

Session One for Caregivers:

Introduction to Cyber Safety



AutismONTARIO

Webinar Presenters

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Today's Question:

What are the issues and how can you create boundaries?



Contents

- ❑ Importance of Cyber Safety
- ❑ Safety Parameters for Families
- ❑ Troubleshooting Common Online Issues
- ❑ Contracting
- ❑ Knowing Your Rights
- ❑ Social Media Norms
- ❑ Real Life Example/List of Popular Online Platforms



Importance of Online Safety

- Online safety is crucial for minimizing risk for adolescents as a whole
- Many concerns regarding online sociality, identity formation, relationship building, and potential exposure to risky material and intensification of online aggression
- Many risks such as unsuitable content (harassment, sexual content), unwanted contact, disclosure of personal information, sharing personal data and files, viruses, spyware, phishing scams



Importance of Online Safety

- Internet masks signals of positive or negative interaction, it's difficult to tell if someone is being honest with the information they share and their intentions
- Knowing what steps to take to protect yourself to avoid such situations, and how to handle such situations if they arise is imperative
- Online safety protects users from contact (strangers/predators), content (inappropriate material, viruses), and conduct risks (bullying or being bullied)



Social Media Platforms

Riskier online Activity



Youbo
Group chats with more than 5 people
Group chats with unknown people

Snapchat
Discord

Twitch Live
Group chats with just a few people
Group chats with people I know
Instagram

Safer online Activity

- **Snapchat...** is sending photos and videos back and forth to people in your friends list. You can also send chats, and post things to your story which can be public or private, depending on privacy settings
- **Instagram...** you can chat and go live, you can post pictures and videos for people to like and comment on. People follow each other
- **Twitch...** live, you can watch live streamers playing games. You can chat with other viewers
- **Youbo...** a live streaming app where anybody can join a stream, anyone from around the world. It's a risky app to use

Online Safety Measures

- Use of agreed upon sites
- Timed use online (visual timers are often helpful)
- Agreement to be online in a shared space
- Online contracts
- Agreed upon monitoring apps
- Plan including how to get help if needed



Online Safety Apps

It is important that any app used is done so in agreement between the adolescent and parent/caregiver

Apps can monitor time spent online, and also provide limited to full access to content

It may be helpful for parents to understand their adolescents concerning behaviour online; however, it can also be time consuming to track all data

Some commonly recommended apps:

Qustodio: <https://www.qustodio.com/en/>

Kid Inspector: <https://kidinspector.com/desktop-features>

Kid Logger: <https://kidlogger.net/>

Spyrix: <https://www.spyrix.com/spyrix-personal-monitor.php>



Questions to Ask When Troubleshooting Common Issues

- Talk about online platforms being used and methods of communication in advance
- How are people engaging on the specific platform? (ex. Live on camera, live on chat, via comments, direct messaging, in text?...)
- Who is engaging on the specific platform? (It is essential to differentiate between social media celebrities, acquaintances, online friends and IRL friends)
- What information is appropriate to share?
- What additional measures can be used to ensure safety?



Knowing Your Rights

- Provincial/territorial internet safety and privacy laws? Consider if any conduct violates the criminal code (harassment, assault, identity theft, etc.); these laws apply to online platforms as well
- It's important to report any instances of online misconduct, harassment, etc. to your local police dept., police will decide if an investigation is warranted
- www.cybertip.ca Operated by the Canadian Centre for Child Protection, a tip line for reporting the online sexual exploitation of children



Knowing Your Rights

- <https://cyber.gc.ca/en/cyber-incidents> Government of Canada provides multiple sources for reporting different issues of cyber crime
- Online platforms, specifically social media, have privacy policies, codes of conduct, and reporting policies that allows users to report inappropriate content or harassment and block other users
 - Social media platforms have a vast majority of privacy settings available to users, you are able to determine how visible your online content is, who is able to contact you directly



Questions?



Additional Resources

Link to Positive Behaviour Support Corp Presentation: <https://www.cigna.com/static/www-cigna-com/docs/individuals-families/october-autism-seminar-handout.pdf>

Internet Safety for Teens with ASD:

<https://csesa.fpg.unc.edu/sites/csesa.fpg.unc.edu/files/Internet%20Safety%20for%20Adolescents%20with%20Autism.pdf>

NetLingo: <http://www.netlingo.com>

Why is internet safety for kids so important? <https://www.besafe-online.co.uk/wp-content/uploads/2012/05/Internet-Safety-V-Imp.pdf>

Internet safety: Planning and Prevention for Adolescents with ASD

<https://www.cigna.com/static/www-cigna-com/docs/individuals-families/october-autism-seminar-handout.pdf>



Future Sessions

- ❑ Session Two: Teaching and Upkeep for Your Adolescent About Online Safety
- ❑ Session Three: Technical Online Safety for Adolescents - Do's and Don'ts
- ❑ Session Four: Social Safety and Positive Interactions for Adolescents - Reading the Room

REGISTER HERE: <http://bit.ly/Webinar-Cyber-Safety>



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References

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Thank You

