

I am a Digital Citizen!

When I'm at school,
I will use my
PERSONAL DEVICE
for **EDUCATIONAL**
PURPOSES only.

*I will only use the
assigned WIFI network
when I'm at school.

*I will keep my device
safe and secure at all
times.

I listen to my **GUT!**
I make sure that I am
SAFE & APPROPRIATE
when I am online.

*I will visit appropriate
websites that promote
learning and are for
educational purposes.

*I will follow Copyright Laws,
and will remember to cite the
sources I use for all my
projects.



I listen to my **HEAD!**
I will protect my
PRIVATE INFO and the
information of others.

*I will log out, and not share
my login or password with
others.

I listen to my **HEART!**
I **RESPECT** myself and
others when I am
online. I use kind
words, and remember
that my "digital
footprint" should not
harm others.

I **STAND UP** and say
"No!" to
CYBERBULLYING.
I will tell an adult if
someone is being
unkind or harmful.

What this Won't Be

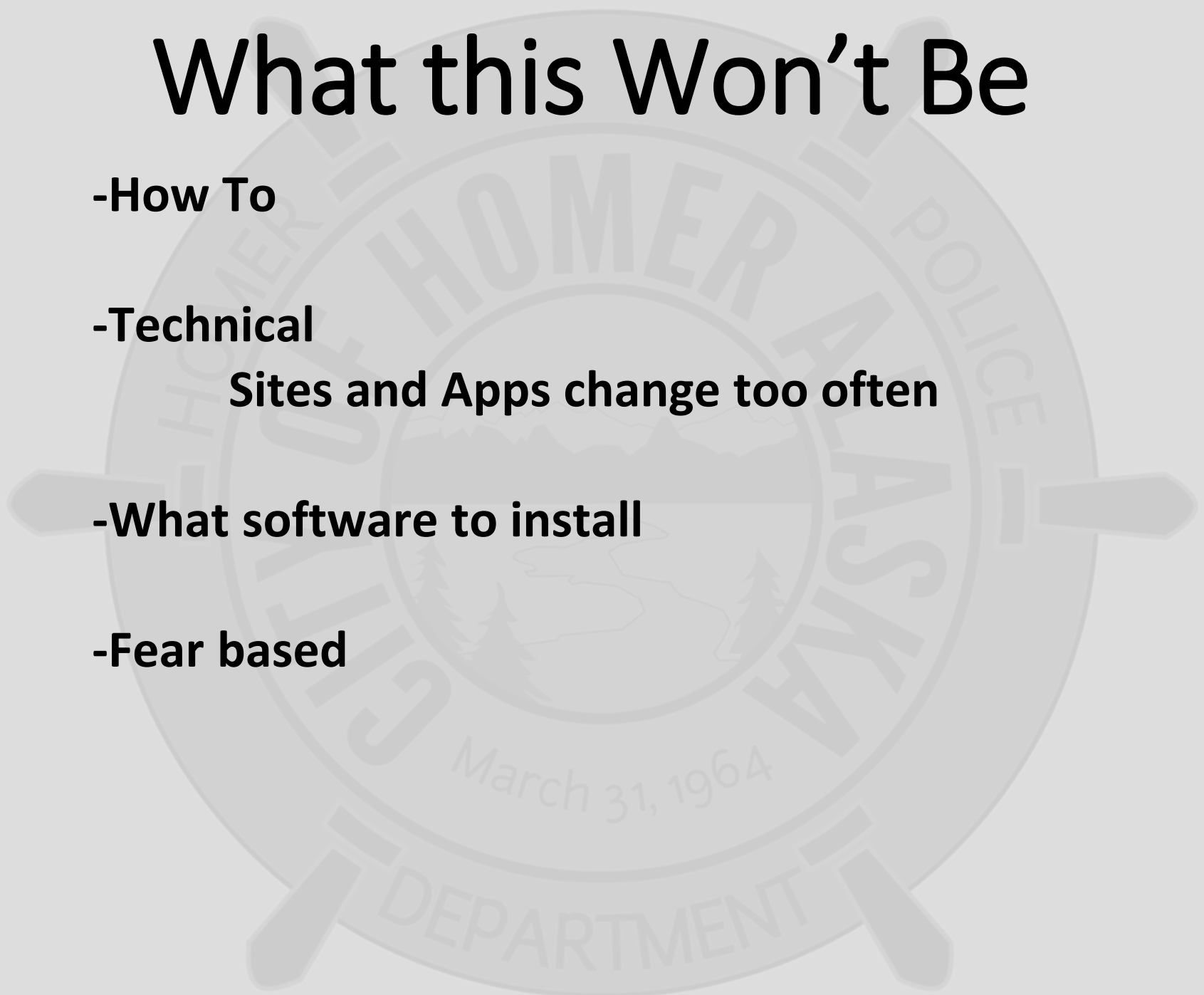
-How To

-Technical

Sites and Apps change too often

-What software to install

-Fear based



What this Will Be

- Broad Overview of two popular Apps
- What you as parents should know
- Teach them how to protect themselves online no matter how they access the internet.
- Help your kids avoid life altering mistakes
- Learn some Lingo



Online Access

- Computers
- Cell Phones
- Gaming Consoles
- E-readers
- Tablets
- Friend's computer
- Friends phone
- Nintendo
- Xbox
- Playstation

What are they Accessing?

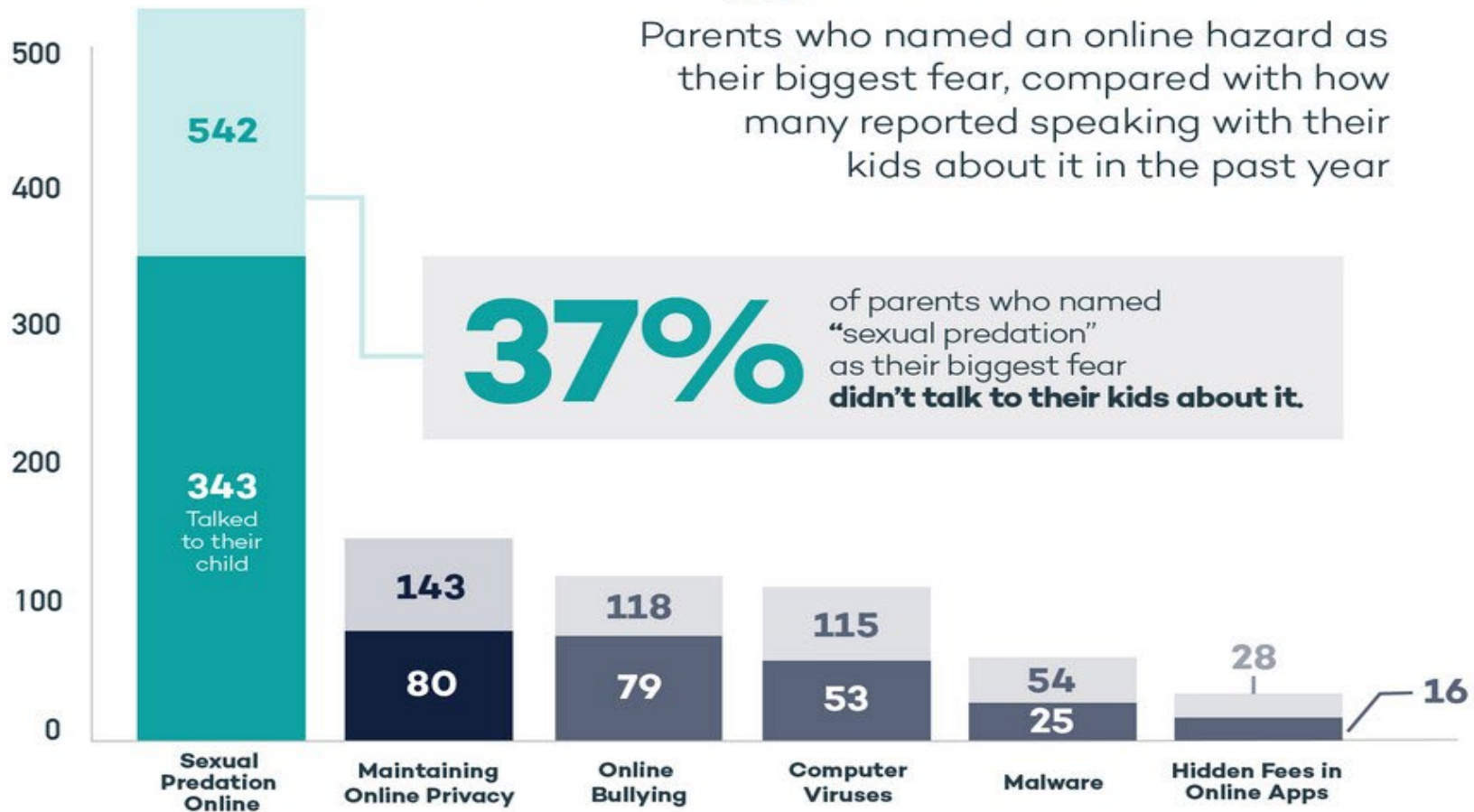
- Do you know what Apps they are using?
- What websites they routinely visit?
- Gaming?
- Who are they talking to?
- What photos do they like/post?
- What photos they save or share?

What Are We Afraid Of?

- Sexual Exploitation?
- Groomers / Stranger Danger?
- Child Porn?
- Porn?
- Violence?
- Bullying?
- Overpaying for car Insurance?
- Viruses / Malware?
- Your vehicles extended warranty?
- How Many of You Talk to your kids?

Do parents talk to their kids about their biggest online fears?

Parents who named an online hazard as their biggest fear, compared with how many reported speaking with their kids about it in the past year



Panda Security Parents And The Internet Survey, 2017



ONE GOAL

- TALK TO YOUR KIDS!!!!!!!!!!!!!!
Openly, Honestly and Often**

Poor Digital decision making is the “CAUSE” of digital mistakes.

The “EFFECTS” of poor digital choices are often described with trendy words like:

- CYBERBULLYING**
- SEXTING**
- SEXCASTING**
- SEXTORTION**

LETS LOOK AT THE DEFINITIONS

Fix the cause and these go away

- **CYBERBULLYING:**

- -Using digital media platforms to bully anyone.

- **SEXTING:**

- -Sending nude or sexually explicit material using digital media.

- **SEXCASTING:**

- -Using digital media to broadcast a sex performance.

- **SEXTORTION:**

- -Using threats or coercion to obtain sexual favors through digital media.

Information From:

- NetSmartz
- National Center for Missing and Exploited Children
- Institute for Responsible Online and Cell Phone Communication
- Pew Research Center
- JAMA Pediatrics
- Cyberbully Research Center
- National Crime Prevention Council
- US Dept of Education
- Journal of Adolescent Health
- CDC
- Child Psychologists
- Parents like you!

GROUND RULES



What We Always Hear

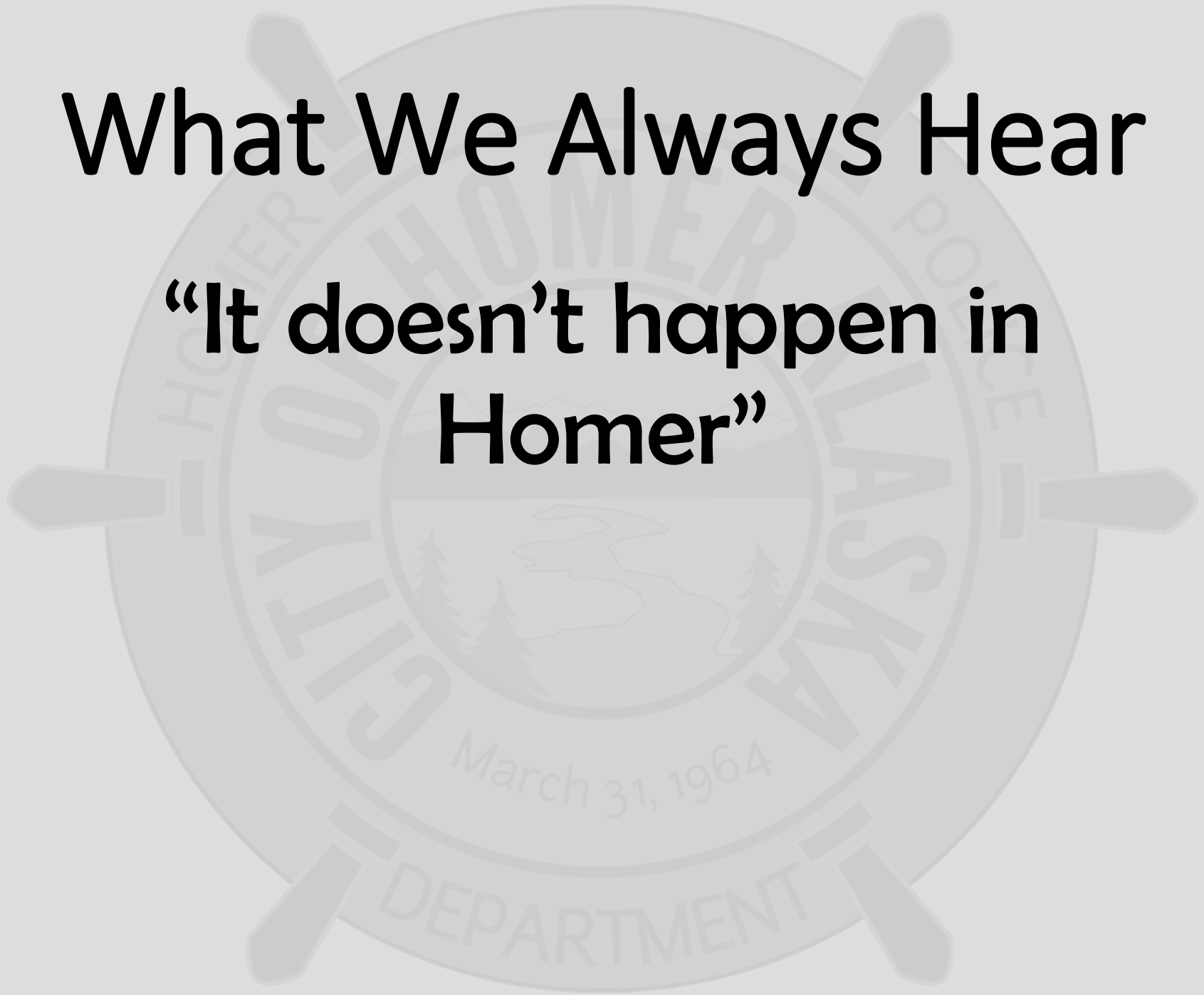
“Our stuff is all locked down.”



Massimo Galli

What We Always Hear

**“It doesn’t happen in
Homer”**



Not in Homer

JBER soldier charged in 'sexting' case with Homer girl

Homer teen accused of TikTok threats that prompted Kenai Peninsula school lockdowns

Homer Resident sentenced to ten years for distributing drugs to teenage girls and possessing child pornography

Cops arrest man in sexual assault case

Case prompts police to offer self-defense class for women.

By [Michael Armstrong](#) • June 8, 2022 2:30 am

Not in Homer

Kenai Peninsula man arrested on 9 counts of sexual assault

Suspected sex abuser arrested in Homer, law enforcement says there may be more victims across Alaska

Homer brothers charged with raping drunk boy

Fleeing Sex Offender Arrested in Homer

Not in Homer

Homer man gets 14 years for child abuse, porn

Kasilof man arraigned on 20 child pornography charges

**2022 – 18 Sex Offenses
4 Stalking**

***Currently 33 MDT**

**2021 – 19 Sex Offenses
1 Stalking
4 Child Porn**

2020 – 12 Sex Offenses

Surgeon General says 13 is 'too early' to join social media

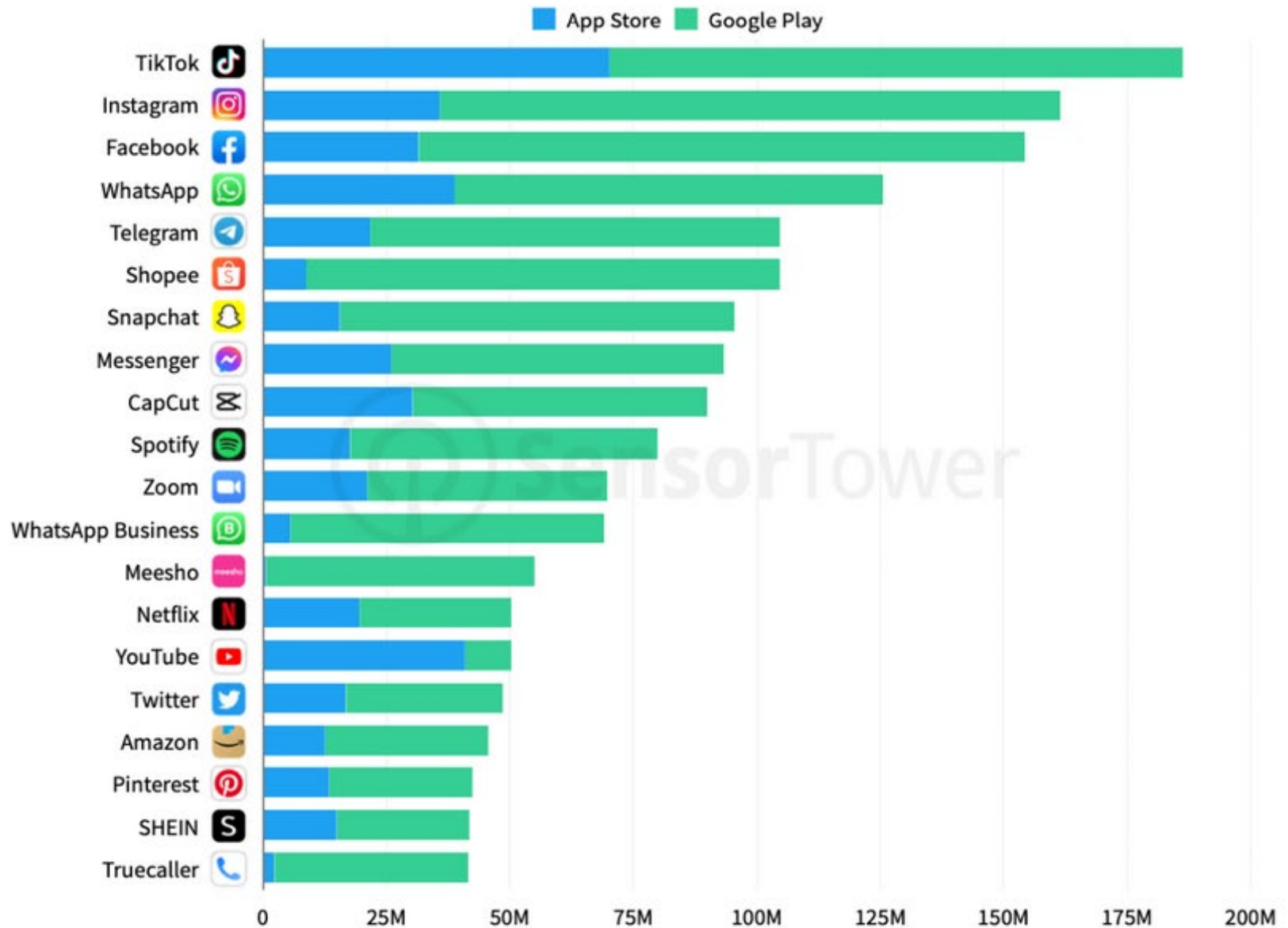


By Allison Gordon and Pamela Brown, CNN

Updated 8:08 PM EST, Sun January 29, 2023



Overall - Worldwide



- Follow the **Golden** rule:



PUBLIC AND PERMANENT

- 1. Guard your privacy



PUBLIC AND PERMANENT

- 1. Guard your privacy
- 2. Protect your reputation
- 3. NOTHING is private online

**Anthony Weiner, ex-congressman
jailed for sexting with 15-year-old
girl, to be released early from prison**



Matthew Diebel
USA TODAY

State Rep. Ramon Alexander, the incoming leader of the Florida House Democrats, has been accused by a former athletics employee at Florida A&M University of sexually harassing him, including groping him and sending sexually explicit video and photos of himself.

Tallahassee.com

PUBLIC AND PERMANENT

- 1. Guard your privacy
 - 2. Protect your reputation
 - 3. NOTHING is private online
 - 4. Assume EVERYONE is watching
 - 5. Apply the golden rule
-
- Once you press SEND,
It's not coming back

Talk About the Risks

- Most kids are not getting into trouble
 - still risks
- Online they face many issues
 - Porn / Inappropriate Content
 - Online Privacy
 - Sexting
 - Online Sexual Solicitation
 - Cyberbullying
 - Sextortion

Practice Makes Perfect

- Online skills are built over time and practiced.

TALK ABOUT THE **RISKS** AT EVERY AGE

YOUNGER CHILDREN
Netiquette
Looking at inappropriate content
Pop-ups/passwords
Not trusting everyone you meet online

TWEENS & TEENS
Cyberbullying
Sexting
Posting personal/inappropriate information
Meeting offline

Talk About the Risks

Roblox



Talk About the Risks

Roblox

Girl, 6, invited into 'sex room' while playing children's video game Roblox



Talk About the Risks

News > World > Americas > US Crime News

Man arrested for abducting 13-year-old boy he met on gaming platform Roblox, police say

Aaron Zeman, 26, has been charged with kidnapping and resisting arrest.

Andrea Blanco

• Wednesday 28 December 2022 20:16



Talk About the Risks

Grand Theft Auto



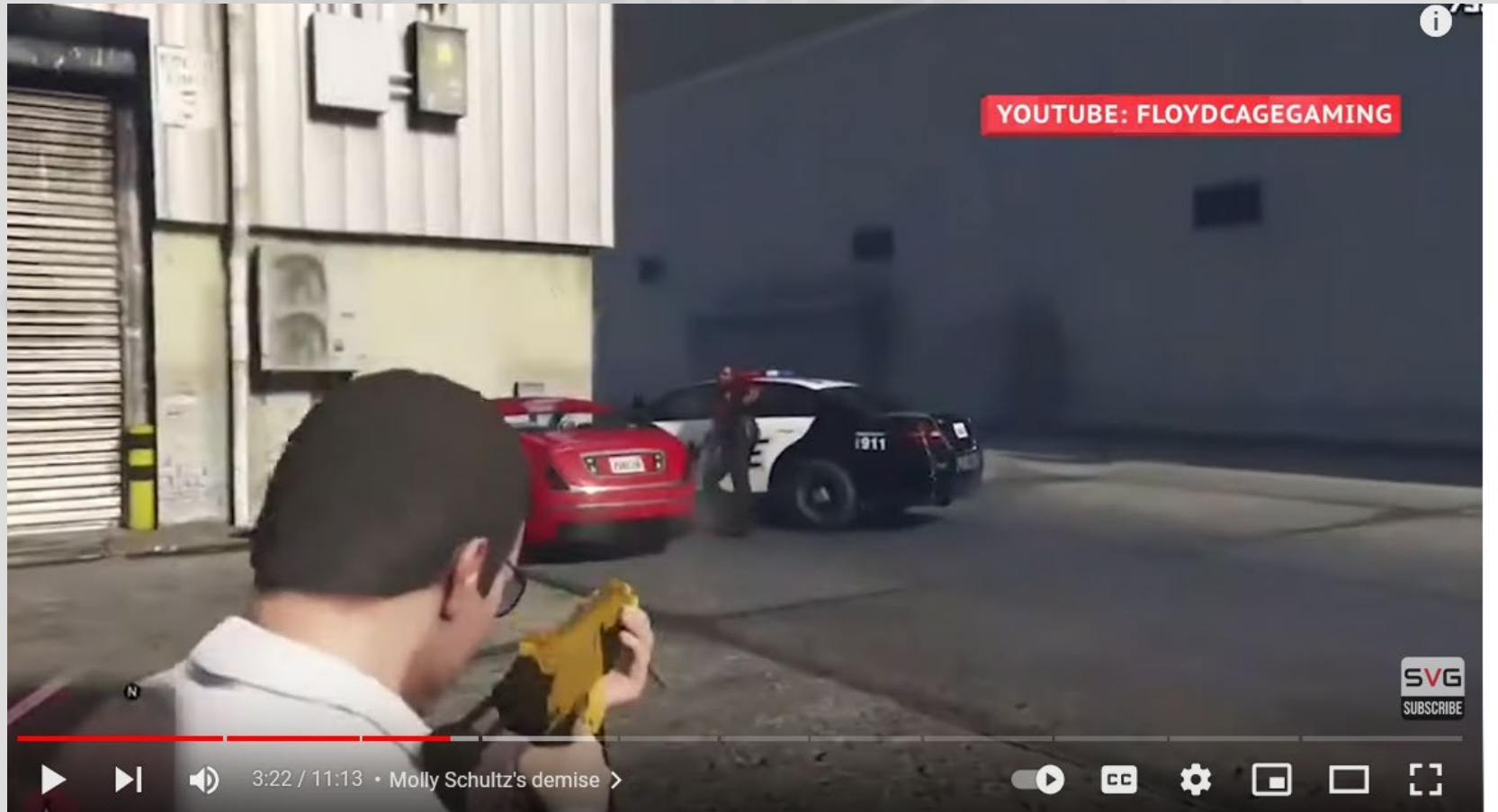
Talk About the Risks

Grand Theft Auto



Talk About the Risks

Grand Theft Auto



Top Apps





Instagram

- Get “feed” going by following friends and celebrities
- Filter options
- Add captions or hashtags to categorize posts on same topic together
- Option to add location to your post
- Can turn off that function for kids/teens
- DM’s – Direct Messages
- Disappearing Messages - Snapchat like function. Send timed photo or video messages that recipients can only view once
- Stories – short videos or slideshows
- Reels – Record, edit and post short videos.
- Up to 5 Accounts



Instagram

playandgoadelaide ▾

1,115 posts 8,657 followers 1,292 following

Promote Edit Profile

Play & Go for Families in SA
News & Media Website
Keeping families up to date with the latest news:

- Events
- Activities
- Ideas
- Fun places for kids

Use #playandgoadelaide for us to share your pic
bit.ly/2ICeV69
Adelaide, South Australia

New Disney on Ice Marshmallo... Kidz Day Out WOMADelai...

playandgoadelaide ^

playandgoadelaide

+ Add Account

Use #playandgoadelaide for us to share your pic
bit.ly/2ICeV69
Adelaide, South Australia

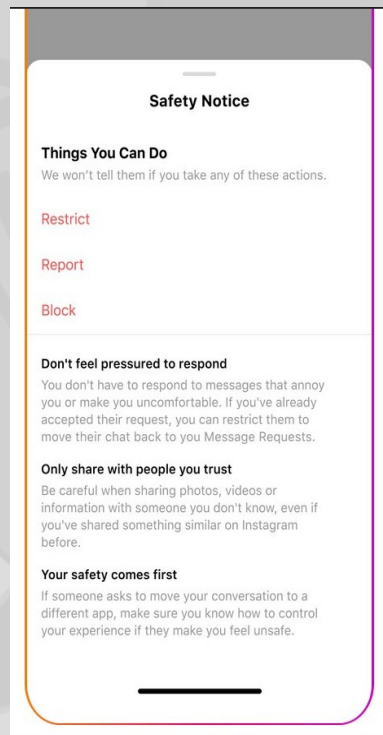
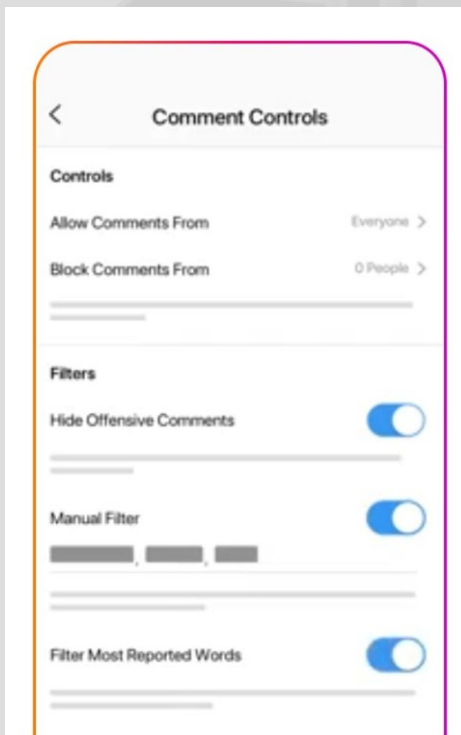
Instagram



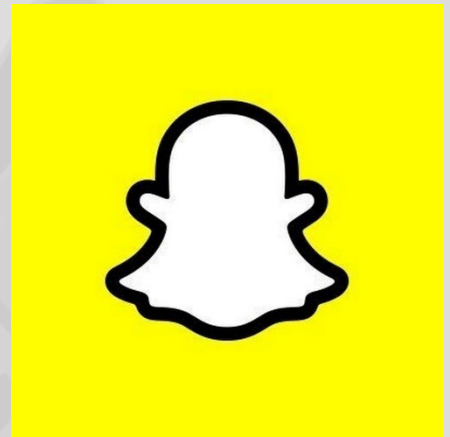
- Family Notification Center
 - IF both opt in
 - Updates about who 13-17 follow and followed by
 - Set usage limits by day or time
 - View child's privacy, messaging, and update if anything changes

• Tips

- Create your own and Follow
- Follow their friends
- Do spot Checks – check in
- Install 3rd party monitoring
- Public by Default – change settings
- Comment Controls – limit comments
- Resharing Stories – limit who can share
- Approval's for photo

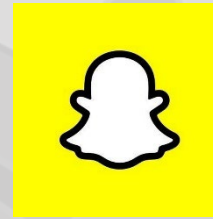


SNAPCHAT



- **How Old Do you Have to Be?**
 - Users must be 13
 - No Age Verification
- **Do Messages Really Disappear?**
 - Depends – Can set time limits on a snap
 - Can take screenshots with third-party capture app's
 - Screen Capture app's don't trigger notifications
- **Snapstreaks**
 - Represents the number of days users snap each other
 - Two users must snap back and forth in 24-hour period for three days in a row or more
 - Special emojis and stats display next to name to show how long streak is
 - Adds to overall Snapscore – how much you use the app

Snapchat



Anchorage Police Department ✓

16h · 🌐



From the Attorney General's Office:


The United States Attorney's Office for the District of Alaska has unsealed a 13-count indictment charging Zobaidul Amin, 24, for his role in operating a child exploitation enterprise following his arrest in Kuala Lumpur by Malaysian authorities.

Amin, a Bangladeshi national, is charged in the District of Alaska with offenses related to his alleged abuse and exploitation of hundreds of minor victims in the District of Alaska and elsewhere in the United States and abroad in one of the most malicious, digitally facilitated sextortion and child pornography production schemes investigated to date by the FBI.

According to federal court documents, Amin used the Snapchat application to identify and coerce child victims to produce images and videos of sexually explicit and sadistic conduct.

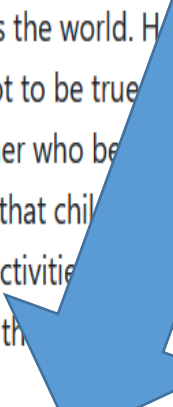
Following coordination with FBI Anchorage, Amin was taken into custody in Kuala Lumpur, Malaysia by Unit D11 of the Royal Malaysia Police on September 19, 2022, and subsequently charged by Prosecutors with the Malaysia Attorney General's Chambers on 12 counts related to the possession and production of child pornography.

Snapchat



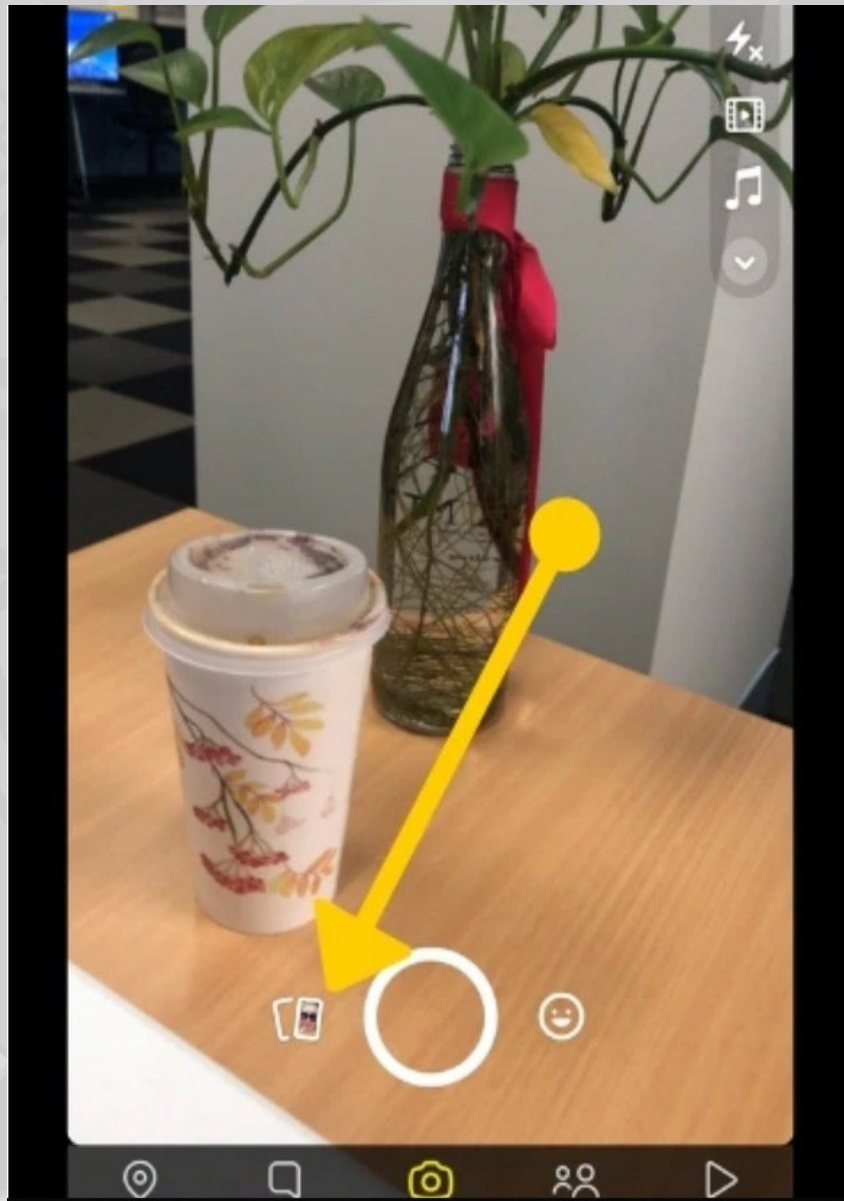
Amin is charged with child pornography, conspiracy to receive and distribute child pornography, child exploitation enterprise, possession of child pornography, receipt and distribution of child pornography, cyberstalking, aggravated identity theft and wire fraud. According to the indictment, Amin and co-conspirators used Snapchat, Dropbox, and Instagram to extort minors for sexually explicit videos and images. According to the indictment, Amin used over 80 Snapchat accounts and over 40 Instagram accounts, some of which remain active.

"Unfortunately, Mr. Amin targeted hundreds of juveniles across the United States, here in Alaska, and indeed across the world. He bragged, allegedly as stated in the redacted indictment, that he would not be caught to his victims. That proved not to be true thanks to the efforts of the Anchorage FBI," Alexander said. "We're encouraging any juvenile or any parent or teacher who believe that their child may have been victimized by this individual or any other to report this to the FBI. I do want to note that children in this case deserve a great deal of credit for coming forward under very difficult circumstances and reporting these activities to law enforcement across the country, and it was their courage and their bravery that ultimately led to the identification, the arrest, and the conviction of Zobaidul Amin."



Alexander said that Amin used a virtual private network to extort minors as young as 11 years old from his residence in Kuala Lumpur. The indictment states that Amin targeted minors, and often posed as a teenage boy or a teenage girl on his accounts. The indictment said that Amin would promise to cease extortion of his victims if they helped him find new victims.

My Eyes Only





Memories



Search

Snap

Stories

Camera Roll

My Eyes Only



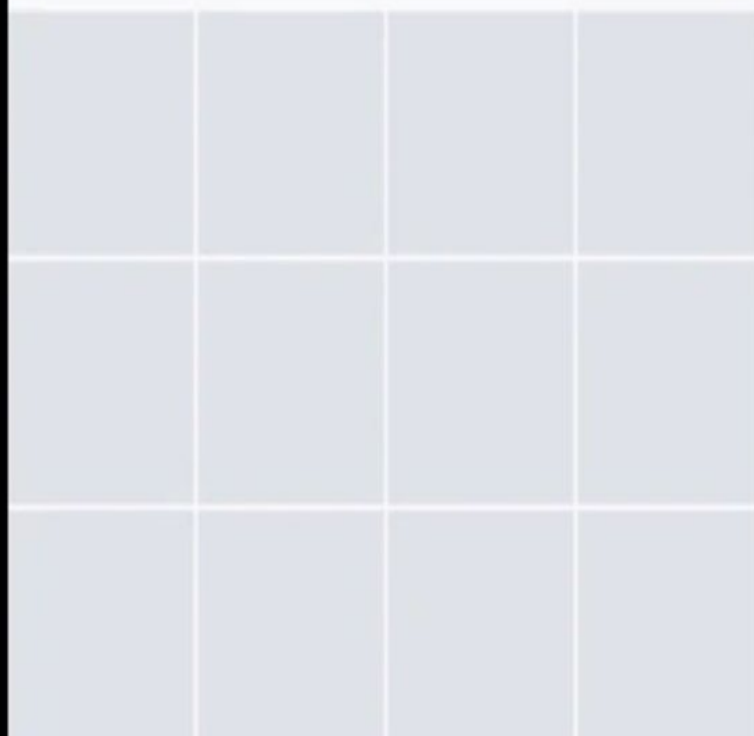
1	2	3
4	5	6
7	8	9
0		

Set Up My Eyes Only

Snap you move here can only be seen after you enter a My Eyes Only passcode.

Set Up

[Learn More](#)



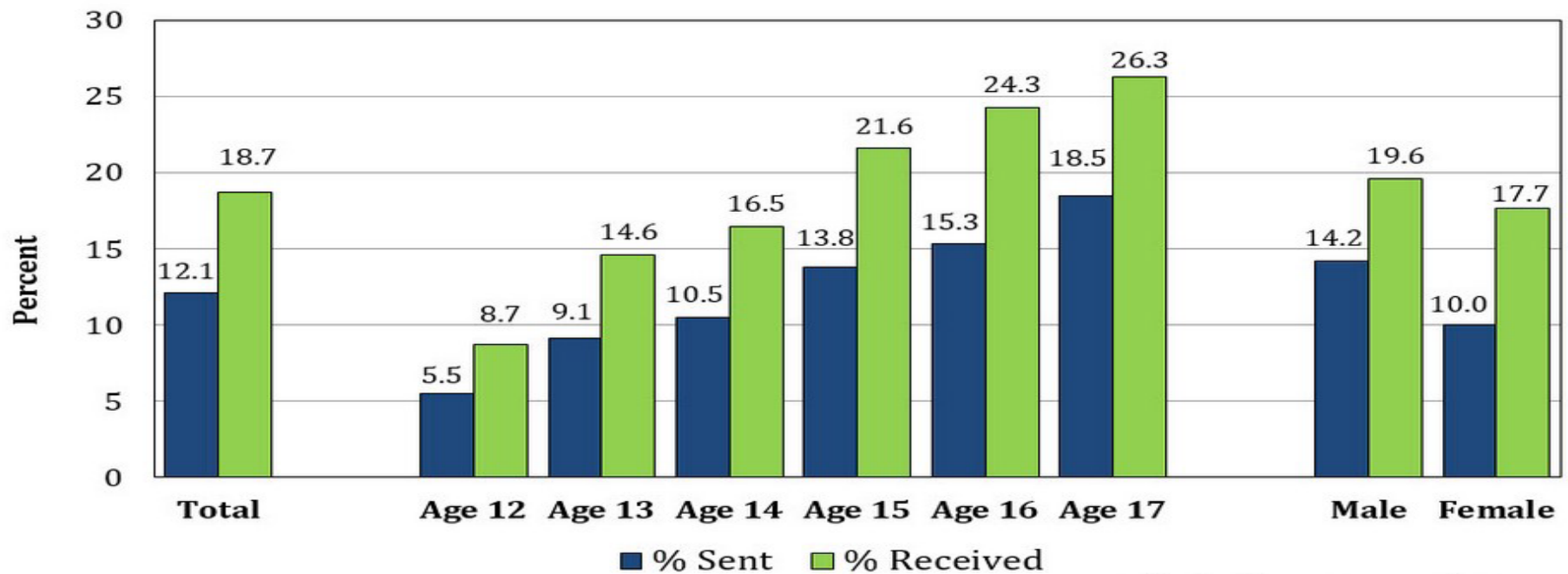
SEXTING

verb, [sex·ting]

Sex + Texting

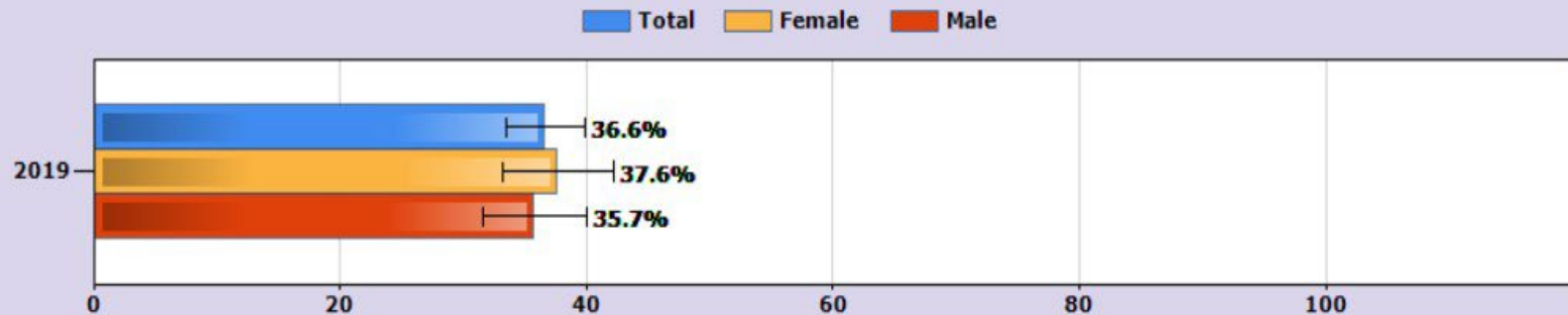
[Read More](#)

Sexting among Middle and High School Students (national U.S. sample of 5,539 12-17 year-olds)

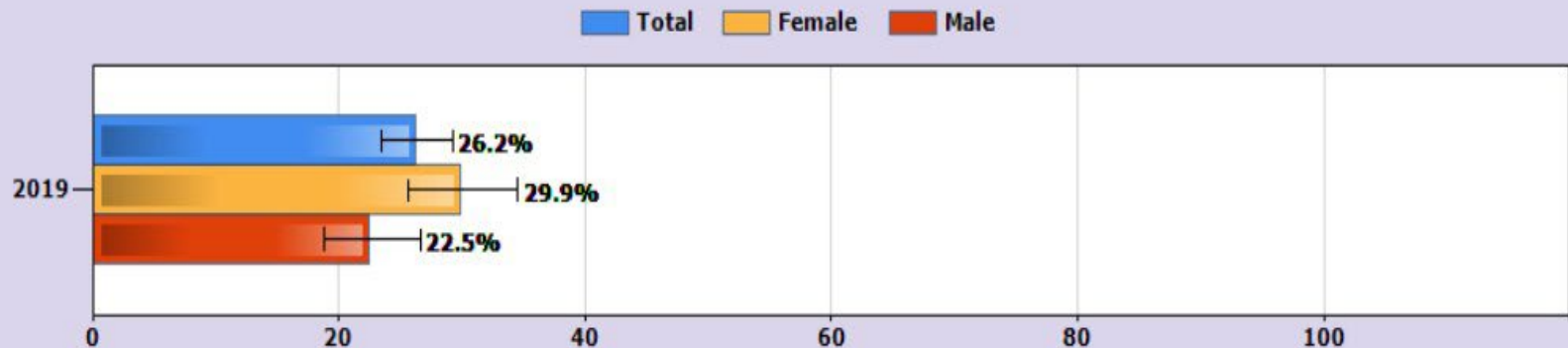


Our Kids are Sexually Active

Ever had sexual intercourse
Alaska, High School Youth Risk Behavior Survey, 2019



Were currently sexually active
(had sexual intercourse with at least one person, during the 3 months before the survey)
Alaska, High School Youth Risk Behavior Survey, 2019



They're Gonna Talk About it



ABC30 Action News

February 27, 2018 · 🌐



STUDY:

- 27-percent of kids under 18 receive sext messages including nude photos
- Nearly 15-percent of teens send them.
- 12-percent of teens forwarded a sext without permission

Teens who send pornographic photos risk arrest and jail time.

Tips on talking to your kids about sexting....



ABC30.COM

New study shows an increase in the number of teen's sexting

A new study about teens and sexting shows a rise in the number of teens either ...

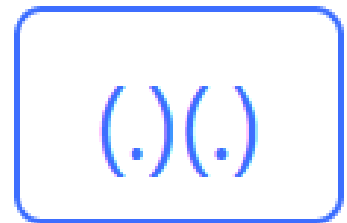
LINGO

500 x 100



LINGO

500 x 100



-

Top Hits

8 – Ate – also oral sex

1337 – Elite – or leet- or L337

143 – I Love You

182 – I hate you

1174 – Nude Club or party location

420 – Marijuana

459 – I Love you

ADR – Address

AEAP – As Early As Possible

ALAP – As Late As Possible

ASL – Age/Sex/Location

CD9 – Code 9 – Parents around

C-P – Sleepy

F2F – Face to Face, a.k.a. face time

GNOC – Get Naked on Cam

GYPO – Get Your Pants Off

HAK – Hugs and Kisses

ILU – I Love You

IWSN – I want Sex Now

J/O – Jerking Off

KOTL – Kiss on the Lips

KFY – Kiss For You

KPC – Keeping Parents Clueless

LMIRL – Lets Meet in Real Life

MOOS – Member of opposite sex

MOSS – Member of same sex

MorF – Male or Female

MPFB – My Personal F#ck Buddy

Top Hits

NALOPKT – Not a Lot of People Know That

NIFOC – Nude In Front of Camera

NMU – Not Much, You?

P911 – Parents Alert

PAL – Parents Are listening

PAW – Parents are Watching

PIR – Parent in Room

POS – Parent over Shoulder – or Piece of Shit

PRON – Porn

Q2C – Quick to Cum

RU/18 – Are you over 18?

RUMORF – Are you Male or Female?

RUH – Are you Horny?

S2R – Send to Receive

SorG – Straight or Gay

TDTM – Talk Dirty to Me

WTF – What the Fu#K

WUF – Where you From?

WYCM – Will you Call me?

WYRN – Real Name?

zerg – Gang up

DTF – Down to Fu#k

PFP – Pic for Pic

****BODY COUNT****



Teen Speak



Can't Even = Various emotional responses when a person can't comprehend what was said or what's happening.

Chill = Cool. "He's not uptight; he's pretty chill."

Facts = Used in response to a point well-made. E.g., Person 1: "This school is wack!" Person 2: "Facts."

Fake = An adjective describing someone who has a fake persona, lies a lot, talks behind people's backs, and pretends to be your friend but secretly doesn't like you.

Fam = Those you consider family.

Fire = Really good or cool.

Glow-Up = A transformation of one's appearance, usually from unattractive to very attractive.

Goals = What someone wants in their life (i.e., "Couple goals, squad goals").

Teen Speak

Gucci = Comes from the high-end fashion brand. Another way to say "good," "chill," or "awesome.". I have not heard this for a while.

HMU = "Hit me up," hanging out, texting, or talking on the phone.

I'm Dead (or just "Dead") = Someone being funny. A replacement for LMAO.

Lit = Amazing or popping.

Mood = Used in lieu of "same here;" relatable; summing up one's life.

Salty = Being upset over something little or inconvenient.

Slide Into Their DMs = A phrase used to signify that one wants to send a flirtatious message over social media.

Snacc = An attractive person; someone that looks so good that you want to eat them for a snack. Related: The phrase "full-course meal" was derived from "snacc" —it refers to an upgrade.

Teen Speak

Squad = Group of friends.

Tea/Goss = The scoop or gossip. "Spill the tea."

Thicc = Pleasantly plump; curvy in the right places.

VSCO Girl = A really basic white girl who usually has a hydro flask and a metal straw. Comes from use of the VSCO photo sharing application

Wack = Negative term meaning "that sucks."

Yeet = An exclamation that could be used in various situations—as a way to say "yes," to express excitement, to issue a battle cry, etc.—depending on context.

Salt Nic / 50 Nic = The newest most potent vape juice that contains 50mg of Nicotine. 10x more Nicotine than a cigarette (depending on who's data you look at).

Teen Speak

Mod Box = Older generation vape devices which are larger and produce quite a bit of smoke. Usually have removable batteries that come out the bottom.

Dab pens: Similar to a vape device except used to smoke concentrated illegal substances such as highly potent marijuana wax. Dab pens are usually round as opposed to vape devices which are normally square although not always.

Ghosting: letting out vape smoke very slowly so no one notices you are vaping. This is usually done in class so the teacher does not see you are smoking in their class. Old definition of Ghosting was abandoning your friendship with someone and pretending they don't exist.

Nicotine free vape juice = Very illusive almost mythical liquid that many parents seem to think their kids are smoking in every vape device. Your kids are not smoking nicotine free vape juice.

Teen Speak

CCC / Triple C = Coricidin (Cough Medicine).

Lean: Home made alcohol consisting of Sierra Mist, Orange starbursts, and cough syrup. Popular with middle and high school kids.

X or MDMA = Ecstasy

❄️ (Snowflake emoji) = Cocaine

💎 (Diamond emoji) = Crystal Meth

Plug - Drug Dealer. (Anyone have any acid or shroom plugs?)

Halfie - Already been smoked cigarette.

Smash - To have sex with.

Teen Speak

Netflix and Chill - Come over and have casual no strings attached sex.

Pressie - Home made Rx drugs. Teens have a pill press and order chemicals from China to make their own Norco or Adderall pills.

HMU - Hit me up.

JUUL - (vape device)

Hydro's - Hydrocodone Pills.

Bars/Xans/Xanneys - Xanax Pills, Yellow School busses are Yellow Xanax pills. \$10 dollars a pill is going price.

Dro - Marijuana smoking device where they submerge half a plastic bottle in water to have a condensed smoke marijuana hit.

Teen Speak

Cid's - Acid Tabs. Similar to 60's era acid (Hallucinogenic) only much more potent.

Gel Tabs - Acid Tabs in jello and alcohol mix.

Concentrates - High THC marijuana products such as shatter and dabs..
Made by boiling down marijuana with some easily found on-line recipes.

Edibles = Marijuana baked into lots of edible treats such as brownies, rice crispies, and many other good snacks.

Up – Meth

Down or Go - Heroin

Kids & Sexting

It Starts Young

AGE 8

By eight years old, more than one in 10 kids with smartphones will be exposed to sexting.



AGE 13

By 13, more than one third of kids with smartphones will be exposed to sexting.



Even Younger For Girls

AGE 8



15% vs 5.9%

Over 15% of 8-year-old girls were exposed to sexting, while only 5.9% of 8-year-old boys were exposed.

AGE 16



44.4% vs 36.8%

By the age of 16, 44.4% of girls were participating in sexting, compared to 36.8% of boys.

What Are They Doing?



Expectation of Privacy



38% of teen girls

&

39% of teen boys

Say they have had sexually suggestive text messages or emails – originally meant for someone else – shared with them.

25% of teen girls

&

33% of teen boys

Say they have had nude or semi-nude images – originally meant for someone else – shared with them.

What You Might Not Know



2 IN 5

Teens say they tell their parents very little or nothing about what they do and where they go online.



1 IN 5

Teens that go online on a cell phone say their parents do not know they go online.

Visit **Troomi.com** to discover products and tips to keep your kids safe online.

Troomi
WIRELESS

AS 11.41.455

Unlawful Exploitation of a Minor

- With intent of producing a, [film, audio, video, electronic, photograph, or other material]; knowingly induces a child under 18 to engage in, or photograph, film or records the following actual or simulated conduct):
 - (1) Sexual penetration.
 - (2) lewd touching of another's genitals, breast, or anus.
 - (3) lewd touching by another person of the child's genitals, anus or breasts
 - (4) masturbation.
 - (5) bestiality.
 - (6) lewd exhibition of the child's genitals.
 - (7) sexual masochism or sadism.
- (A Felony / Unclassified if prior conviction or V under 13)

AS 11.61.127

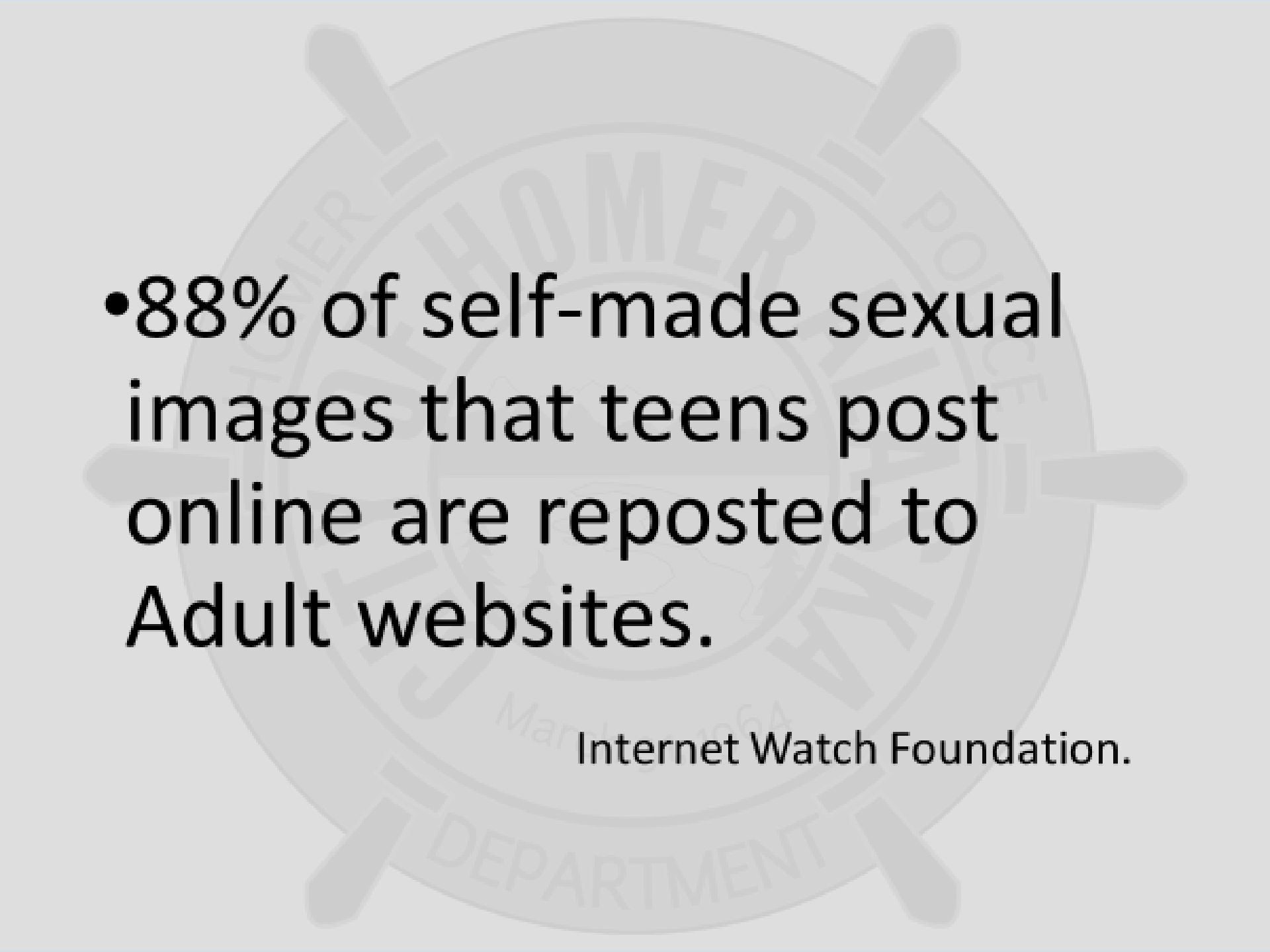
Possession of Child Pornography

- A person commits the crime of possession of child pornography if the person knowingly possesses or knowingly accesses on a computer with intent to view any material that visually depicts conduct described in AS 11.41.455(a) (*Unlawful Exploitation of a Minor*) knowing that the production of the material involved the use of a child under 18 years of age who engaged in the conduct or a depiction of a part of an actual child under 18 years of age who, by manipulation, creation, or modification, appears to be engaged in the conduct.
- (C Felony)

AS 11.61.125

Distribution of Child Pornography

- **A person commits the crime of distribution of child pornography if the person distributes, advertises, promotes, solicits, or offers to distribute in this state any material that is proscribed under AS 11.61.127 (Possession of Child Pornography).**
- **(B Felony)**

- 
- 88% of self-made sexual images that teens post online are reposted to Adult websites.

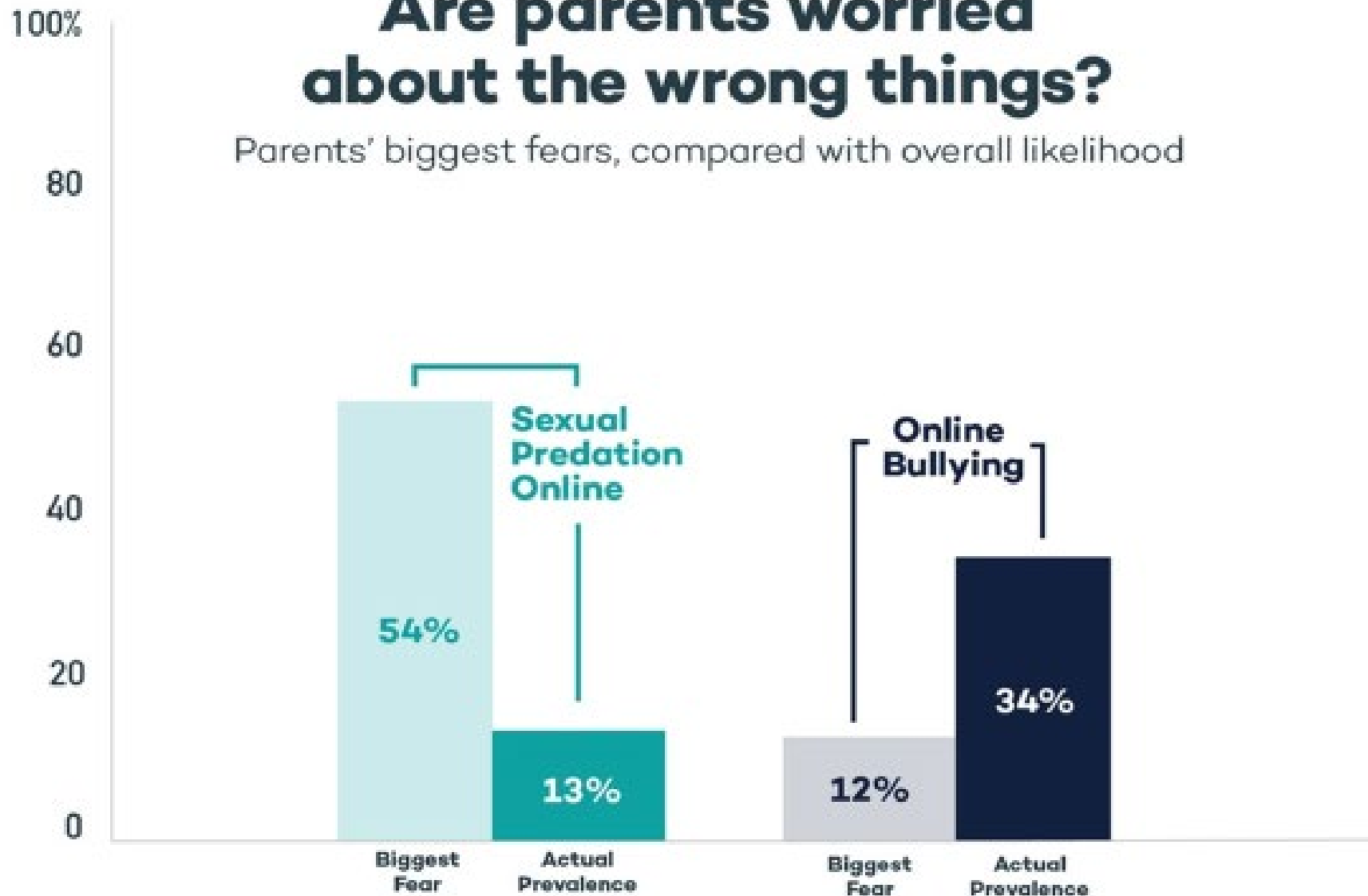
Internet Watch Foundation.

The background features a large, faint watermark of the Homer City, Alaska Police Department seal. The seal is circular with a ship's wheel design. The words "HOMER CITY, ALASKA" are written around the top half of the inner circle, and "POLICE DEPARTMENT" is written around the bottom half. In the center of the seal is a map of Alaska with a star indicating the location of Homer. Below the map, the date "March 31, 1964" is inscribed.

**What are You Worried
About?**

Are parents worried about the wrong things?

Parents' biggest fears, compared with overall likelihood



Panda Security Parents And The Internet Survey, 2017;
National Center for Missing & Exploited Children; Cyberbullying Research Center



CYBERBULLY'S

IN MY OPINION, WE DON'T
DEVOTE NEARLY ENOUGH
SCIENTIFIC RESEARCH TO
FINDING A CURE FOR
JERKS.



What is Bullying?

BP 5131.43 Harassment, Intimidation and Bullying – KPBSD Policy Manual

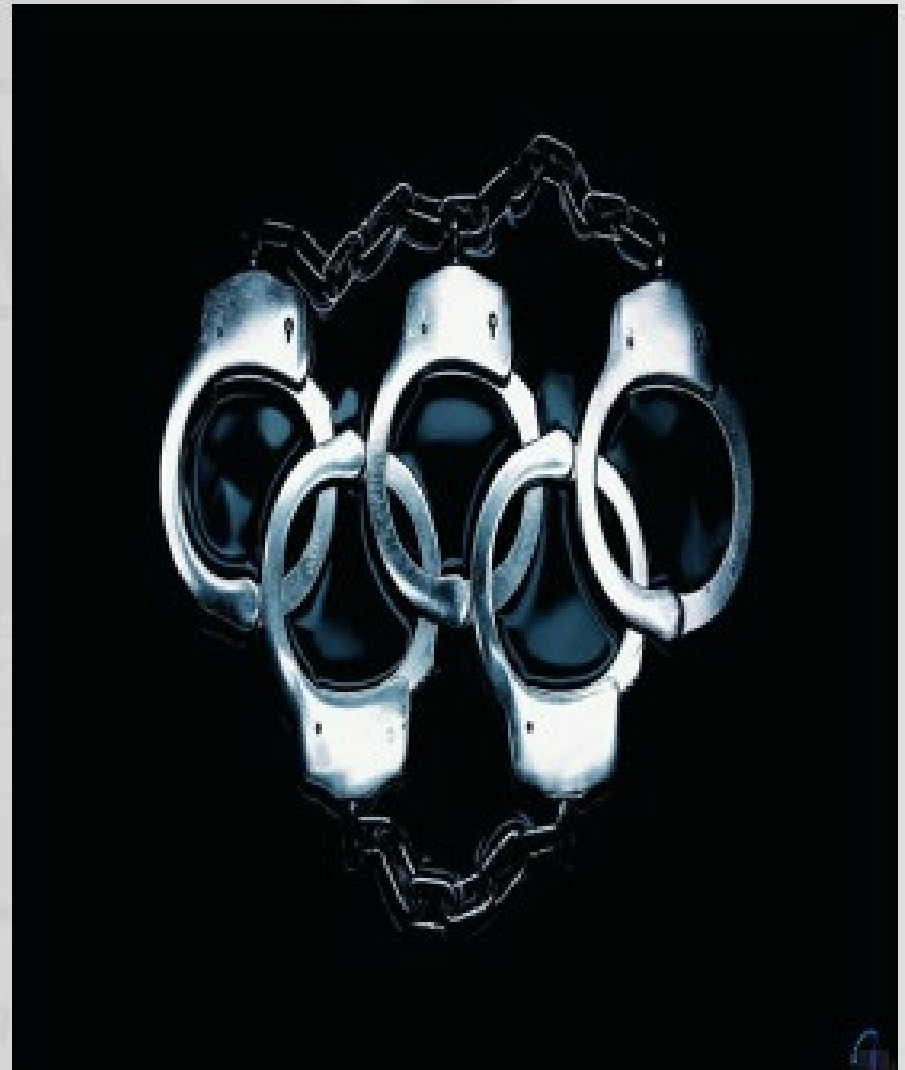
- **Bullying**
- **Harassment, intimidation, or bullying, means an intentional act, whether WRITTEN, ORAL, ELECTRONIC or PHYSICAL, when the act is with the intent of THREATENING, INTIMIDATING, HARASSING or FRIGHTENING the student**
- **And**
- **1. physically harms the student or damages the student's property; or**
- **2. has the effect of substantially interfering with the students education; or**
- **3. is so severe, persistent, or pervasive that it creates an intimidating or threatening educational environment; or**
- **4. has the effect of substantially disrupting the orderly operation of the school.**

CYBERBULLYING CONTINUED

- In situations in which the cyberbullying originates from a private (non-school) computer or other electronic device, but is brought to the attention of school officials, disciplinary measures may be imposed when the communication:
 - 1. Contains threats of violence or harm against staff members, students or their property;
 - 2. Suggests or advocates physical harm to staff members or students;
 - 3. Causes a student or staff member to experience a substantially detrimental effect on his or her physical or mental health;
 - 4. Causes a student or staff member to experience substantial interference with academic or work performance, or with his or her ability to participate in or benefit from District services or activities;
 - 5. Threatens vandalism to school property; or
 - 6. Creates a significant disruption to the school's educational mission, purpose or objectives.

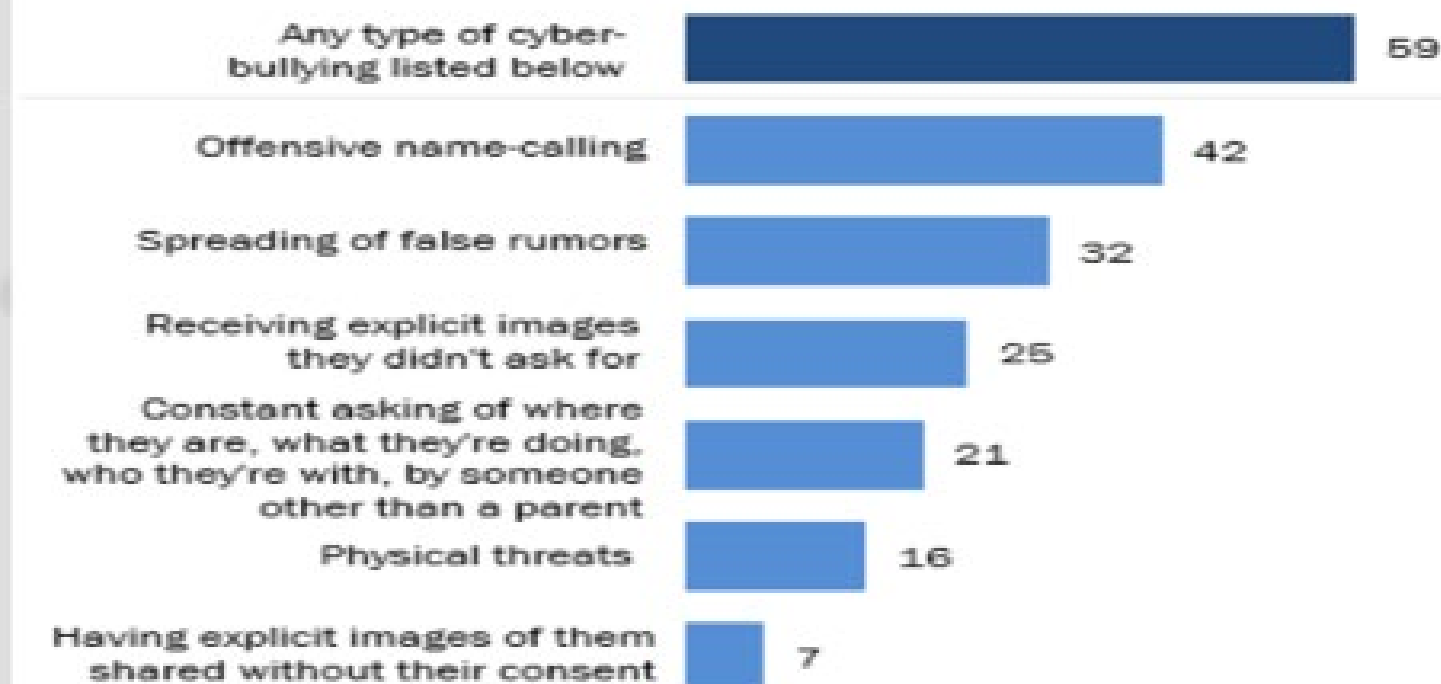
• Harassment 2nd

- AS 11.61.120(a)(2) (Class B Misd)
- A person commits the crime of Harassment in the 2nd degree if, with intent to harass or annoy another person, that person,
 - (1) taunts, or challenges another person in a manner likely to provoke an immediate violent response;
 - (4) Makes an anonymous or obscene telephone call, an obscene electronic communication, or either that threatens physical injury or sexual contact



A majority of teens have been the target of cyberbullying, with name-calling and rumor-spreading being the most common forms of harassment

% of U.S. teens who say they have experienced ___ online or on their cellphone

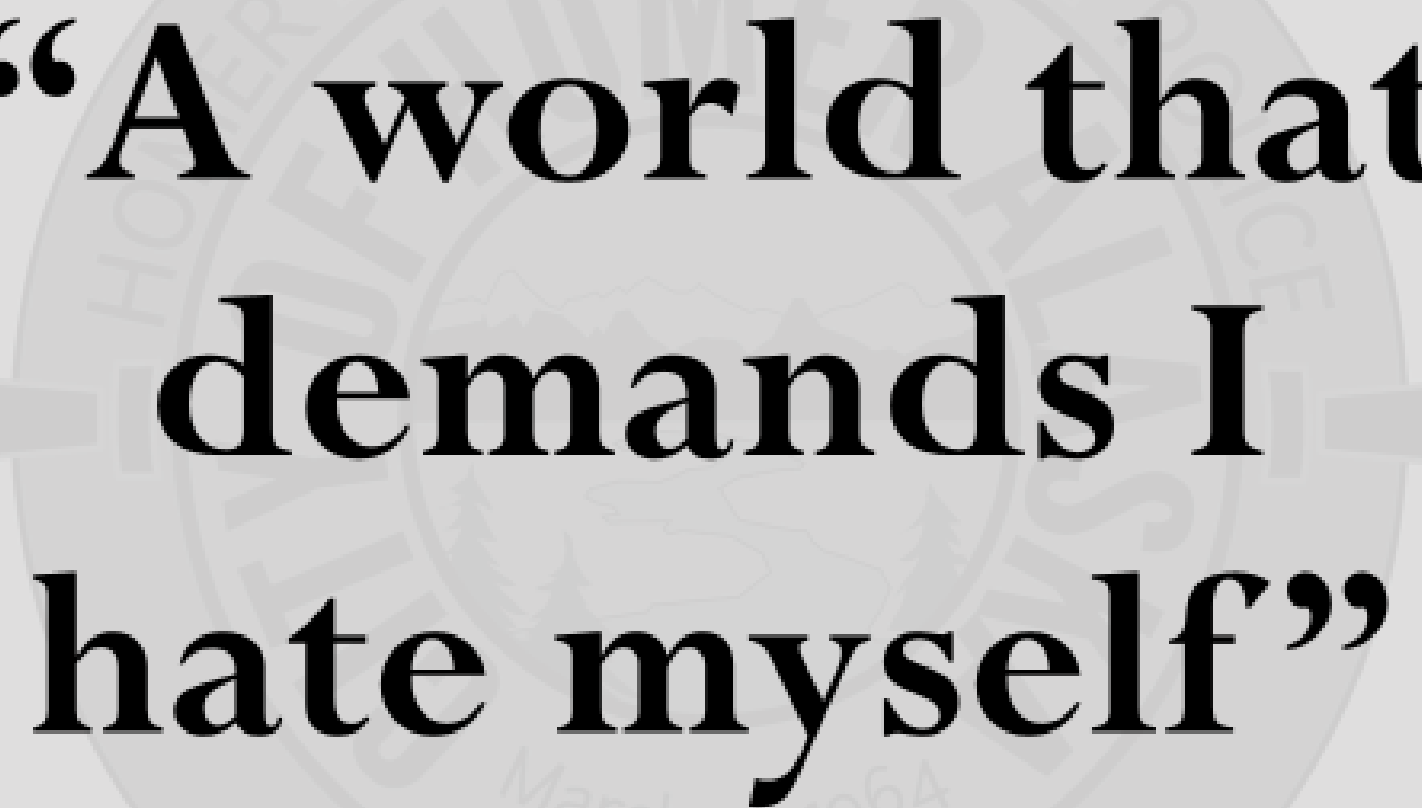


Note: Respondents were allowed to select multiple options. Those who did not give an answer or gave other response are not shown.

Source: Survey conducted March 7–April 10, 2018.

"A Majority of Teens Have Experienced Some Form of Cyberbullying"

PEW RESEARCH CENTER



**“A world that
demands I
hate myself”**

Shane Koyczan / Koyczan Publications Inc



Massimo Galli

Stages of Adolescent Development	Early Adolescence (Approximately 10-14 years of age)	Middle Adolescence (Approximately 15-16 years of age)	Late Adolescence (Approximately 17-21 years of age)
Identity Development and Movement Toward Independence	Emerging identity shaped by internal influences; moodiness; improved speech to express oneself; more likely to express feelings by action than by words (may be more true for males); close friendships gain importance; less attention shown to parents, with occasional rudeness; realization parents not perfect; identification of own faults; search for new people to love in addition to parents; tendency to return to childish behavior during times of stress; peer group influence on personal interests and clothing styles.	Self-involvement; alternating between unrealistically high expectations and worries about failure; complaints that parents interfere with independence; extremely concerned with appearance and body; feelings of strangeness about one's self and body; lowered opinion of and withdrawal from parents; effort to make new friends; strong emphasis on the new peer group; periods of sadness as the psychological loss of parents takes place; examination of inner experiences, which may include writing a diary.	Firmer identity; ability to delay gratification; ability to think through ideas; ability to express ideas in words; more developed sense of humor; interests and emotions become more stable; ability to make independent decisions; ability to compromise; pride in one's work; self reliance; greater concern for others.
Future Interests and Cognitive Development	Increasing career interests; mostly interested in present and near future; greater ability to work.	Intellectual interests gain importance; some sexual and aggressive energies directed into creative and career interests; anxiety can emerge related to school and academic performance.	More defined work habits; higher level of concern for the future; thoughts about one's role in life.
Ethics and Self-Direction	Rule and limit testing; experimentation with cigarettes, marijuana, and alcohol; capacity for abstract thought.	Development of ideals and selection of role models; more consistent evidence of conscience; greater goal setting capacity; interest in moral reasoning.	Useful insight; focus on personal dignity and self-esteem; ability to set goals and follow through; acceptance of social institutions and cultural traditions; self-regulation of self esteem.
Sexuality	Girls mature faster than boys; shyness, blushing, and modesty; more showing off; greater interest in privacy; experimentation with body (masturbation); worries about being normal.	Concerns about sexual attractiveness; frequently changing relationships; more clearly defined sexual orientation, with internal conflict often experienced by those who are not heterosexual; tenderness and fears shown toward opposite sex; feelings of love and passion.	Concerned with serious relationships; clear sexual identity; capacities for tender and sensual love.
Physical Changes	Gains in height and weight; growth of pubic/underarm hair; increased perspiration; increased oil production of hair and skin. Girls: breast development and menstruation. Boys: growth of testicles and penis, nocturnal emissions (wet dreams), deepening of voice, facial hair.	Males show continued height and weight gains while female growth slows down (females grow only 1-2 inches after their first menstrual period).	Most young women are fully developed; young men continue to gain height, weight, muscle mass, body hair.



This chart is adapted from the ACT for Youth Center of Excellence publication **Stages of Adolescent Development** by Sedra Spano: <http://www.actforyouth.net/documents/fACT%20Sheet06043.pdf> (PDF: 538K)

the facebook files

Facebook Knows Instagram Is Toxic for Teen Girls, Company Documents Show

Its own in-depth research shows a significant teen mental-health issue that Facebook plays down in public

Wall Street Journal; 2021

Teens who struggle with mental health say Instagram makes it worse

- Young people are acutely aware that Instagram can be bad for their mental health, yet are compelled to spend time on the app for fear of missing out on cultural and social trends.
- Teens specifically call out the following as ways that Instagram harms their mental health:
 - pressure to conform to social stereotypes
 - pressure to match the money and body shapes of influencers
 - the need for validation -- views, likes, followers
 - friendship conflicts, bullying, and hate speech
 - over-sexualization of girls
 - inappropriate advertisements targeted to vulnerable groups

Stated effect of Instagram



Q. In general, how has Instagram affected the way you feel about yourself/your mental health?

There were no statistically significant differences among those who answered for "the way you feel about yourself" and those who answered for "your mental health".

US n = 129, UK n = 129

In September 2021, the Wall Street Journal published the Facebook Files, uncovering that the platform owner conducted their own research and found that Instagram is making body issues worse for one in three teenage girls, mainly because Instagram contributes to unhealthy social comparison among teens [1]. Instagram is one of the most popular social media platforms among the younger population, especially female adolescents and young women. As of October 2021, 3.7% of its users were females aged 13–17, whereas 13.1% were women between the ages of 18 and 24 years old [2]. The platform is mainly used for sharing photos, videos, and stories that people can edit by applying filters or other creative tools before they post them on their accounts [3]. On Instagram, users not only interact with peers, but also follow celebrities and social media influencers [4]. Since Instagram content is characterized by a positivity bias, where users generally present an idealized image of themselves [5,6], researchers have suggested even before the publication of the Facebook Files that Instagram may be more detrimental to women's body image than any other social media platform, such as Facebook, which presents more varied content [7]. Prior studies on the link between Instagram use and women's body dissatisfaction mainly focused on social comparison behaviors with peers [8] and specific features such as the role of "selfies" [9] or the number of "likes" [10]. Recent research also considered Instagram influencers [11], focusing on adult women.

The harmful impact of Instagram

An internal Instagram presentation from March 2020 seen by the *Journal* said that when 32% of teenage girls “felt bad about their bodies, Instagram made them feel worse.”

The *Journal* also found that Instagram research showed that, among teenage users who reported suicidal thoughts, 13% of British users and 6% of American users traced those feelings to their use of Instagram. Researchers found that young women’s self image was especially badly affected by making comparisons between themselves and what they viewed on the platform.

We're in trouble with teen girls: Dr. Marc Siegel analyzes CDC's 'shocking' teen mental health report

Social media may have an impact on the crisis

A recent report from the Centers for Disease Control and Prevention revealed teen girls are battling record levels of violence, sadness and [suicide risk](#). The findings also revealed sexual violence among teen girls has increased 20% between 2017 through 2021, while hopelessness increased from 36% to 57%.

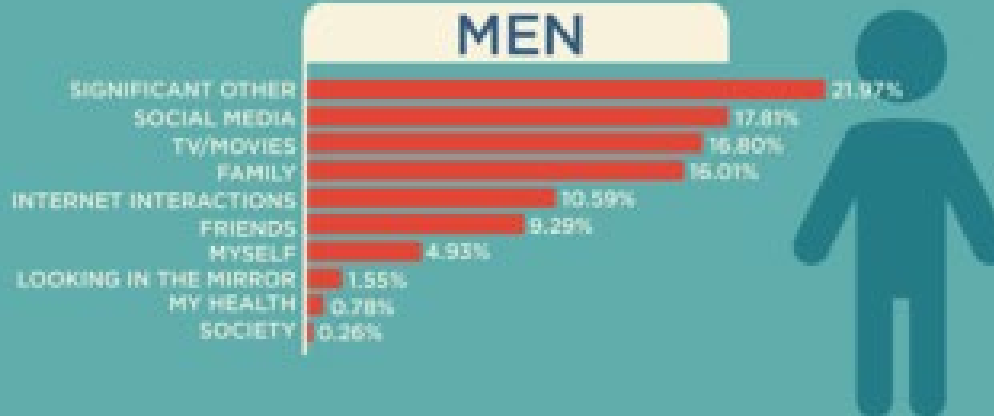
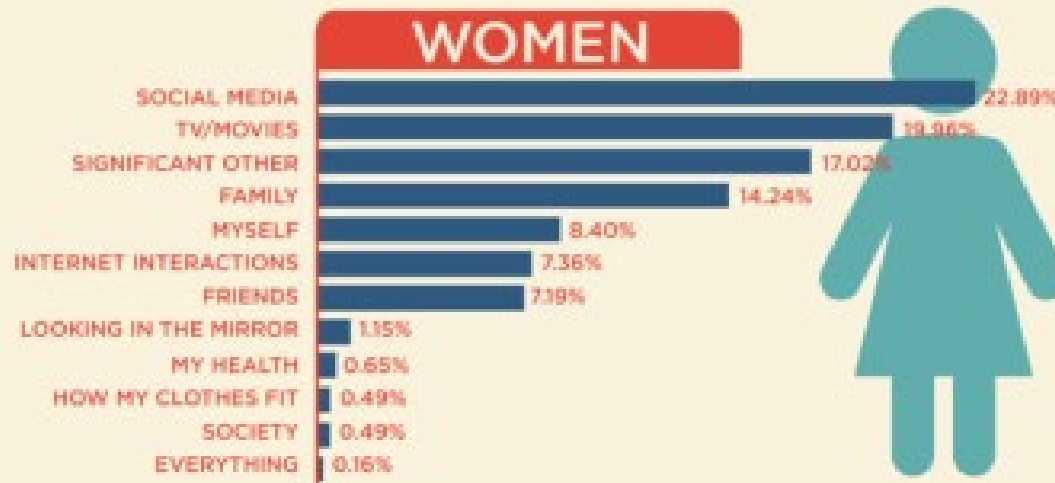
"This is shocking," Siegel told "[Special Report](#)" on Monday. "... Two out of three girls are now hopeless or saddened to the point of that ... 20% considering suicide...one out of ten or more raped and sexual violence up 60% just over the last few years."

While the pandemic increased isolation in the United States, Siegel said it also increased dependence on social media.

Before men were taught to hide how they felt because if they did they were considered less of a man. Now people want men to express how they feel but they are still ashamed for sharing their feelings, especially on social media because if they share too much they will be mocked for it by being told they're acting like a little girl.

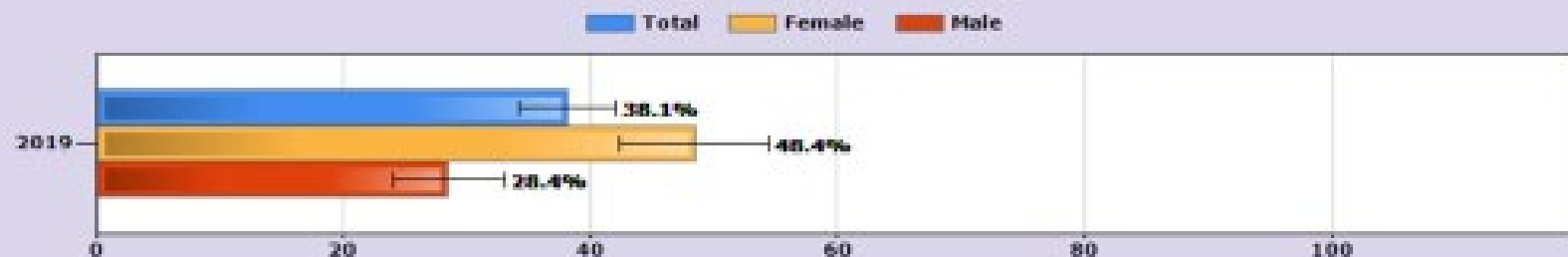
New York Times

What Impacts How We Feel About Our Bodies?



Felt sad or hopeless
(almost every day for 2 or more weeks in a row so that they stopped doing some usual activities,
during the 12 months before the survey)

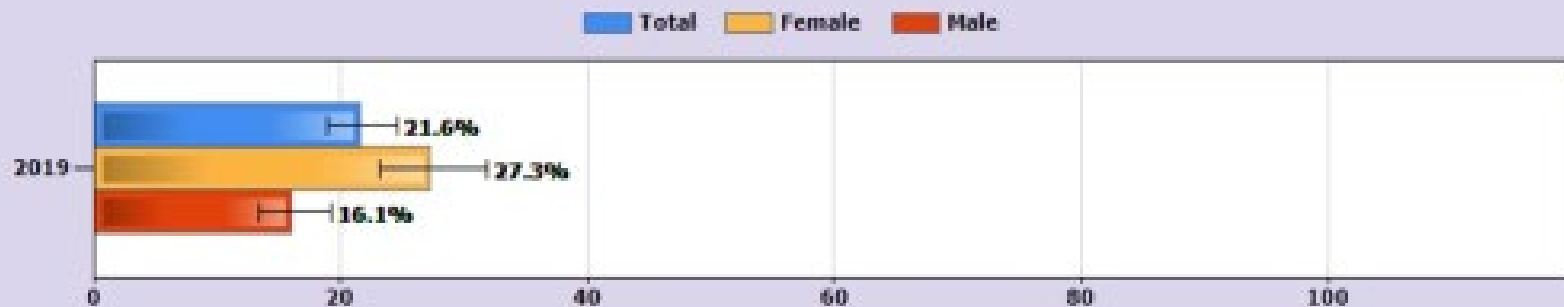
Alaska, High School Youth Risk Behavior Survey, 2019



Seriously considered attempting suicide
(during the 12 months before the survey)
Alaska, High School Youth Risk Behavior Survey, 2019

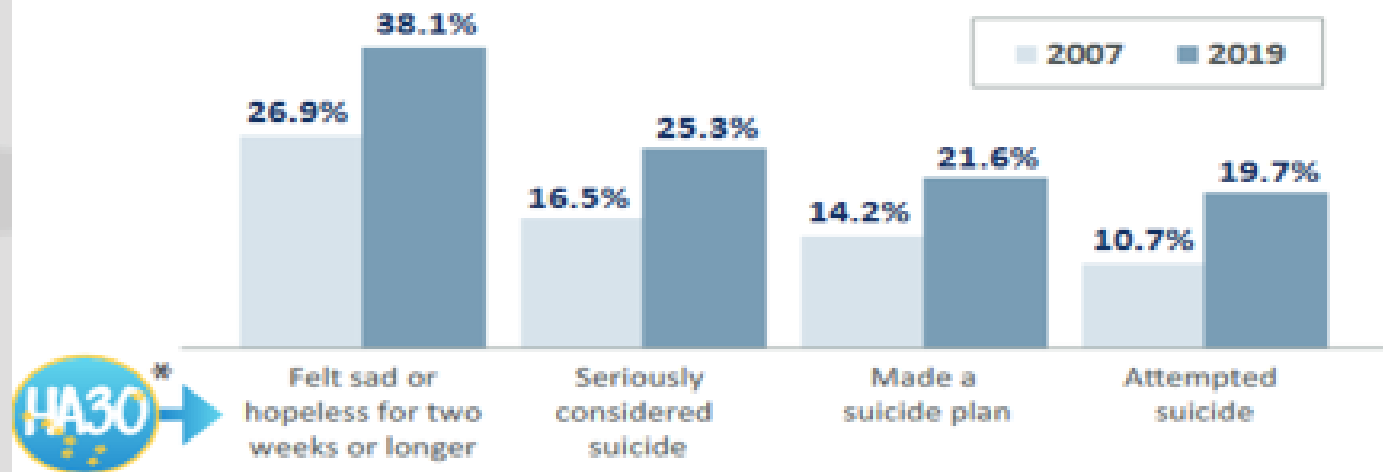


Made a plan about how they would attempt suicide
(during the 12 months before the survey)
Alaska, High School Youth Risk Behavior Survey, 2019



Alaska Youth Risk Survey

Since 2007, there have been significant increases in students feeling sad or hopeless, and considering, planning for, and attempting suicide in the past 12 months.



Mental Health

The percentage of students attempting suicide during the past year nearly doubled, from 10.7% in 2007 to 19.7% in 2019. In fact, this measure increased significantly as of 2017 (12.1%).



You Should Go Kill
Yourself

Kill Yourself



- **Amanda Todd – Her Story**



What the What?

- Happens to normal families
- More cases with 12-14 yoa males
 - Person sending stock photos, strikes up conversation, sex talk....
- “I wish they would have just talked to me”

In the Dark Moments

**“In the moments of not wanting to be
here,**

**I felt alone
And in a dark place**

**And you don't know who to go to
Because they might freak out
Or they don't know what to do.”**

What the What?

- Happens to normal families
- More cases with 12-14 yoa males
 - Person sending stock photos, strikes up conversation, sex talk....
- “I wish they would have just talked to me”
- **Kids most afraid of parent response**

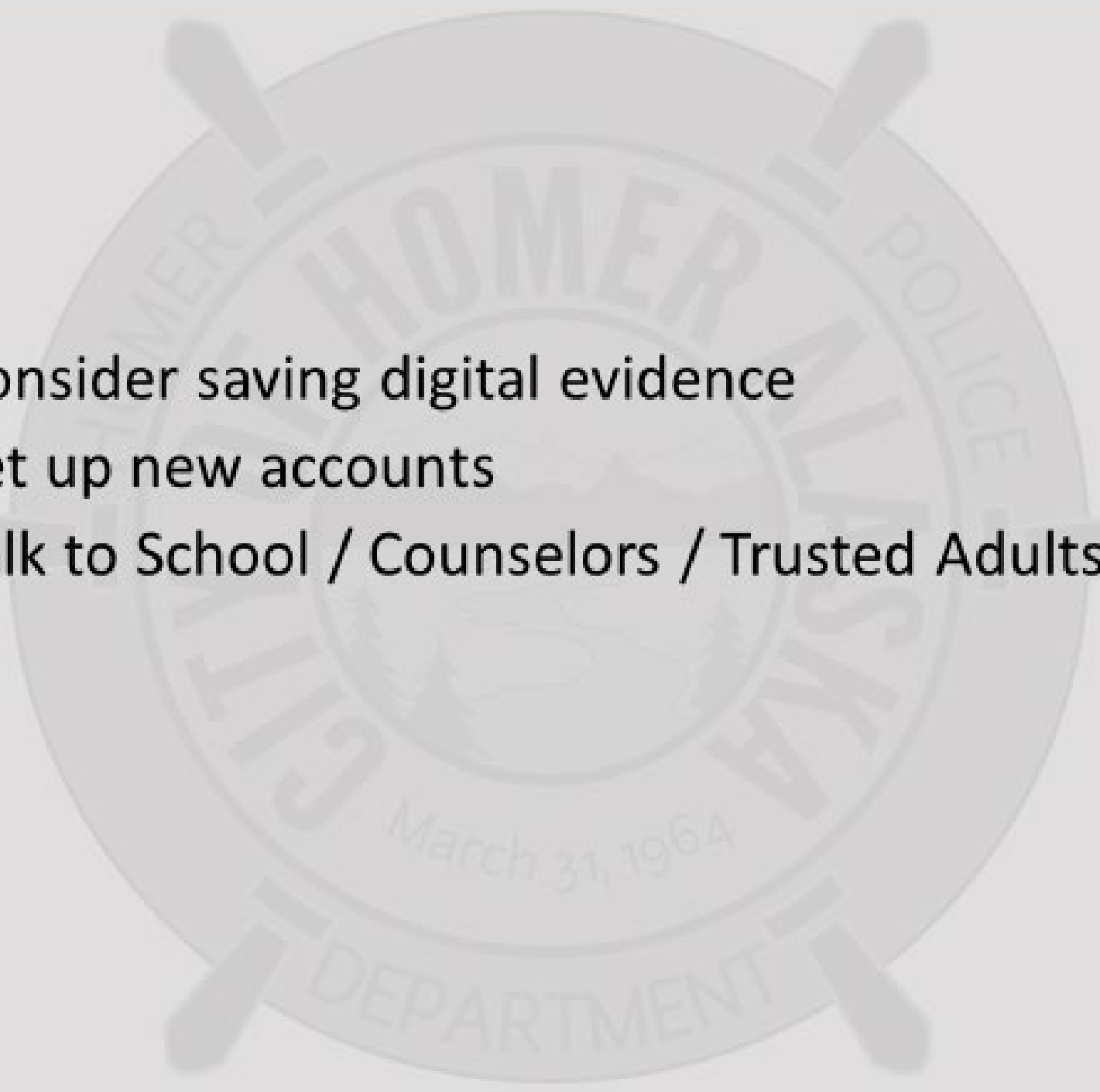
Don't Freak out!!


Listen Attentively and stay calm

Reassure them it's not their fault

Answer their questions of what you can

Help them report to website/app/ wireless provider/ LEO

- 
- The background of the slide features a large, light gray watermark of the Homer Alaska Police Department seal. The seal is circular with a ship's wheel design. The words "HOMER ALASKA" are arched across the top, and "POLICE DEPARTMENT" is arched across the bottom. In the center of the seal is a map of Alaska. Below the map, the date "March 31, 1964" is inscribed.
- Consider saving digital evidence
 - Set up new accounts
 - Talk to School / Counselors / Trusted Adults

- 
- Make this a regular conversation topic

- **OPEN, HONEST
AND OFTEN**

The Hard Talks

- What They Can do:
 - Turn off Screen
 - Use back button
 - Tell trusted adult
 - Report on website or App
 - Report to Cybertiponline.org
 - Report to local LEO

What to Look Out For?

- Increased online time
- Getting upset when not allowed to use devices
- Taking extra steps to conceal online behavior or device use
- Gifts from who??
- Not Sleeping Well
- Meltdown
- Phone to bed?

- Suddenly stops using devices / online
- Nervous when opening email, IM or Text
- Uneasy about school
- Withdrawn
- Calling Unknown numbers
- Minimizing Screen
- Deleting History



From the Professionals

- Set ground rules for device use

Clear guidelines on what sites, Apps, when they can use – consider blackout periods and phone checks. No phones/devices to bed.

- Know Platforms

Do some research prior to purchasing devices

Ask kids to show you how to use

Kids always going to be steps ahead

- Engage

Be proactive and **TALK TO YOUR CHILDREN!!!!!!**

Resources

Call or text *988

- *Direct mental health services and substance abuse use in crises.
- * Confidential and safe
- *Family and friends can call about someone.
- *907 numbers connected to Alaska
Specific support via Alaska Care Line
- *Non 907 numbers go to national resources



**15 YEARS AGO, THE INTERNET
WAS AN ESCAPE FROM THE REAL WORLD**



**TODAY THE REAL WORLD IS AN ESCAPE
FROM THE INTERNET**

- **Get Involved**
- **Stay Involved**



WHAT ASSURANCE DO I HAVE
THAT YOUR PARENTING ISN'T
SCREWING ME UP?

