Protecting Students from Online Exploitation

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EndEXPLOITATION Montana

What is your biggest concern about tech use among Montana's students?

"The vast majority of our problems come from social media."

- sending nudes
- lack of parental involvement
- gauging right from wrong
- desensitization
- mean comments
- using it to hurt others
- maliciousness
- saying things they wouldn't say in person
- threats
- damaging relationships

- lack of cell phone etiquette
- don't realize long-lasting effects
- self-harm
- no empathy
- no accountability
- no impulse control
- no inhibition
- mass narcissism
- addiction
- TikTok challenges

SCREEN TIME

- too much screen time is related to sleep problems, aggression, desensitization, nightmares, fear, impulsivity, depression, low self-esteem, anxiety, and low attention span

- children who spent more than two hours a day looking at a screen got lower scores on thinking and language tests

- on average, children ages 8-12 spend 4-6 hours a day on screens, while teens spend up to 9 hours

- dependence on a smart phone or gaming device produces addictive brain responses similar to alcohol, drug and gambling addictions

SOCIAL MEDIA

- the more time someone uses social media the more likely they are to be depressed

- social media use increases the risk of bullying, clique-forming, sexual experimentation, leads to privacy issues, sexting, internet addiction, sleep deprivation, anxiety, and depression

- adolescents' psychological well-being decreased the more hours a week they spent on screens

CYBERBULLYING

- 1 in every 4 children has experienced cyberbullying

- only 10% of victims tell a trusted adult about being cyberbullied

- children who receive smartphones in elementary school are more likely to be involved in cyberbullying

- cyberbullying victims are 2x more likely to commit suicide

PORNOGRAPHY

- related to lower self-esteem, poor body image, sleep disturbances, anxiety, depression, and compulsive sexual behavior

- most kids are exposed to pornography by age 11

- pornography is connected to the supply and demand of human trafficking

- in 2020 there was a 97.5% increase in predators soliciting children for sexual purposes

- 27% of all video content online is pornographic

"Children and pornography don't mix. Exposure to pornography and the confusing messages can put a child at **higher risk for being exploited** as it erodes appropriate boundaries about safety, health and touch."

- Dana Toole, Children's Justice Bureau Chief, Montana Department of Justice

"Children and Pornography Don't Mix."

- exposure to pornography puts children at higher risk for exploiting others

- kids are targeted by the porn industry

- pornography exposure can create long-term sexual trauma

what makes youth vulnerable?

1. Sharing personal thoughts and feelings publicly on social media
2. Cyberbullying can lead to feelings of isolation and a willingness to engage in unhealthy relationships
3. Technology use can lead to a reliance on others for validation and self-confidence
4. Screens impact our brains by initiating the release of a feel good chemical called dopamine, which can lead to addictions
5. Exposure to pornography can put a child at higher risk for being exploited
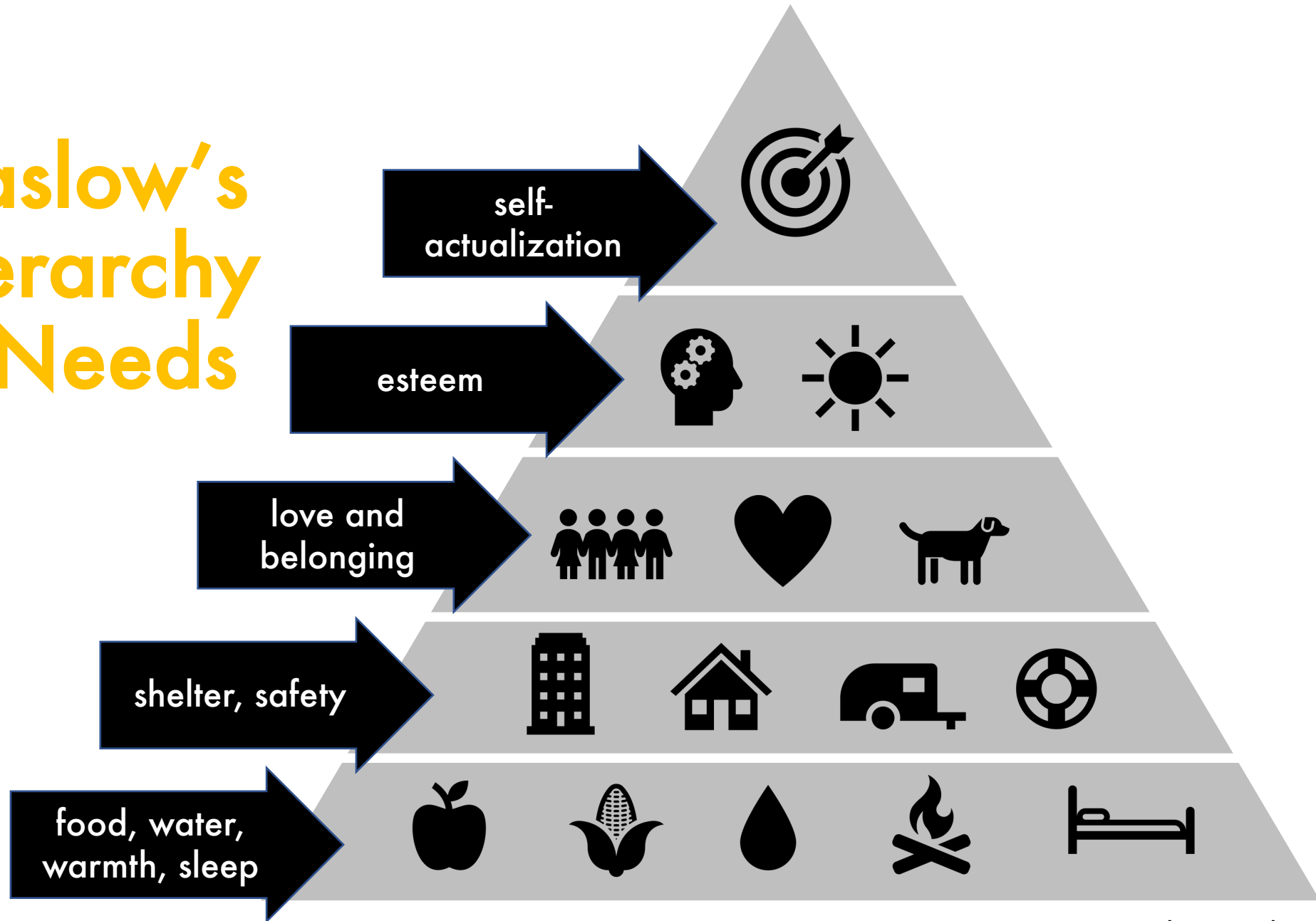
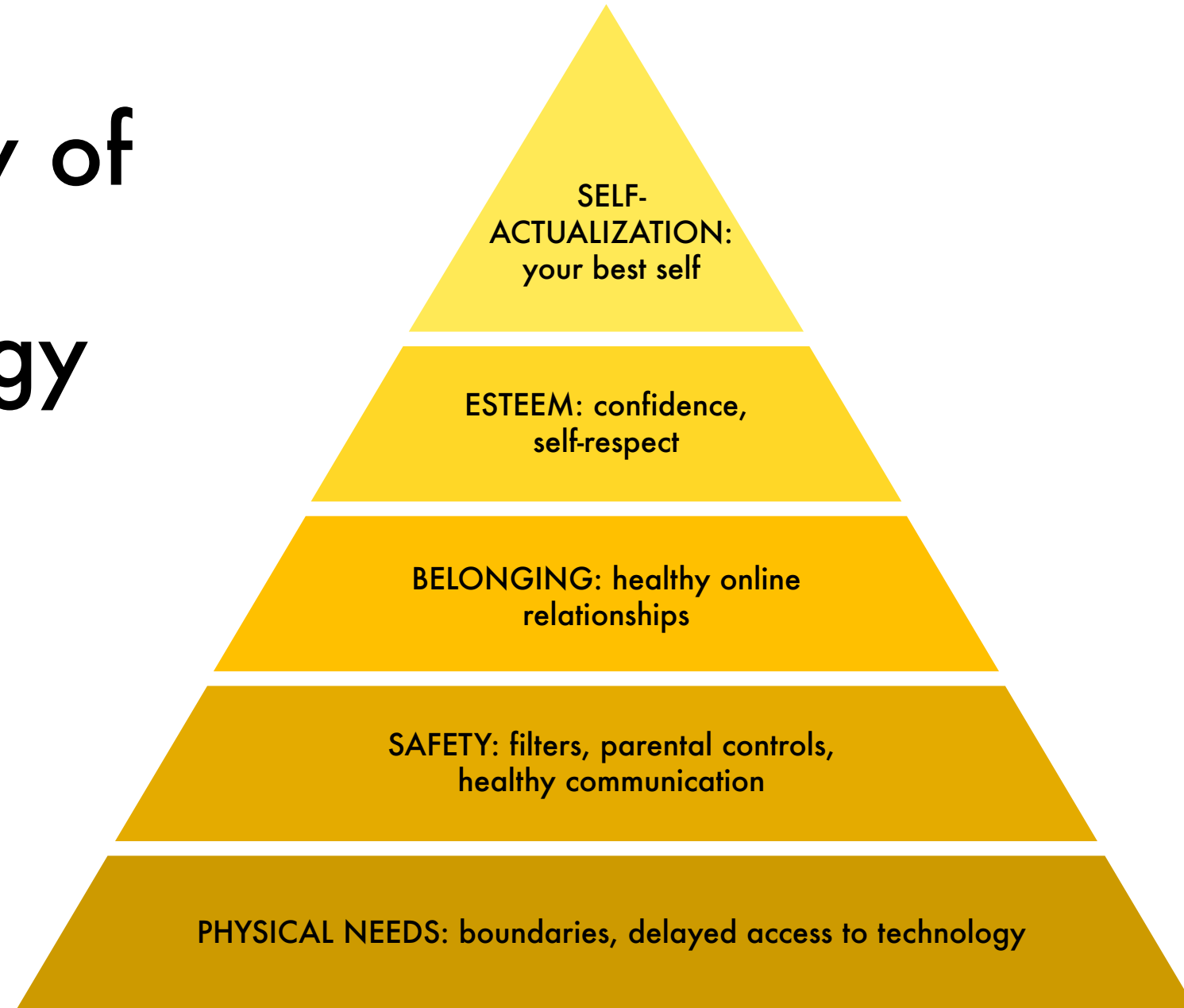# WE ARE FIGHTING A WAR FOR TODAY'S YOUTH.

Maslow's Hierarchy of Needs

self-actualization

esteem

love and belonging

shelter, safety

food, water, warmth, sleep

Credit: Maslow, 1943

Hierarchy of Healthy Technology Needs

SELF-ACTUALIZATION: your best self

ESTEEM: confidence, self-respect

BELONGING: healthy online relationships

SAFETY: filters, parental controls, healthy communication

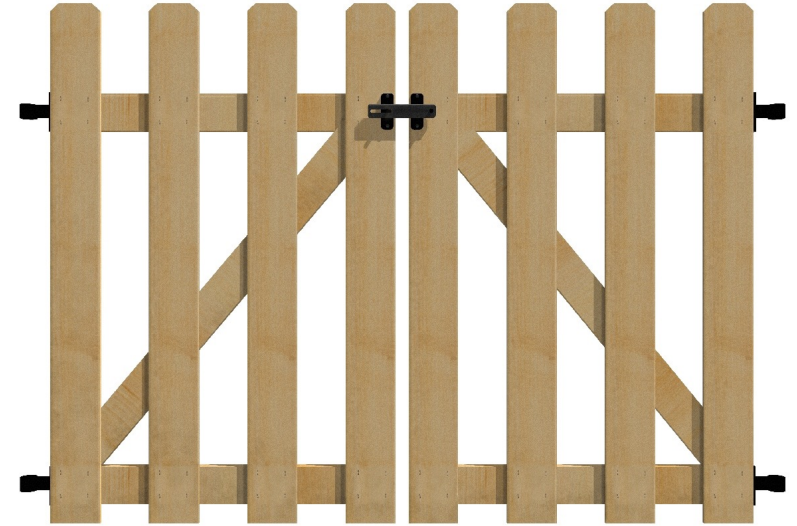PHYSICAL NEEDS: boundaries, delayed access to technology

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PARENTS ARE THE MOST IMPORTANT PROTECTIVE FACTOR.

Layer #1

- Delay access to technology

- Create boundaries
  - Get age-appropriate devices
  - Set aside screen-free areas of your home

PHYSICAL NEEDS: boundaries, delayed access to technology

"Is my child ready for a smart phone?"
(from BetterScreenTime.com)

• Do I complete my homework without being asked?

• Do I get up and get ready for school on my own?

• Do I have good personal hygiene?

• Am I responsible with my belongings?

still learning   sometimes   almost always

choose age-appropriate devices

choose screen free areas of your home

- Bedrooms
- Bathrooms
- Behind closed doors
- At the dinner table

Layer #2

- filters
- parental controls
- healthy conversations

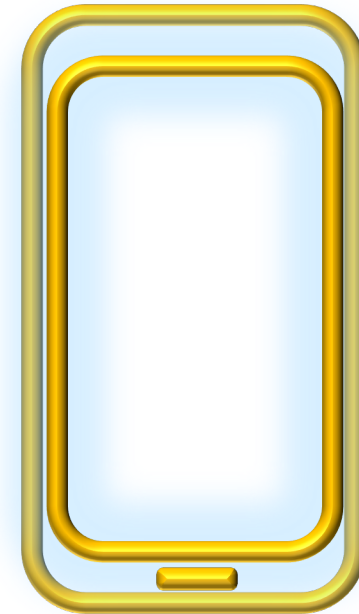SAFETY: filters, parental controls,
healthy communication

PHYSICAL NEEDS: boundaries, delayed access to technology
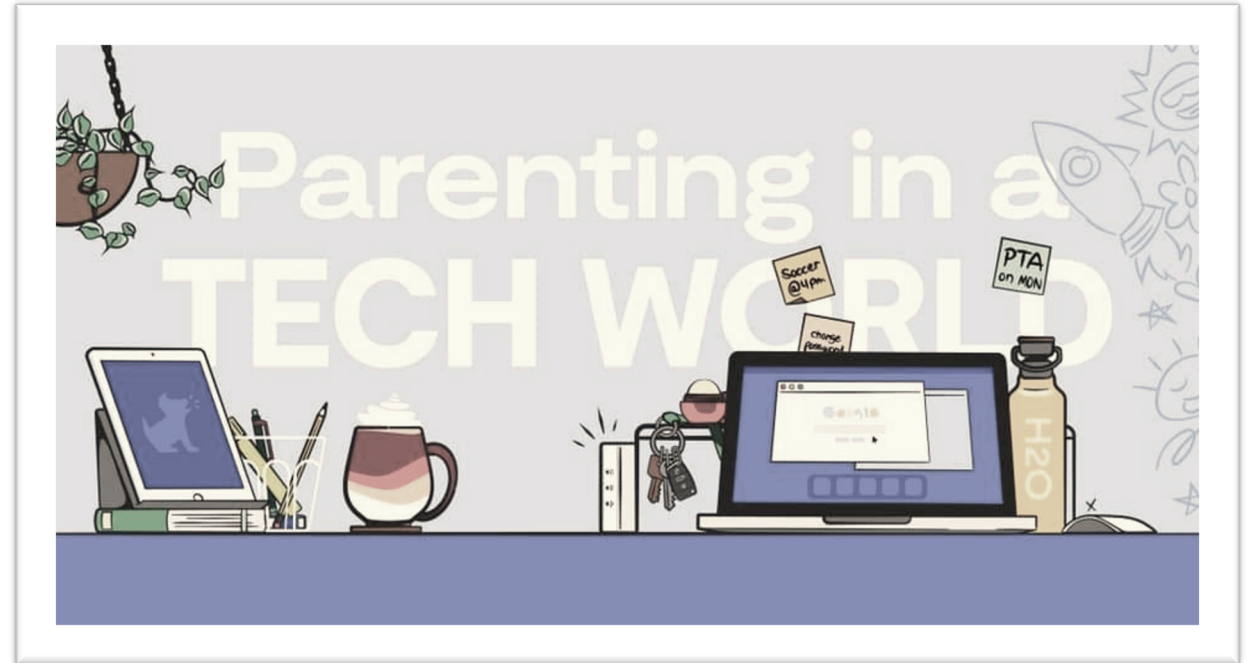
filters and parental controls
(from ProtectYoungEyes.com)

- parental controls
- safe router
- app reviews

Parenting in a Tech World
(Facebook group)

- ask questions
- share experiences
- support group

parents teach kids about healthy sexuality

- teach correct names for body parts
- teach them about safe touch
- answer questions clearly
- teach in natural ways
- kids want to learn from parents

encourage parents to keep healthy, open communication

- Do I get embarrassed or become uncomfortable?
- Do I yell or blame?
- Do I threaten?
- Do I shame or humiliate?
- Do I remain calm and talk respectfully?
- Do I listen and respond with interest?
- Do I praise?
- Do I reassure and show love?

Layer #3

- connect long distance
- socialize locally
- parent/child online relationship
- power of questions

BELONGING: healthy online relationships

SAFETY: filters, parental controls, healthy communication

PHYSICAL NEEDS: boundaries, delayed access to technology

connect and socialize

- stay in touch with old friends
- connect with long-distance family members
- adults - meet people with similar backgrounds and interests
- socialize locally
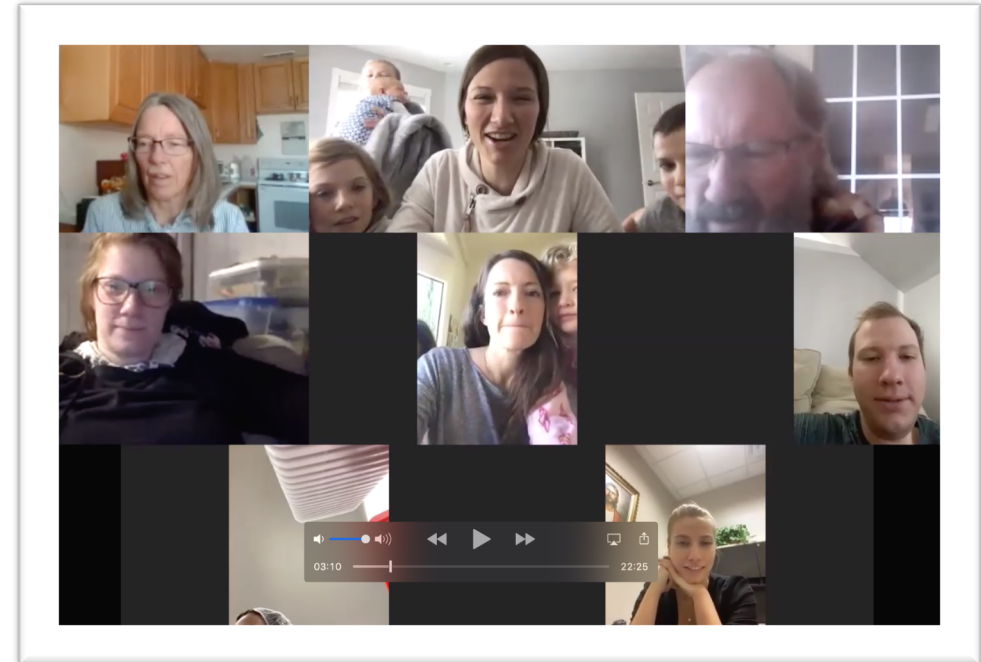
7 Red Flags of Online Grooming

1. If they express extreme declarations of affection.
2. If they talk about body parts/other intimate things.
3. If they ask for or send explicit images.
4. If there is a significant age discrepancy.
5. If they tell you not to tell your parents.
6. If they send you gifts.
7. If they ask to meet in person alone.

parent/child online relationship

- meet them where they're at
- check in with them often

power of questions

- thoughtful questions connect people
- deal with difficult emotions
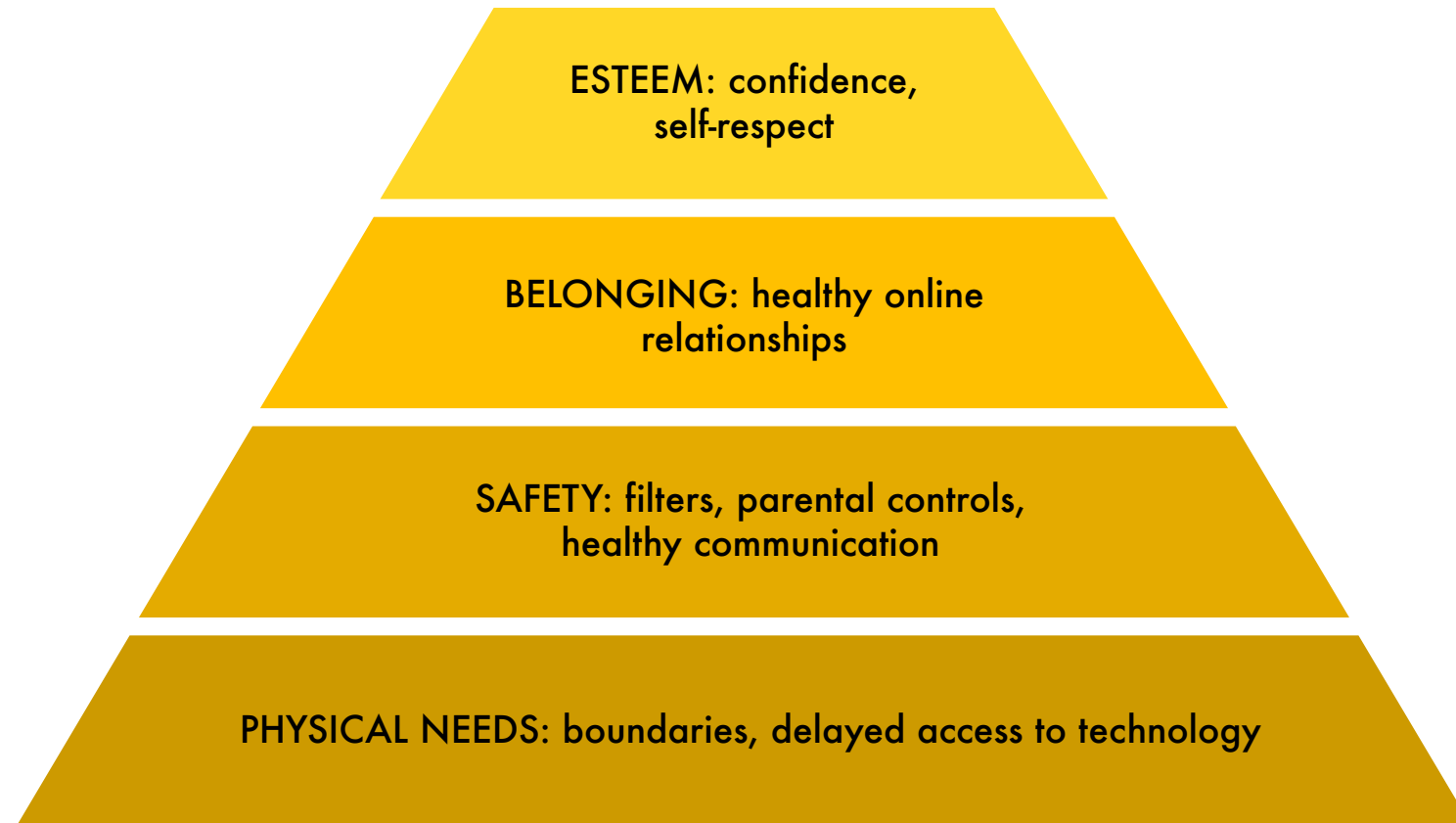- create a judgment free environment

question ideas

- What do you love about TikTok?

- What's the best part about social media?

- Who is a successful person you admire? How do you think they use technology in a way that led to their success?

- What bothers you about technology?

- How do you think TikTok knows what videos you might want to watch?

- What do you think Snapchat might do to get you to open it more often?

- When was the last time you were exposed to pornography? (especially for parents)

Layer #4

- esteem
- values
- goals

ESTEEM: confidence, self-respect

BELONGING: healthy online relationships

SAFETY: filters, parental controls, healthy communication

PHYSICAL NEEDS: boundaries, delayed access to technology

power of values

"Writing about personal values makes people more powerful, in control, proud and strong. It also makes them feel more loving, connected, and empathetic towards others. It increases pain tolerance, enhances self-control and reduces unhelpful ruminations after a stressful experience...has been shown to boost GPAs, reduce doctor visits, improve mental health... It helps people persevere in the face of discrimination and reduces self-handicapping."

- Kelly McGonigal, Psychologist

the power of values

Pick a core value and write about it:

family	adventure
faith	equality
honesty	gratitude
respect	happiness
courage	freedom
kindness	integrity

Reflect back, "If I click on this, am I practicing honesty?" or "If I post this, am I putting my family first?"

Values are not things you want to change in others. They are things that have significant meaning for you.

Values will propel you forward to becoming the best version of yourself.

power of goals

- sense of direction
- clear focus
- sense of control
- motivation
- personal satisfaction
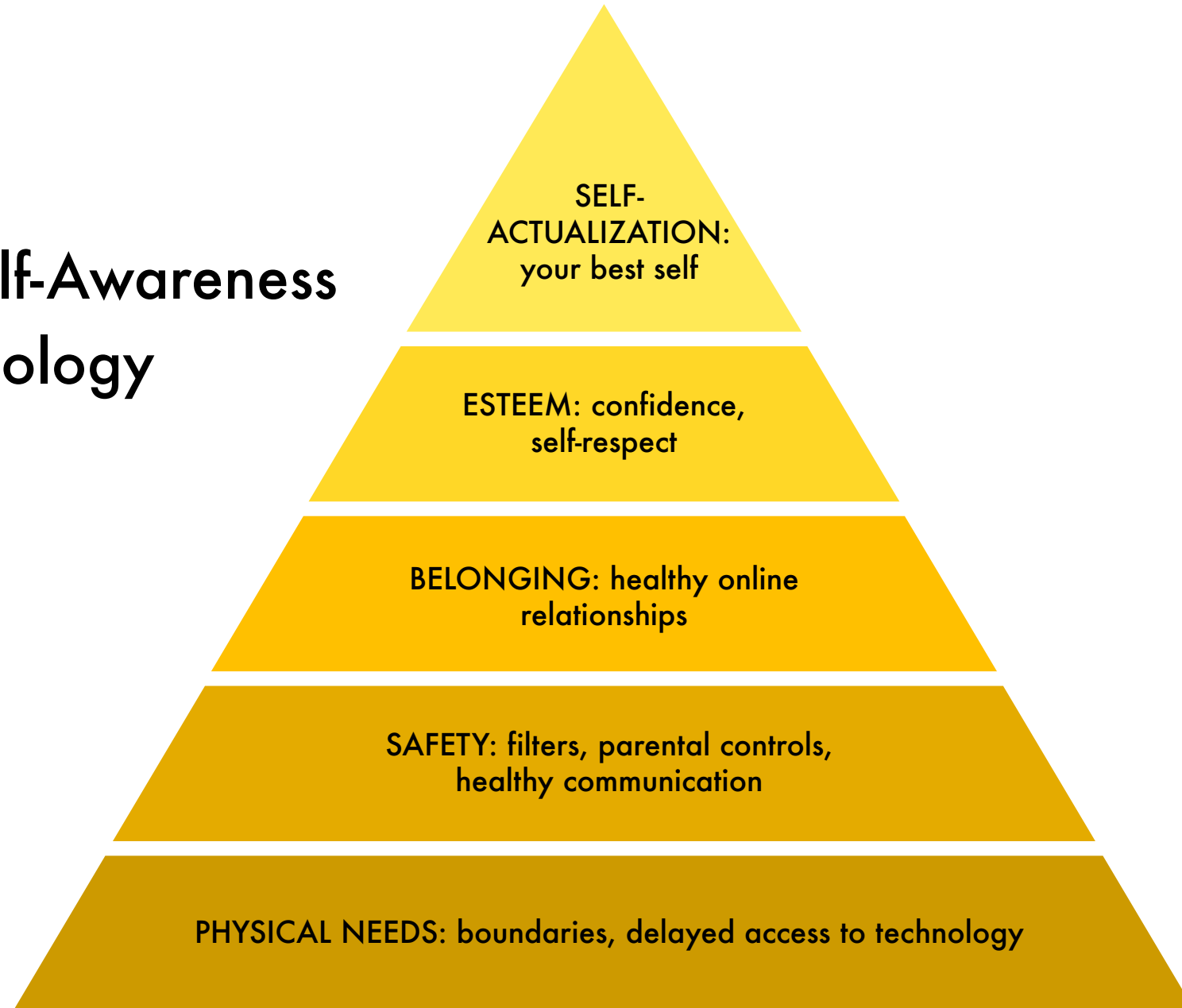- sense of purpose
- beneficially change the brain

power of goals

1. Choose one or more short term goal
   - something you can accomplish in one week
   - What is something specific and measurable you can do with technology this week that aligns with your values?

2. Write your goal down
   - Display it somewhere you can view it often throughout the week

3. Find an accountability partner
   - someone you can check in with and let them know how it went
   - someone who will celebrate with you
   - family member, teacher, friend, counselor, faith leader

Layer #5

- Choices & Self-Awareness
- Master Technology

SELF-ACTUALIZATION: your best self

ESTEEM: confidence, self-respect

BELONGING: healthy online relationships

SAFETY: filters, parental controls, healthy communication

PHYSICAL NEEDS: boundaries, delayed access to technology

"Between stimulus and response lies a space. In that space lies our freedom and power to choose a response. In our response lies our growth and our happiness."
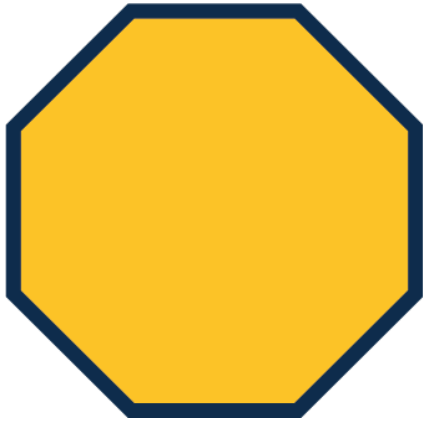
- Victor Frankl

power of the mind

- power of values + power of goals

- self-awareness is a protective factor

- "Between stimulus and response lies a space." – Victor Frankl

- be the master of technology, not its slave

Just a S.E.C.

STOP: Before you click, swipe, post, play or search, pause for "Just a S.E.C."
EVALUATE: Ask, "Does what I'm about to do match my goals and values?"
CHOOSE: Continue *OR* make a different choice that matches your goals and values

Questions

1

What do you love about technology?
What bothers you about technology?

Values

2

Write down at least one personal value that has significant meaning for you. (kindness, compassion, integrity, etc.)

Goals

3

repeat this step weekly

A. What is something specific and measurable you can do with technology *this week* that aligns with your values?

B. Write and display your goal where you'll see it often.

C. Choose someone awesome to share it with and report back to.

STOP: Before you click, swipe, post, play or search, pause for "Just a S.E.C."
EVALUATE: Ask, "Does what I'm about to do match my goals and values?"
CHOOSE: Continue OR make a different choice that matches your goals and values

STOP   EVALUATE   CHOOSE

Just a S.E.C.

How do you feel?? What worked or didn't work??
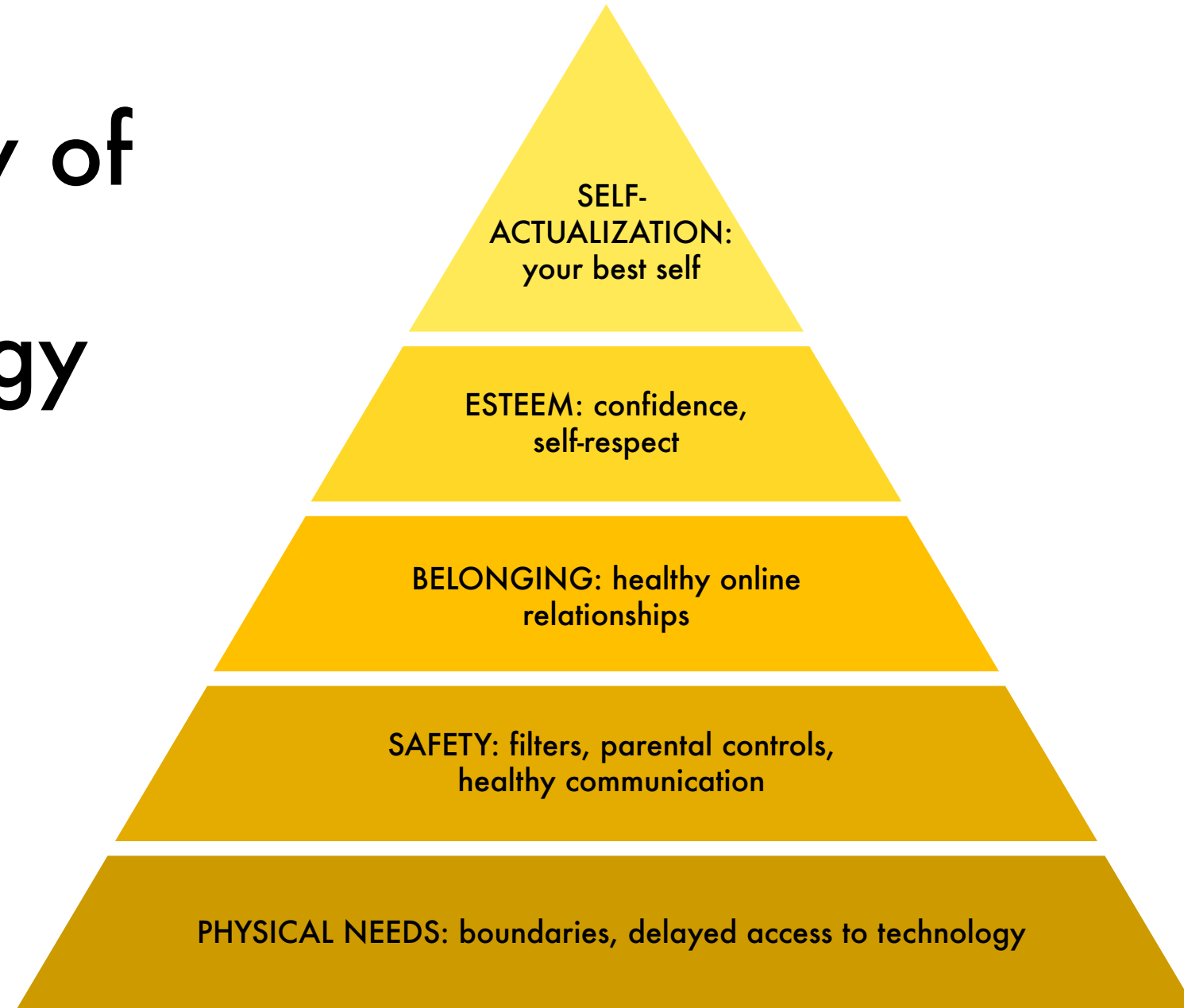
1. Questions

2. Values

3. Goals

"Just a S.E.C."

- STOP

- EVALUATE

- CHOOSE

Hierarchy of Healthy Technology Needs

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7 powerful tools

- questions
- values
- goals
- the mind
- student influence
- trusted adults
- parents

power of student influence

- positive peer pressure
- adolescent development
- student leadership

power of a trusted adult

Social Development Strategy

7 things to always tell a trusted adult

    1. If you see anything inappropriate online (or anything makes you feel uncomfortable).

    2. If you're being bullied or threatened in any way.

    3. If you feel super sad or feel like hurting yourself.

    4. If you get a bad feeling about someone. (Trust your gut!)

    5. If anyone asks you to keep a secret from your parents.

    6. If you ever feel unsafe in anyway (i.e. unsafe riding in someone's car, unsafe at someone's house, etc.).

    7. If someone online wants to meet you.

the power of parents

- "If we go into this work assuming parents are a threat, we are doomed."

- "If you follow public health protocols, the most important protective factor is a well-resourced, well-educated parent."
– Dr. Gail Dines, Sociologist

- parental responsibilities
  - warmth, boundaries, values, quality time, structure, communication, play, protection, work, apologies, respect, self-mastery

- how to engage parents

the power of parents

"Treat people as if they were what they ought to be and you help them to become what they are capable of being."

- Johann Wolfgang von Goethe

additional resources

- Better Screen Time – betterscreentime.com
- Protect Young Eyes – protectyoungeyes.com
- STAND Week – STANDweek.org
- Parent Empowerment Speaker Series – mediasafety.org

STAND WEEK
Media Safety for Youth

POWER

PARENT EDUCATION

PARENT/STUDENT COMMUNICATION

POSITIVE PEER INFLUENCE

SCHOOL UNITY

INDIVIDUAL EMPOWERMENT

"High praise to the public schools..."
- Lana, Mother of 3

"I appreciate what the school is trying to do by educating parents..."
- Anonymous Parent

STAND Week Survey

Please answer each question. Answers are completely anonymous.

* Required

My family has rules for screen time. *

○ True

○ False

I feel my mood change after spending time on a screen. *

○ True

○ False

I have felt lonely in a group of people who were all looking at screens. *

○ True

○ False

○ False

Monday STAND Challenge

Talk to a parent/guardian about today's STAND Message.
Bring your signed form back to school and be entered to win a PRIZE!!

I will STAND UP, look up, and be present, prioritizing real relationships over screens.

Talking Points:
❑ What screen time rules do we have in our family?
❑ How does spending time on a screen affect our moods?
❑ What can we do if we feel emotionally disconnected from the people around us?

Writing Challenge:
What will I do to prioritize real relationships over screens? (write 2-3 sentences)

_____

_____

_____

Student Name _____ Grade _____
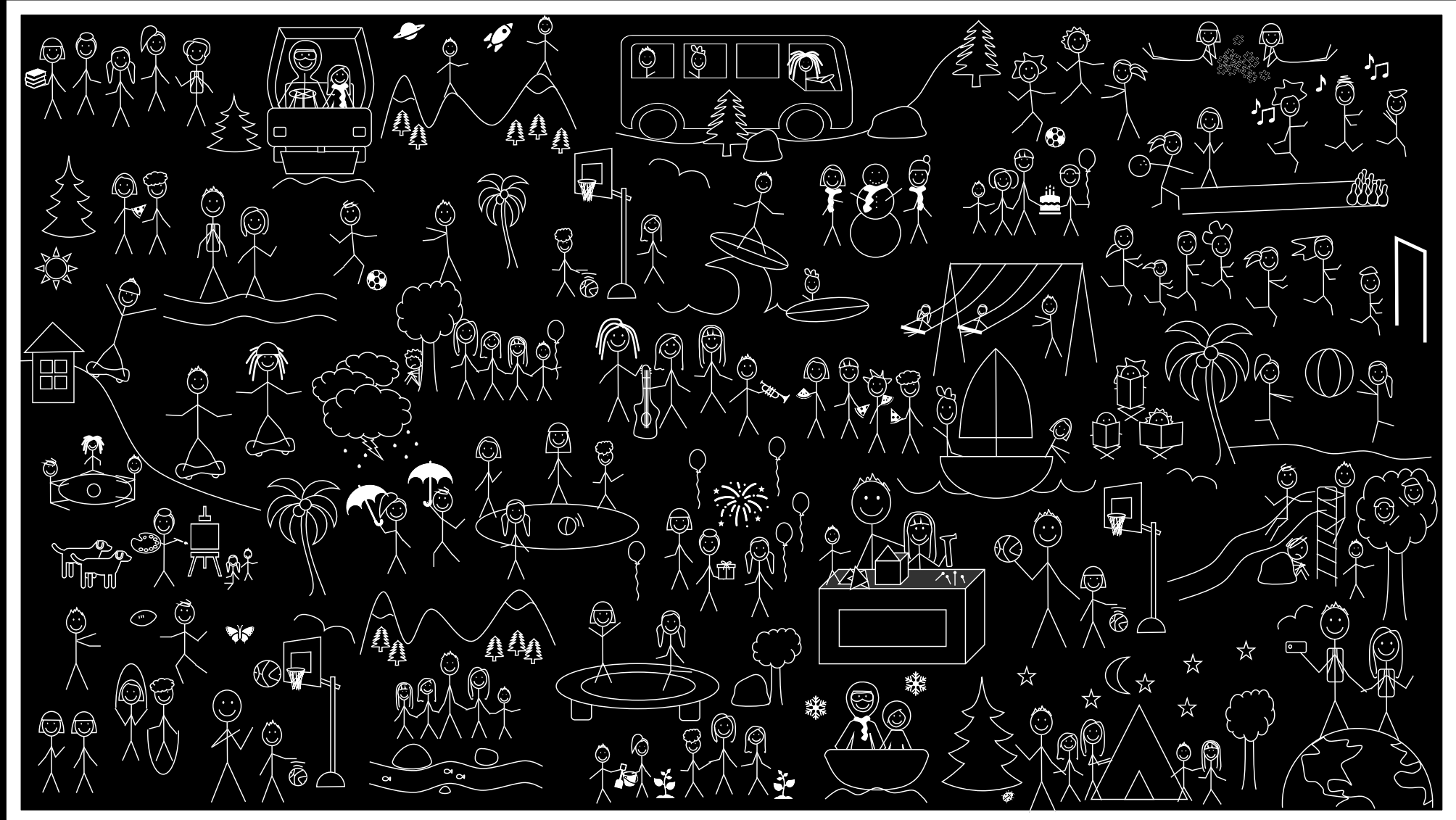
_____Parent Phone_____
Parent/Guardian Signature

I will **STAND UP**, look up, and be present, prioritizing real relationships over screens.
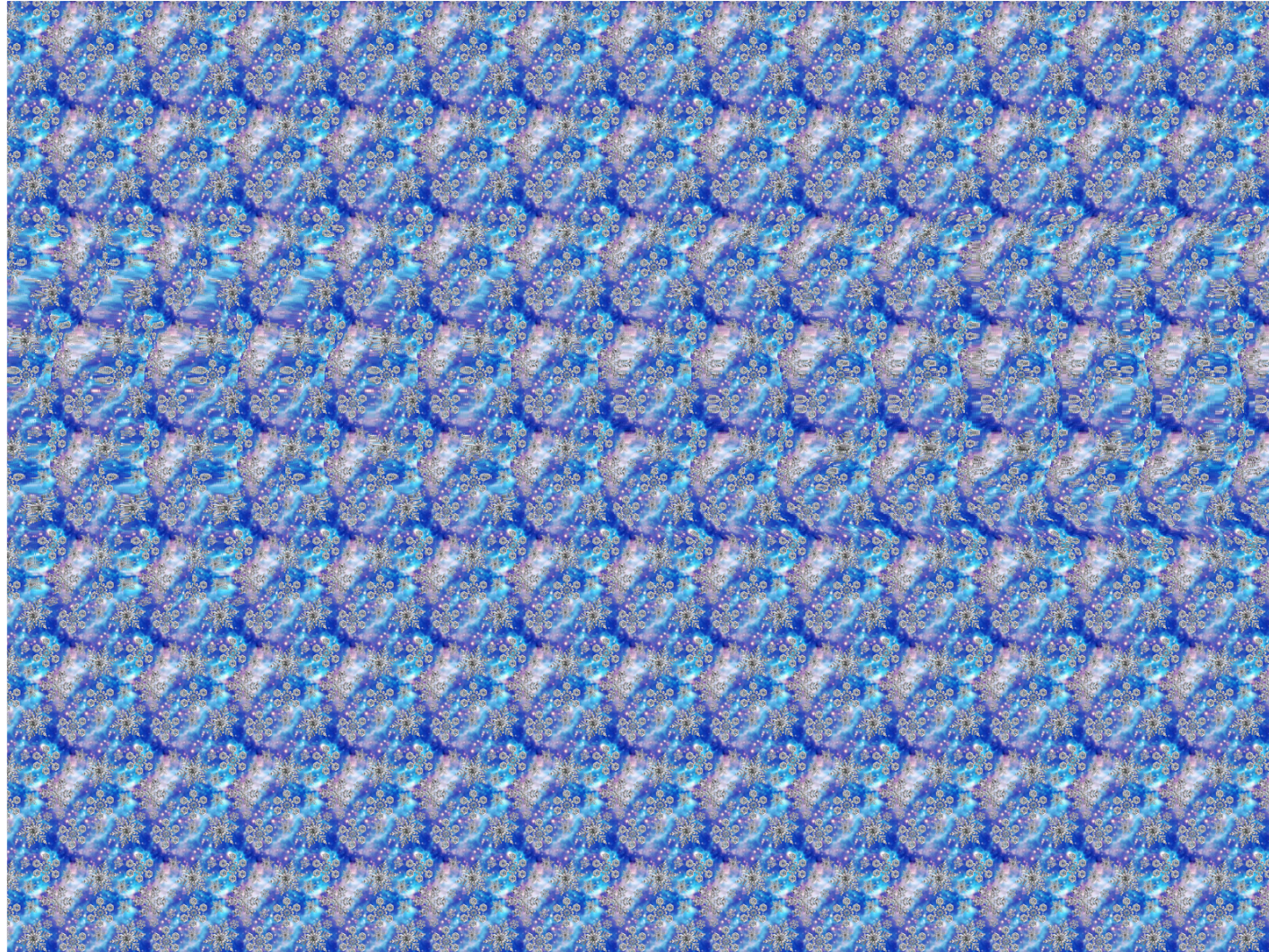
STAND 👣

Where's Lonely Larry and Friendless Frida?
Find the kids who need a friend.

Find the Hidden Message

HINT: it's the key to awesome technology

Thank you!

EndExploitationMontana.org

STANDweek.org

MediaSafety.org

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EndEXPLOITATIONMontana

scan to provide feedback