyberbullying occurs across a variety of venues and mediums in cyberspace,

- In the early 2000s, many kids hung out in chat rooms, and as a result that is where most harassment took place.

## **Social media:**

Facebook, Instagram, Snapchat, TikTok/Musical.ly, Twitter,

## **Online Gaming with voice/text chat:**

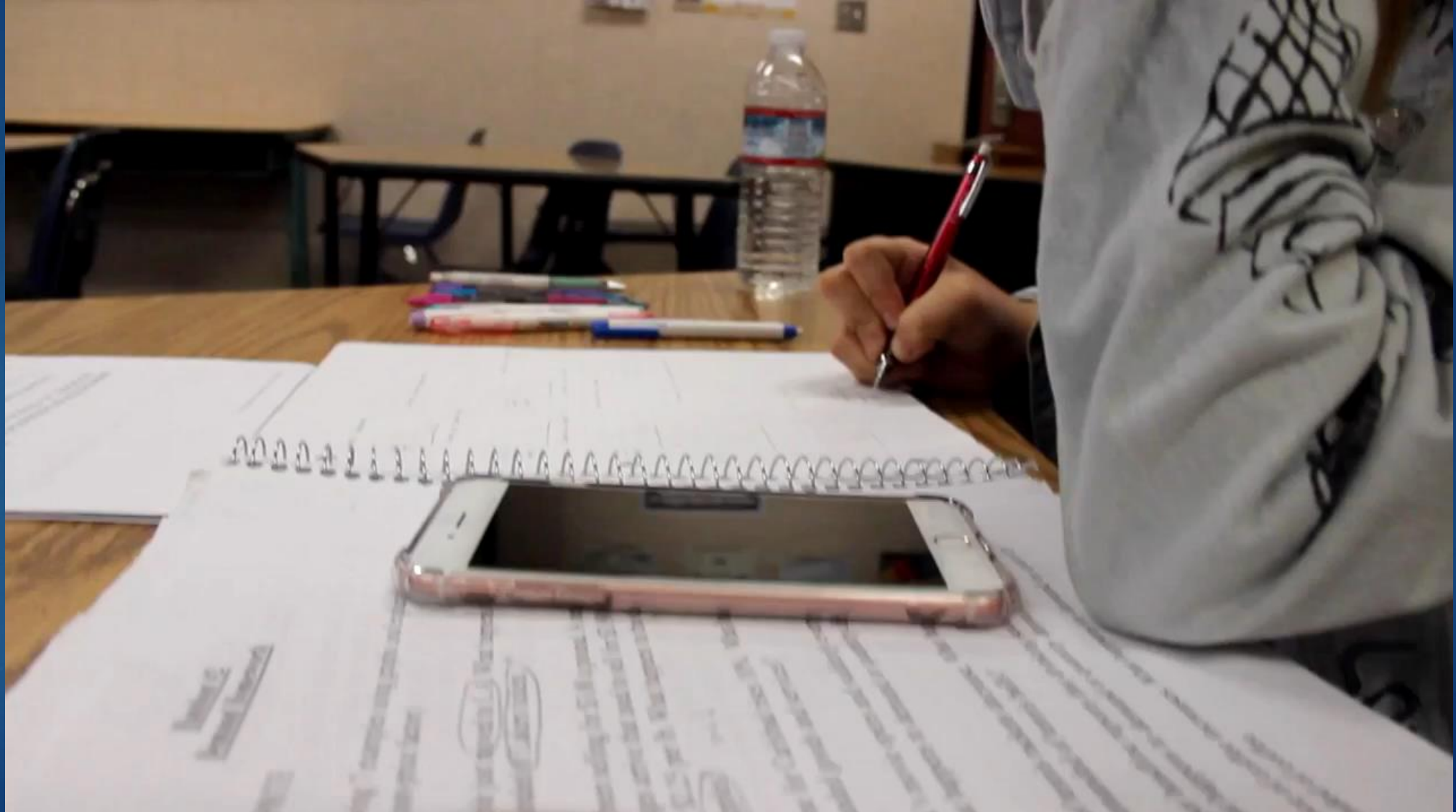
Roblox, League of Legends, Over watch, Player Unknown, Battlegrounds, Fortnite and videosharing

## **Streaming sites:**

YouTube, SnapChat, Facebook live, Twitch, and Live.Me.



# DING, DING, DING.....



# Negative effects that cyberbullying can have on a person:

## Those who are targeted:

- ▶ Victims report feelings of Depression, sadness, anger, and frustration.
- ▶ Some felt hurt, both physically and mentally.
- ▶ Feeling scared and effected my confidence.
- ▶ Feeling sick and worthless to others.
- ▶ Afraid or embarrassed to go to school (*leading to excessive absences*).

# See Something, Say Something~ Don't Stand By

- ▶ By actively standing up—in that moment or right afterward (support the targeted person, give encouragement, helping to block and report the harassment, saving digital evidence, and reaching out to an adult), it can make difference & improving the situation.
- ▶ **You may save a life!**



# Consequences of Cyberbullying

## Not a Rite of Passage

In most states, bullying and cyberbullying are against school policy and state law.



### At school:

- 😞 Not allowed to participate in certain school activities
- 😞 Suspension

### Legally you may face charges:

- 😞 You could be criminally charged with harassment or stalking

### Long-term implications:

- 😞 It could limit your ability to receive certain scholarships or secure certain jobs



# Couple Charged with Cyber bullying



# Sexting

\*“Sexting” refers to youth sending sexually explicit messages or sexually explicit photos of themselves or others to their peers. Today, many teens are using cell phones, computers, web cams, digital cameras, and/or certain video game systems to take and distribute sexually explicit photographs of themselves or others.

\*NCMEC Net Smartz <http://www.netsmartz411.org/NetSmartz411/KnowledgeDetail.aspx?id=401119>

**What should you do?**



# No Taking It Back!

- 🍏 Embarrassment
- 🍏 Humiliation
- 🍏 Loss of Relationships
- 🍏 Bullying
- 🍏 Objectification
- 🍏 Depression





# Cyber Safety:

## Internet ~Social Media and Future Impacts

- ▶ Once something is sent out through internet it can not be completely deleted or vanish.
- ▶ Think of your current Social Media you have....
- ▶ What personal information is on it and who has access to it?
- ▶ Future employers use this as a reference and as your online resume

# The TMI Epidemic



# Don't Trip Over Your Digital Footprint

Every  and  leaves a  
digital footprint.

A status update of 140 characters is all it takes to seriously offend others or damage your reputation.



# Grooming, what can happen?





# Grooming:

Definition: the action by a pedophile of preparing a child for a meeting, especially via an Internet chat room, with the intention of committing a sexual offense.

- ▶ Anyone can be a victim. Vulnerability is a common factor.
- ▶ Often starts with a friendship.
- ▶ Favors and promises are made to build trust.
- ▶ Secrecy.
- ▶ Difficult to distinguish from romance.



# Internet Safety: What Parents Need to Know

At National Online Safety we believe in empowering parents, carers and trusted adults with the information they need to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one issue of many which we believe trusted adults should be aware of. Please visit [www.nationalonlinesafety.com](http://www.nationalonlinesafety.com) for further guides, hints and tips for adults.

## National Online Safety

### 7 questions to help you start a conversation with your child about online safety

#WakeUpWednesday  
Published on: 07/11/18

**1 Which apps/games are you using at the moment?**

THIS WILL GIVE YOU A GOOD OVERVIEW OF THE TYPES OF THINGS YOUR CHILDREN ARE DOING ON THEIR DEVICES, ALONG WITH THEIR INTERESTS. REMEMBER THAT THEY MIGHT NOT TELL YOU EVERYTHING THEY ARE USING, SO IT IS A GOOD IDEA TO ASK THEM TO SHOW YOU THEIR DEVICE, BECAUSE NEW APPS AND GAMES ARE RELEASED REGULARLY, IT IS IMPORTANT TO HAVE THIS CONVERSATION OFTEN TO ENSURE YOU ARE UP TO DATE WITH WHAT THEY ARE DOING.

**2 Which websites do you enjoy using and why?**

AS IN THE TIP ABOVE, ASKING THIS QUESTION WILL ALLOW YOU TO FIND OUT WHAT YOUR CHILD IS DOING ONLINE, AND ENCOURAGE POSITIVE CONVERSATIONS ABOUT THEIR ONLINE ACTIVITY. ASK THEM HOW THEY USE THE WEBSITES, AND TAKE AN INTEREST IN HOW THEY CAN USE THEM IN A POSITIVE WAY, ALSO ASKING THEM TO SHOW YOU IF POSSIBLE.

**3 How does this game/app work? Can I play?**

SHOW A GENUINE INTEREST IN WHAT THEY ARE DOING, WHILE YOU ARE PLAYING A GAME OR USING AN APP WITH THEM, IT MIGHT HIGHLIGHT SOMETHING THAT THEY DON'T NECESSARILY THINK IS A DANGER TO THEM, IF THEY ACT LIKE THEY DON'T WANT TO SHARE THEIR ACTIVITIES WITH YOU, QUESTION WHY.

**4 Do you have any online friends?**

CHILDREN CAN FORM POSITIVE RELATIONSHIPS WITH PEOPLE ONLINE, AND THIS HAS BECOME MORE COMMON THANKS TO ONLINE MULTI-PLAYER OPTIONS, BUT THEY MAY NOT FULLY UNDERSTAND THE DIFFERENCE BETWEEN A FRIEND AND A STRANGER, YOU COULD MAKE THE QUESTION MORE SPECIFIC TO YOUR CHILD, FOR EXAMPLE, "HAVE YOU MET ANYONE ONLINE THAT YOU LIKE TO PLAY GAMES WITH?" THEY MAY NOT WANT TO SHARE THIS INFORMATION WITH YOU, SO ENSURE YOU TEACH THEM ABOUT HEALTHY RELATIONSHIPS.

**5 Do you know where to go for help?**

ALTHOUGH YOU MAY BE THE ADULT THEY TRUST THE MOST, SOME CHILDREN STRUGGLE TO TALK ABOUT WHAT HAPPENS ONLINE DUE TO CONFUSION OR EMBARRASSMENT, BECAUSE OF THIS THEY MAY STRUGGLE TO APPROACH THE NORMAL PEOPLE WHO WOULD HELP, SUCH AS YOURSELF OR A TEACHER, HAVE A CHAT TO YOUR CHILD ABOUT EXACTLY WHERE THEY CAN GO FOR HELP, AND HOW THEY CAN REPORT ANY ACTIVITY THAT THEY BELIEVE IS INAPPROPRIATE ONLINE.

**6 Do you know what your personal information is?**

YOUR CHILD MAY ALREADY KNOW WHAT THEIR PERSONAL INFORMATION IS BUT THEY MIGHT NOT THINK ABOUT HOW IT CAN BE SHARED, HAVE A CONVERSATION ABOUT WHAT PERSONAL INFORMATION IS AND HOW THIS CAN AFFECT THEM IF IT IS SHARED BEYOND THE INTENDED RECIPIENT, IT IS IMPORTANT THAT YOUR CHILD UNDERSTANDS THE DANGERS OF SHARING CONTACT DETAILS OR PHOTOS, AS INFORMATION SUCH AS THIS CAN SPREAD QUICKLY ONLINE.

**7 Do you know your limits?**

CHILDREN MAY NOT UNDERSTAND THE NEGATIVE IMPACTS OF DEVICE OR GAME ADDICTION, TALK TO THEM OPENLY ABOUT HEALTHY HABITS AND ASK WHETHER OR NOT THEM SPENDING TIME ONLINE OR PLAYING A GAME IS AFFECTING THEIR SLEEP, PERFORMANCE AT SCHOOL, OR IF THEY ARE GENERALLY LOSING INTEREST IN OTHER ACTIVITIES, YOU MAY LEAD ON TO ENCOURAGING ALTERNATIVE ACTIVITIES AND DISCUSSING THE INTRODUCTION OF TIME LIMITS WHEN AT HOME.

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## What parents need to know about The App Store

'Apps' are designed to run on certain devices and are written for a specific operating system, such as Apple iOS, Windows, or Android. The official store for the Apple iOS operating system is known as the 'App Store' and it's where you can browse and download more than 2 million apps and games to use on the iPad, iPhone, iPod Touch and other Apple devices. When your children are using the app store, you need to be aware of the risks...

**IS YOUR CHILD 13+?**  
To download and buy apps from the App Store, your child will need an Apple ID. If they have used other Apple services, such as iCloud, they can sign into the App Store with the same Apple ID. If they are aged 13 and under, they cannot sign up for an Apple ID on their own, but an adult can create an Apple ID for a child.

**IN-APP PURCHASES**  
Apps are either free, paid for or free with in-app purchases. Some developers release apps that are free to download but require in-app purchases to unlock extra functionality, virtual goods or unique content. Unless you change the settings, once your child has entered a password to make an in-app purchase, they can make additional purchases for 15 minutes without re-entering a password. This makes it extremely easy for children to accidentally run up huge bills.

**LOOKALIKE APPS**  
Some developers release apps that copy the functionality, user interface and even product names and branding of popular apps, in an attempt to trick unsuspecting users to install them. By downloading an app from an unknown developer, your child could find their device compromised. Experts warn that through app permissions, hackers can potentially take photos using the camera and access media remotely, track your child's location, record any accounts, and send text messages from phones.

**INAPPROPRIATE APPS**  
Some apps and games have content that is unsuitable for younger children - even the most popular or innocuous looking apps may feature adult-themed content, violence or cruelty to other people or animals, inappropriate sexual content, pornography or sexual content.

**THIRD-PARTY APP STORES**  
Because the official Apple App Store has a very stringent policy about what apps it approves, children may look elsewhere for apps and games they've heard about from friends. As well as the Apple App Store for iOS, there are hundreds of other third-party app stores, but the danger is they may not apply the same level of scrutiny toward the apps they allow to be listed. There's a higher chance of apps that infect devices with malicious codes or put user privacy at risk by extracting sensitive information.

## Top Tips for Parents

**CREATE YOUR CHILD'S ACCOUNT**  
You can create an Apple ID for a child under 13 and add them to your family group to keep an eye on their activity. Go to Settings > [your name] > Family Sharing > Add Family Member > Create a Child Account > Next. Enter your child's birthday and tap Next. Review the Parent Privacy Disclosure and tap Agree. With Family Sharing, you can add up to six family members to share App Store purchases, as well as iTunes and Apple Books.

**RESTRICT IN-APP PURCHASES**  
You can restrict your child's ability to make in-app purchases. On an iOS device, open Settings, tap General and then Go to Settings > [your name] > Family Sharing > Add Family Member > Create a Child Account > Next. Enter your child's birthday and tap Next. Review the Parent Privacy Disclosure and tap Agree. With Family Sharing, you can add up to six family members to share App Store purchases, as well as iTunes and Apple Books.

**BROWSE APPS BY AGE**  
To find apps and games that are right for your children, check the age ratings. On an iPhone or iPod Touch, this can be found in the information section on an app's product page, and on an iPad or desktop, the age range is near the Buy button. On the Kids page, you can find apps for age ranges, including 5 and under, 6 to 8, and 9 to 11.

**AVOID OTHER APP STORES**  
Put a rule in place that your child can only use the official App Store to download apps and games. Explain why it is wise to only install applications from a trusted source to ensure their device is not affected by security issues or virus attacks.

**HOW TO KNOW AN APP IS SAFE TO INSTALL**  
Advise your child that just because they're downloading an app from an official store, it doesn't make it safe. Fake or copied apps will often look really good and have good grammar, so always read the app description, and double check the developer name and rating for warnings signs. Be wary of apps that come with a long list of permissions requests. Check the app reviews and ratings - one star, one-line reviews complaining that an app didn't work on a certain device, or that there was a billing issue, is not a good indication.

**SPOT FAKE REVIEWS**  
When checking the customer reviews within the app store, make sure they aren't vague and generic, or overly effusive, as some developers will try to manipulate their app's position by posting fake ratings and reviews. Check the number of downloads the app claims to have - the higher the numbers, the more likely it is to be safe. Your child can also check on a company's website to see if the app is available on there.

## National Online Safety

A whole school community approach to online safety  
[www.nationalonlinesafety.com](http://www.nationalonlinesafety.com)  
Email us at [hello@nationalonlinesafety.com](mailto:hello@nationalonlinesafety.com) or call us on 0800 368 8061

SOURCES: <https://www.engadget.com/2017/12/18/fake-cuphead-app/> & <https://mashable.com/2017/11/06/fake-whatsapp-app-google-play-store-android/#wpmcscv>

It's important to note that new challenges are arising on the internet all the time. We have created to this guide to raise awareness of the issue and offer advice on helping parents to talk to their children about making safer decisions online. See also our '7 conversation starters' guide for more tips on better communication with your child.

Momo is a sinister 'challenge' that has been around for some time. It has recently resurfaced and once again has come to the attention of schools and children across the country. Dubbed the 'suicide killer game', Momo has been heavily linked with apps such as Facebook, WhatsApp, YouTube, and most recently (and most worryingly), YouTube Kids. The scary doll-like figure reportedly sends graphic violent images, and asks users to partake in dangerous challenges like waking up at random hours and has even been associated with self-harm. It has been reported that the 'Momo' figure was originally created as a sculpture and featured in an art gallery in Tokyo and unrelated to the 'Momo' challenge we are hearing about in the media.

## What parents need to know about MOMO

### CHILDREN'S VIDEOS BEING 'HIJACKED'

There have been recent reports that some seemingly innocent videos on YouTube and YouTube Kids (such as 'surprise eggs', unboxing videos and Minecraft videos) have been edited by unknown sources to include violence provoking and/or other inappropriate content. Even though YouTube monitor and remove videos that include inappropriate content, clips can be uploaded and viewed thousands of times before they get reported and removed. As a parent, it's difficult to spot these videos as the harmful content doesn't appear until halfway through the video.

### DISTRESSING FOR CHILDREN

Popular YouTubers and other accounts have been uploading reaction videos, showing their experience of the MOMO challenge. Some of the videos include a distress message warning that the content may be "inappropriate or offensive to some audiences" but these videos are still easily accessed by clicking 'I understand and wish to proceed'. The image of the 'Momo' character can be deeply distressing to children and young people and it's important to note that it may slip through parental settings and filters.

### SUGGESTED VIDEOS ON YOUTUBE

Video apps such as YouTube include an 'up next' feature which automatically starts playing another video based on the video just watched. Due to YouTube's algorithm, users are shown 'suggested videos' that they may be interested in. The thumbnails used on suggested videos are purposefully created in a way to encourage viewers to click them. During our research, we found that when watching one Momo related video, we were shown countless other Momo themed videos and other scary content which would be age inappropriate for children under 18.

## National Online Safety Top Tips for Parents

**TELL THEM IT'S NOT REAL**  
Just like any urban legend or horror story, the concept can be quite frightening and distressing for young people. Whilst this may seem obvious, it's important for you to reassure to your child that Momo 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.

**BE PRESENT**  
It's important for you, as a parent or carer, 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. As the nature of each task becomes progressively worse it's also important to recognise any changes in your child's behaviour.

**TALK REGULARLY WITH YOUR CHILD**  
As well as monitoring your child's activity, it's important that they know where to go to seek help and that their trusted adults are. They could also contact Childline where a trained counsellor will listen to anything that's worrying them.

**DEVICE SETTINGS & PARENTAL CONTROLS**  
Ensure that you set up parental controls for your devices at home. This will help to restrict the types of content that your child can view, as well as help you to monitor their activity. In addition to this, it's vital that you are aware of your device and account settings to ensure your child's utmost safety. For example, on YouTube you can turn off suggested auto-play on videos to stop your child from viewing content that they have not directly selected.

**PEER PRESSURE**  
Trends and viral challenges can be tempting for children to take part in no matter how dangerous or scary they seem. Make sure you talk to your child about how they shouldn't succumb to peer pressure and do anything they are not comfortable with, online or offline. If they are unsure, encourage them to talk to you or another trusted adult.

**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.

**REPORT & BLOCK**  
You can always rely on parental controls to block distressing or harmful material. People find ways around a platform's algorithm in order to share and promote this type of material. Due to this, we advise that you flag and report any material you deem to be inappropriate or harmful as soon as you come across it. You should also block the account/content to prevent your child from viewing it. Also encourage your child to record/screenshot any content they feel could be malicious to provide evidence in order to escalate the issue to the appropriate channels.

**FURTHER SUPPORT**  
Speak to the safeguarding lead within your child's school should you have any concerns regarding your child's online activity or malicious content that could affect them.

If your child sees something distressing, it is important that they know where to go to seek help and that their trusted adults are. They could also contact Childline where a trained counsellor will listen to anything that's worrying them.

The Childline phone number is 0800 1111.







# Digital Citizenship



# Resources for internet safety tips:

<https://www.commonsensemedia.org/>

<https://www.commonsense.org/education/digital-citizenship>

<http://www.missingkids.com/home>

<https://www.kidsmartz.org/>

<https://www.netsmartz.org/Home>

<https://www.familyeducation.com/life/internet-safety/safety-cyberspace>

<https://nationalonlinesafety.com/>



# REMEMBER



Thank you  
NM Office of the  
Attorney General  
**505-717-3500**

# IF YOU SEE SOMETHING, SAY SOMETHING