AINDRIAS MOYNIHAN TD

FIANNA FÁIL
THE REPUBLICAN PARTY

There are many unknowns that our children and teenagers are at risk of in the digital era.

Cyberbullying can more often than not be a silent predator; knowledge, communication and oversight is more important now than ever.

One thing is for sure – what goes online stays online…forever!

I have produced this leaflet which I hope you will find useful as we continue to familiarise ourselves with our children's heightening connectivity to the world that lies right at their fingertips. If you would like to discuss any of the issues contained herein, or any other issue, please do not hesitate to get in touch at any time.

WHAT IS CYBER BULLYING:

"Cyberbullying" is when a child, preteen or teen is tormented, threatened, harassed, humiliated, embarrassed or otherwise targeted by another child, preteen or teen using the Internet, interactive and digital technologies or mobile phones.

This is when instant messages, emails, text messages or webpages are used to spread rumours, make threats or harass. It can include written messages, photographs, videos or voice messages. The people who are bullying may choose to set up 'groups' in an online social network. These 'groups' may be used to jeer at or target someone in a cruel way. The people who are organising this may remain anonymous.

Sometimes, people who use the internet may not be aware of its potential dangers. Someone may make a light-hearted joke or post online and it could develop into a bullying situation if others add cruel remarks or comments.

People who use technology to bully may say things online or by text that they would never say face to face. They need to know that they are responsible for their words and actions in cyber-space as well as in the real world. If it comes down to it, the source of the abuse, the computer or phone being used, can be identified by the Gardaí.

Cyber-bullying can do as much harm as 'conventional' bullying, in some cases it can be even worse. Children and teenagers use their smartphones and laptops on a daily basis to connect with their peers and as Trinity College Dublin psychologist and cyber-bullying expert Dr Stephen Minton explains, they "are technologically smart but not mature enough to handle the issues that can arise, such as cyber-bullying".

New Research Shows That…

14% OF PRIMARYSCHOOL CHILDREN HAVE BEEN CYBERBULLIED
10% OF POST-PRIMARYSCHOOL CHILDREN HAVE BEEN CYBERBULLIED

HELPFUL POINTERS

1. Agree a clear set of rules with your child on screen time in the home. Talk to your child on when you think it is appropriate and inappropriate to use screens. Agree times when screens are allowed and not allowed in the home. For example dinner time, homework time and bedtime.

2. Do as you say Modelling behaviour is THE most powerful way you can influence your child's behaviour.

3. Restrict the use of computers/ devices in the bedroom. Depending on the age of your child you may want to set a curfew or ban devices from the bedroom completely.
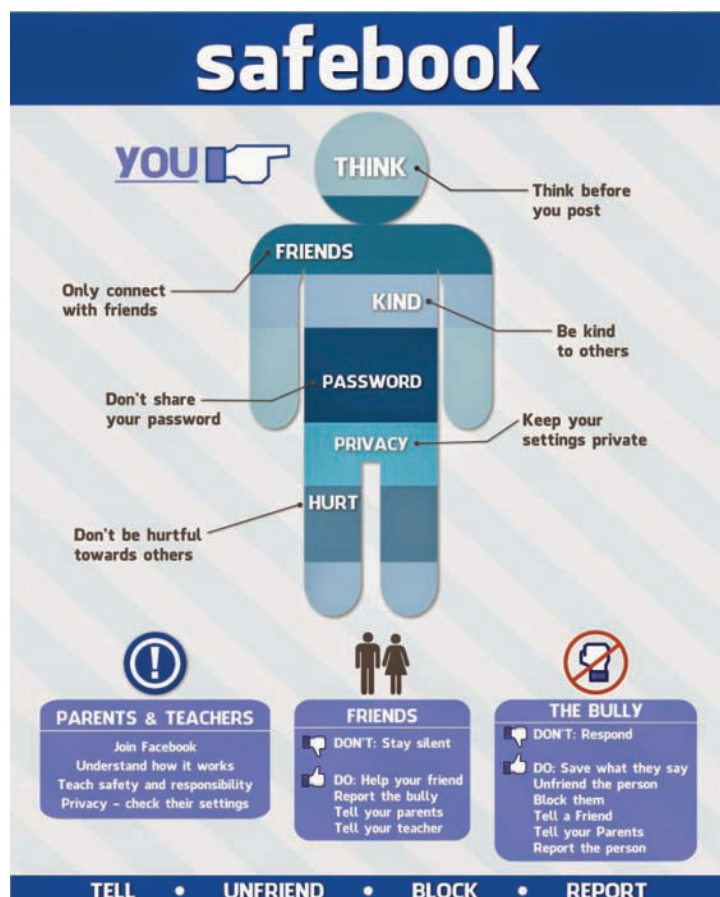
4. Buy an alarm clock for your child's bedroom and remove their phones at night time. This can be a helpful way of giving them a break from the internet.

5. Try not to rely on screens too much to keep the kids amused. It can be easy to encourage kids to pick up the tablet or play a game on the computer to keep them occupied. This only confuses rules on screen time, try and stick to the agreed rules with your child and remember to set a good example.

6. Chat to your child about what they do online and encourage them to use their screen time for learning and education.

7. Pick one evening a week where you do a family activity together, whether it's movie night, games night. Doing activities together as a family will help implement screen time guidelines and offer fun alternatives.

8. Don't have screens always on in the background. Turn off TVs and Computers when not in use, these can be distracting for kids if they are trying to participate in another activity.

9. Finally, join in, why not set some time aside to play your child's favourite computer game and discover the online world together.

NINE THINGS PARENTS NEED TO KNOW ABOUT facebook FOR CHILDREN:

1. Facebook's default privacy settings are probably more public than you'd like. Facebook guards the information on minors a little better than the general population, but you'll still need to review your child's privacy settings and manually reset the security to "friends only" or tighter.

2. 'Friending' your child doesn't necessarily mean you can see everything they post. Facebook allows users to select which friends they want to be able to see a particular post.

3. By default, anyone on Facebook can send your child a friend request. To restrict who can send your child friend requests, edit the privacy settings under the "How You Connect" heading.

4. Users can "tag", or identify, the faces in their photos. Turn on tag review in your child's privacy settings and Facebook will notify them whenever they're tagged in a photo before it goes live. Facebook will remove the tag (but not the photo) if they request it. I would also urge parents to get some sort of Parental Intelligence System or Service to receive alerts when your child is tagged in a photo, or uploads on themselves.

5. Facebook allows users to put their location on every post. Tell your child not to do this, and change their privacy settings so their friends can't check them in, either.

6. If your child posts something and then has second thoughts, they can hover over the post and click the handy little "X" that appears to delete it.

7. Facebook is home to thousands of third-party apps that your kids can use to play games and do just about anything. Before using any app on Facebook, your child has to agree to the app's privacy policy that outlines what information it will collect on your child and how it will be used. Tell your child not to click "Allow" without actually reading and understanding the privacy policy.

8. Facebook allows your child to remove offensive posts on their Wall, unfriend or block other users, or report posts that violate Facebook

policies (including a fake account pretending to be them.) Any types of Facebook bullying is a reportable offense.

9. Users can browse and post to each other's Walls, but they can also talk with friends in real-time using chat or video calling. Make sure they know how to mark themselves as "unavailable" for chat or video calling while doing homework or during other inappropriate times.

SIX THINGS PARENTS NEED TO KNOW ABOUT SNAPCHAT

1. **YOU CAN BLOCK OTHER USERS** If your child is experiencing harassment, being bullied or receiving unwanted contact on Snapchat, there is an option to block users. Blocking users will prevent them from sending Snaps, viewing Chats or seeing your Stories. You can also delete users from your contact list. Deleting users will remove them from your contact list and will prevent them from sending you any messages.

2. **YOU CAN REPORT ABUSE** In addition to blocking and deleting other users, Snapchat does have the option to report abuse. Users should report any inappropriate content they come across, harassment or bullying to Snapchat. There is a dedicated section on their website for reporting abuse/inappropriate content.

3. **YOU CAN SAVE SNAPS** What makes Snapchat different from other apps is messages disappear after a certain amount of time. But not everyone is aware that Snapchats can be captured and saved. While the Snapchat app doesn't have this option there are many third party apps available which can be used to capture images on Snapchat. Users can also screenshot images on their phone,

however Snapchat usually lets a user know if this has happened (this isn't 100% reliable).

4. **YOU CAN SHARE YOUR LOCATION** Snapchat allows users to share their location with their friends/contacts using the Geofilters function. If a user has their location services enabled on their phone and has filters turned on within Snapchat settings, it is very easy to share your location. Users can simply share their location by swiping right on the Snap they wish to share. This option can be disabled by ensuring your phone's locations settings aren't enabled, you can also turn off filers in the Snapchat settings.

5. **SAVING INAPPROPRIATE SNAPS COULD GET YOU INTO TROUBLE** Snapchat can also be used by teens to send intimate images. Many young users may not be aware that saving or sharing of certain images could land them in trouble. It is an offence to create, possess, or distribute explicit images of anyone under 17. This could result in serious consequences including criminal prosecution. In cases of self-generated sexting content or 'nude selfies', the person him/herself can be the creator, distributor

and possessor of illegal content. In these cases the Gardaí tend to take a common sense approach. In addition, under data protection law, individuals have the right not to have their personal data, including their image, collected and published without consent. Anyone who publishes private content, received via sexts, online could be seen to be violating data protection laws and could have a civil lawsuit brought against them.

6. **YOU CAN SEND A SNAP FROM A FRIEND'S STORY TO ANOTHER USER** Snapchat Stories have become increasingly popular with younger users. Stories allow users to compile photos/videos for all their friends to view and publish them as a Story.

   Unlike normal Snaps, Snapchat Stories last for 24 hours and can be viewed more than once by anyone connected to a users' Snapchat profile. The latest update from Snapchat now allows users to send a Snap from a friend's story to another user (via private message).

7. **SNAP MAPS** 'Snap Maps' puts users and their photos onto the new interactive in-app map where friends and other Snapchat users can track where they are at any given time. To opt out of this you can ensure your child is in 'Ghost-mode'. 'Ghost-mode' can be turned on in settings when in Snap Maps.

TINDER FOR TEENS – WHAT PARENTS NEED TO KNOW:

Tinder is a FREE dating app that you can download for your phone, desktop and tablet. The app has two separate communities – one for 18+ and one for younger teens aged 13-17. When you set up a profile, Tinder automatically takes information based on your Facebook profile, including photos, date of birth and sex. Once your profile is set up, Tinder will then provide you with a list of relevant matches based on your profile, interests, mutual friends on Facebook, location, sex and selected age range. You can then either swipe right to make a match with another user, tap his/her image to view more or swipe left to continue looking through potential matches.

Many teens use Tinder for fun and have no intentions of meeting up with a potential match. However there are some risks of using the app that parents should be aware of.

IS THERE AN AGE RESTRICTION ON TINDER? Yes, like most other social networks and apps, users must be at least 13 years old. The app uses your information from Facebook including date of birth to verify your age.

CAN TEENS CONNECT WITH USERS OVER 18? Users aged between 13 and 17 can see only other Tinder users within the same age group. Users over 18 can see only other users who are also over 18. Tinder identifies age based on the date of birth given on Facebook. Parents should be aware, however, that there are fake profiles on Facebook and it is very easy for people to pretend to be someone else. It's possible that your teen might end up matching with a person who is much older than he/she says he/she is!

IS IT DIFFERENT FROM 18+ TINDER APP? Tinder for teens works in the same way the adult app does, however it separates the two communities. A person 18 years or older cannot see Tinder profiles of users aged 17 and under. Similarily teens can view only profiles within the 13-17 age group.

PRIVACY - Once you sign-up to Tinder, any Tinder user (within your community i.e. teens or 18+) that falls into your selected criteria can see your profile. It is a good idea to limit the amount of information you share on your profile or in one-on-one chats to ensure you avoid any potential risks. Unlike some Facebook apps, you'll see when signing up, Tinder does not post to Facebook. By default, the app is only visible to you on Facebook. If you are unsure about app settings, simply go to your profile settings on Facebook, click on app settings and select the Tinder app.

LOCATION SHARING - Tinder uses GPS/location technology to match users who are near to each other. The use of location technology can make it easy for other users to work out exactly where you are located. To ensure your teen is safe, discuss the dangers of selecting a narrow location base on Tinder i.e. narrowing the network to within a few kilometres. Remind children not to share images of themselves that give away information about where they live or the places they hang out.

ONLINE PREDATORS - With most social networks there are risks of online predators and Tinder is no different. It is a good idea to speak to your child about the risk of speaking to people he/she doesn't know online and to caution your child about meeting someone met online in person.
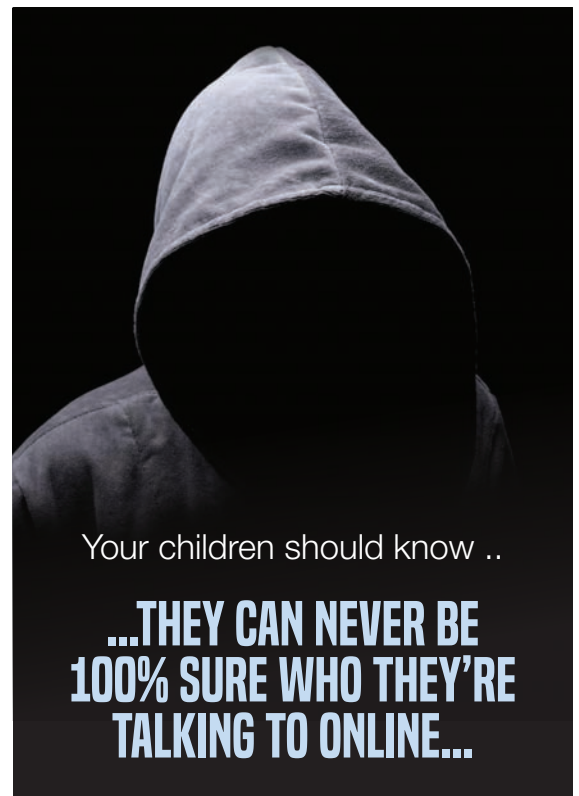
CYBERBULLYING - Like many other apps that allow messaging between users, cyberbullying can easily occur on Tinder. Speak to your kids about this and make sure they know what to do if they experience something with which they are not comfortable.

INAPPROPRIATE CONTENT - The messaging function in the app allows users to chat, send photos or videos once they have matched. Young users should be aware of the risks of sharing images/video online. It's easy to be lulled into a false sense of security when messages are private. Young people need to remember that it's very easy to copy digital photos, even from within private messaging conversations.

Young users may also come across content that upsets them. Talk to your kids about this risk so that they know how to deal with the situation, should it arise. Tinder have recently introduced 'Moments', a photo messaging function which is similar to Snapchat and allows users that are matched to send each other disappearing photos. Users should always be responsible when sharing photos of themselves online: it is easy to save disappearing photos with screengrab functions and other methods.

HOW DO YOU REPORT SOMEONE ON TINDER? You can block only someone with whom you have matched. To do this, go to his/ her profile, hit the icon in the top right hand corner and select "Unmatch". You'll disappear from their Matches and they won't be able to message you anymore.

Your children should know ..

...THEY CAN NEVER BE 100% SURE WHO THEY'RE TALKING TO ONLINE...

WHAT EVERY PARENT NEEDS TO KNOW ABOUT KIK:

Kik is an anonymous messaging app. It is unlike other popular messaging platforms like Facebook Messenger and WhatsApp in that users can make an anonymous profile. Users are identified only by a username they create when they sign up.

Usernames can be searched. The site recommends users create a username that is hard to figure out, but many teens have their Kik usernames on their public Twitter pages and Instagram feeds. Remind your kids not to post their Kik names to other networks.

Once your child opens the Kik app it stays on. This compromises privacy. Make sure your kids create a very unique password and change it now and then.

Kik also has an "Ignore New People" feature under Notifications on the app that give you one more safety step in reviewing new follower requests.

KiK does not offer any parental controls and there is no way of authenticating users, thus making it easy for sexual predators to use the app to interact with minors.

Kik has a community support forum that deals with safety issues. It's worth your time to check it out.

FOR MORE INFORMATION ON OTHER SOCIAL MEDIA PLATFORMS PLEASE VISIT

www.webwise.ie

TRANSLATING TEXT-TALK:
A GLOSSARY

Broken	Hungover
NIFOC	Naked in front of computer
TDTM	Talk dirty to me
GNOC	Get naked on cam
GYPO	Get your pants off
53X	Sex
IPN	I'm posting naked
WTTP?	Want to trade pictures
Sugarpic	sexy photo
S2R	Send to receive (usually meaning "sugarpics")
P999	Parent alert / emergency
PAL	Parents are listening
PAW/PRW	Parent are watching
MOS	Mum over shoulder
PIR	Parents in room
POS	Parents over shoulder
9/CD9	Parents are nearby
99	Parents have gone
KPC	Keeping parents clueless
RUH	Are you horney?
DOC	Drug of choice
420	Cannabis
C:P	Sleepy
Pron	Porn
1174	Strip club
KFY	Kiss for you
KOTL	Kiss on the lips
HAK	Hugs and kisses
459 /ILY /143	I love you
AF	As f**k
IWSN	I want sex now
8	Oral sex
LH6	Let's have sex
AEAP	As early as possible
MPFB	My personal f**k buddy
WUF	Where you from
RUMORF	Are you male or female
WYRN	What's your real name
RU/18	Are you over 18
MOOS	Member of opposite sex
MOSS	Member of the same sex
MorF	Male or Female
ASL	Age/sex/location
WYCM	Will you call me
F2F	Face to face / FactTime
LMIRL	Let's meet in real life
ADR	Address
CU46	See you for sex
NALOPKT	Not a lot of people know that
182	I hate you
Zerg	Gang up on someone
KYS	Kill yourself
KMS	Kill myself

HELPLINE DIRECTORY

If you need to talk to someone, here are a number of helplines you can contact for confidential non-judgemental support.

-The Samaritans
🌐 www.samaritans.ie
☎ Free phone: 116 123
📱 087 260 9090

Aware (Depression, Bi-Polar Disorder & Anxiety)
🌐 www.aware.ie ☎ 1800 80 48 48

National Suicide Helpline
(Pieta House) ☎ 1800 247 247

Pieta House (Suicide & Self-harm)
🌐 www.pieta.ie ☎ 01 623 5606

Grow (Mental Health support and Recovery)
🌐 www.grow.ie ☎ 1890 474 474

Bodywhys (Eating Disorders Associations of Ireland)
🌐 www.bodywhys.ie
☎ 1890 200 444

Irish Advocacy Network (Peer advocacy in mental health)
🌐 www.irishadvocacynetwork.com
☎ 01 872 8684

IACP (Counselling & Psychotherapy)
🌐 www.iacp.ie ☎ 01 230 3536

Shine (Supporting people effected by mental ill health)
🌐 www.shine.ie ☎ 01 860 1620

Teenline Ireland Helpline – Listen when no one else will
🌐 www.teenireland.ie
☎ 1800 833 634 (7pm-10pm)

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