

Parent/Caregiver Resource Packet



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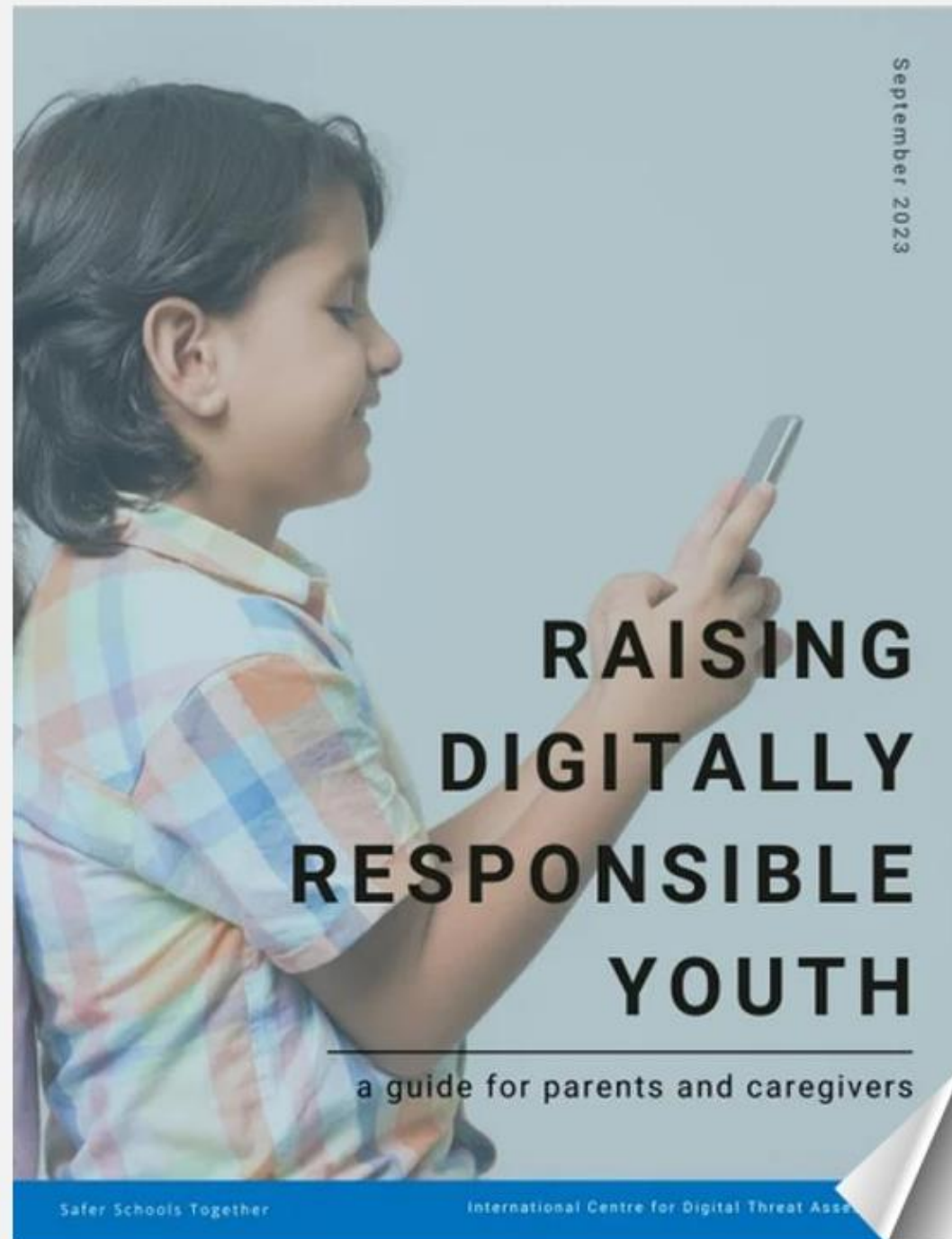
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SAFERSCHOOLSTOGETHER.COM

PARENT RESOURCES

VISIT [SAFERSCHOOLSTOGETHER.COM/PARENT-RESOURCES](https://safer-schools-together.com/parent-resources) FOR THIS GUIDE AND MORE!

Internet Lingo & Slang Terms
Sexting Safety Agreement
Protecting Yourself & Kids Online
& more content updated regularly!



September 2023

RAISING DIGITALLY RESPONSIBLE YOUTH

a guide for parents and caregivers





CANADA'S NATIONAL TIPLINE FOR REPORTING
THE ONLINE SEXUAL EXPLOITATION OF CHILDREN

[About Us](#) [Donate](#) [Français](#)



[REPORT](#) [CHILD SEXUAL ABUSE](#) [ONLINE HARMS](#) [RESEARCH](#) [CAMPAIGNS & MEDIA](#)

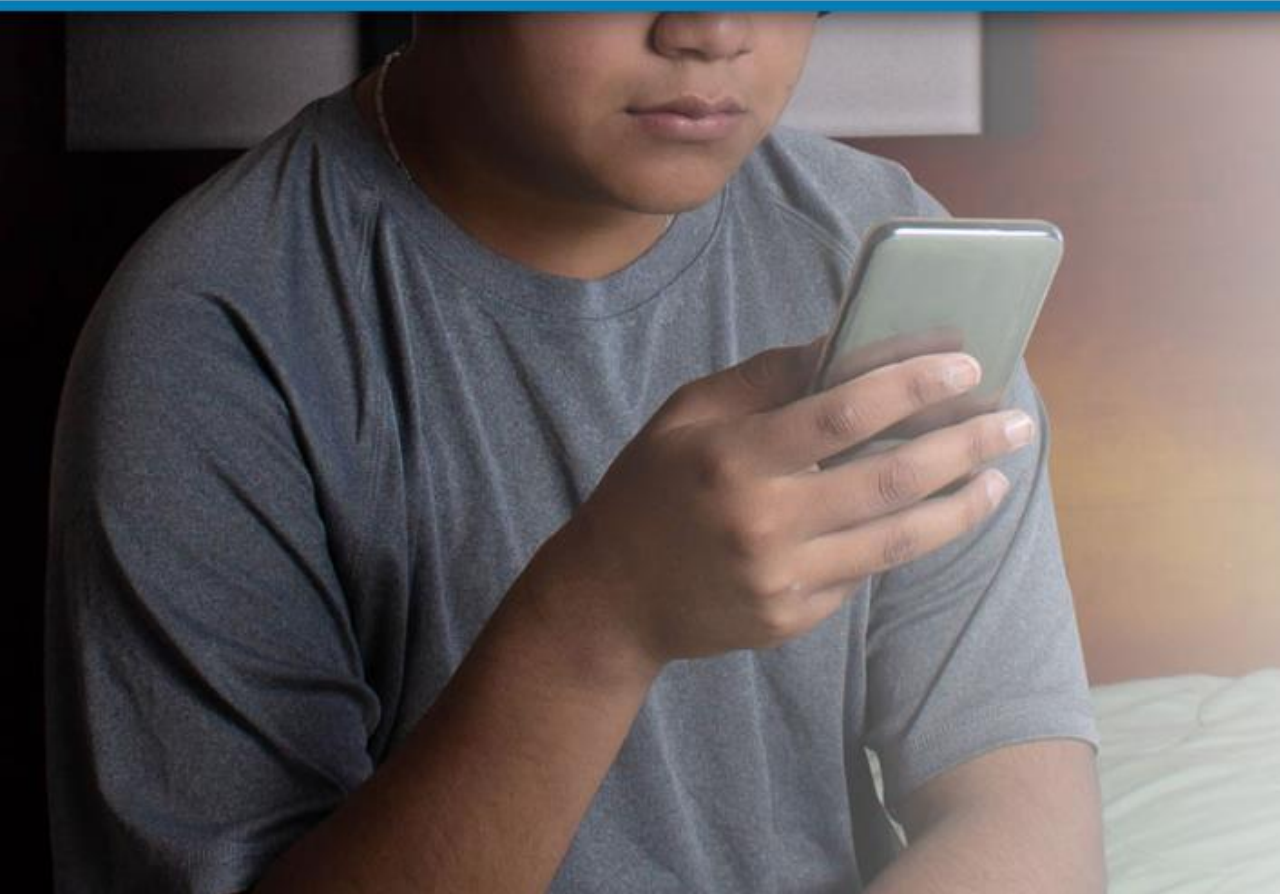
Sextortion: An organized attack against youth

With a 150% increase in reports of sextortion to the tipline in the last six months, Cybertip.ca has information on how it occurs, ways you can help prevent it, and what teens can do if it happens to them.

[LEARN MORE HERE](#)

If you have concerns about shared intimate images, online luring, and other areas involving child victimization on the internet, we can help.

[REPORT TO CYBERTIP.CA](#)



Take It Down.

Having nudes online is scary,
but there is hope to get it taken
down.

This service is one step you can take to help remove
online nude, partially nude, or sexually explicit photos
and videos taken before you were 18.

Get Started +





What do you do if someone is **threatening to share** your intimate images?

[Create Your Case](#)

🚫 Use this banner to [exit this site quickly](#).

Have you had your intimate images shared without permission? Support is available.

Everyone has the right to give and take back consent at any time. If an intimate image of you was shared without your consent, or someone has threatened to share it, there are ways to take action.

Sharing or threatening to share someone else's intimate images without consent is wrong, and it is illegal.

Take back your control.

<https://takebackyourimages.gov.bc.ca/>



**Nobody should see your
intimate photos and
videos without consent.**



Home

Notify me

Domain search

Who's been pwned

Passwords

API

About

Donate  

';--have i been pwned?

Check if your email address is in a data breach

Using Have I Been Pwned is subject to [the terms of use](#)



Generate secure, unique passwords for every account

[Learn more at 1Password.com](#)

[Why 1Password?](#)



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Ratings and reviews parents trust



Movies



TV



Books



Games



Podcasts



Apps



MOVIE

age 11+ ★★★★★



MOVIE

age 11+ ★★★★★



TV

age 15+ ★★★★★



TV

age 11+ ★★★★★



erase | Report It →

erasereportit.gov.bc.ca

This reporting tool is only for **students in British Columbia



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Viewing Your Digital Tattoo



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Search

Your account

Meta

Accounts Center
Password, security, personal details, ad preferences

Manage your connected experiences and account settings across Meta technologies. [Learn more](#)

How you use Instagram

Saved

Archive

Your activity

Notifications

Time spent

Who can see your content

Account privacy Private

Close Friends 0



One place to manage your activity

View and manage your interactions, content and account activity. [Learn more](#)

Interactions

Likes

Comments

Notes

Tags

Sticker responses

Reviews

Removed and archived content

Recently deleted

Archived

Content you shared





Settings and privacy

Account

- Account >
- Privacy >
- Security & permissions >
- Share profile >

Content & Display

- Notifications >
- LIVE >
- Music >
- Activity center >**
- Content preferences >
- Ads >
- Playback >



Daily average screen time

1h 12m



See all screen time data >

- Watch history >
- Comment history >
- Search history >
- @ Mention history >
- Account history >
- Recently deleted >
- Manage post visibility >
- Manage associated videos >

Google

What does YOUR digital tattoo say about you?



Google Search

I'm Feeling Lucky



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Background Check 101

The impact of QUOTES “ ”

1 - “First Name Last Name”

2 - “First Name Last Name” “city, state”

3 - “Address”

4 - “Phone Number”

5 - “Email”

6 - Social Media “Usernames”

Check the Image section of Google!



Obtaining your Data Download



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What's Inside?

Your Account: Your friends list, settings, username, email, avatar, connected accounts and any transaction history for Nitro. If you have created any developer applications, this will be included as well.

Your Servers: Servers you've joined. If you own a server, it will also include that server's icon, settings, roles, permissions, channels, audit log, and any custom emoji attached to it.

Your Messages: All messages you have sent in servers, DMs or group DMs. This folder will also include links to attachments uploaded.

Your Activity: Info about how you navigate the app, the times you used Discord, what games you played, and what servers you hung out in. We use this to improve Discord and tailor it to you.

Your Programs: Any applications you have submitted for HypeSquad, Server Verification, the Partners Program, and other cool stuff.

Note: The link to download your Data Package will be valid for 30 days.

[Go to Google > Google: How to obtain my data download for Discord > Walkthrough the Instructions](#)



Data available for download

Your account, your data.

Export a copy of the content in your Snapchat Account to back it up. Under certain privacy laws, you have the right to know the categories and/or specific pieces of personal information Snap has collected about you. You can review our [Privacy Policy](#) and [U.S. State Privacy Notice](#) to better understand the information we collect. Download your data for the specifics!

1 Select data to include

8 / 8 selected

- Include your Memories and other saved Media
- User Information
Login, User Profile, Public Profile, Account History, Friends, Bitmoji, Bitmoji Kit, Connected Apps, Feature Emails
- Chat History
Snap History, Chat History, MyAI, Talk History
- Spotlight
Our Story, Spotlight Replies, Story History
- Shopping
Purchase History, Shop History, Subscriptions, Orders, Shopping Fav, Payments, Shopping Prefs, Snap Tokens
- Support History
Support History, Terms History, In-app Surveys, Reported Content, Email Campaign History
- Ranking And Location
Ranking, Location, Ads Manager, Snap Map Places
- Memories And Other Media
Memories, Scans, Snapcode Scan History, My Sounds, Photoshoot Snaps
- Other
Search History, Snap Games And Minis, My Lenses, Cameos, Payouts

Next

Go to Google > Google: How to obtain my data download for Snapchat > Walkthrough the Instructions



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Turning on Google Alerts



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https://www.google.com/alerts



Sign in

Alerts

Monitor the web for interesting new content

google.com/alerts

Turning off Metadata for Your Photos and Videos



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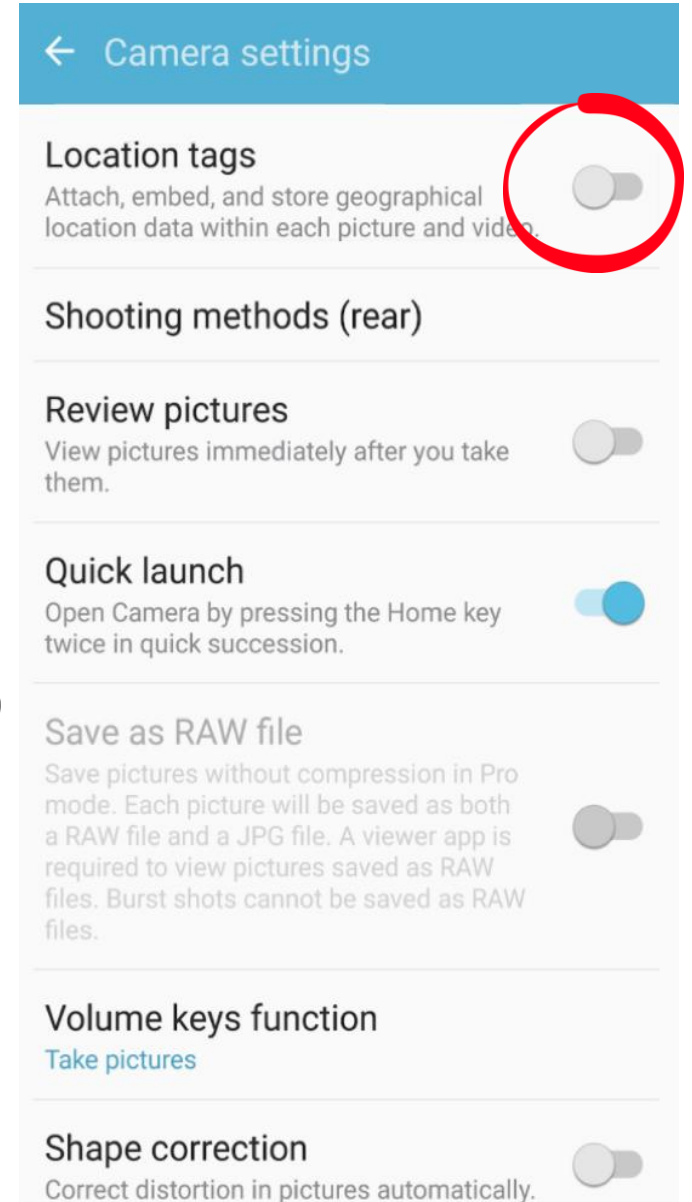


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- Apple**
1. Settings
 2. Privacy
 3. Location Services
 4. Camera (NEVER)



- Android**
1. Camera
 2. Settings
 3. Location Tags (OFF)



How to turn off Metadata within your photos for both Apple and Android.

How to Locate Vault Apps



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How to find secret apps on your kid's iPhone

1. Open up your child's phone.
2. Visit the App Store.
3. Type in "vault app" OR "hide photos" OR "secret app."
4. If it says "open," your child has this app.
5. If it says "get," your child doesn't have this app.
6. The cloud logo means your child had the app.





Today



OUR FAVOURITES

5 New Games We Love

Get ready for a handful of great games.

APPLE ARCADE

Upgraded With Awesome Features

[Redacted]

Purchased

Subscriptions

Redeem Gift Card or Code

Send Gift Card by Email

Add Funds to Apple ID

Personalized Recommendations

UPDATED RECENTLY

Fly Delta Today **OPEN**

• Performance enhancements and bug fixes to keep things running smoothly [more](#)

Hopper - Flight & Hotel Deals **OPEN**

All Not on this iPhone

Search

HeimLink Jul 22, 2020

Wish - Shopping Made Fun Jul 7, 2020

MINDBODY: Fitness, Salon & Spa May 30, 2020

Location Picker - GPS Location May 1, 2020

Video Reverse - Video Editor Apr 30, 2020

River - The Internet Distilled Apr 29, 2020

TOR - Powered Web Browser + VPN Apr 27, 2020



Google Play

- My apps & games**
- Notifications
- Play Pass New
- Subscriptions
- Wishlist

- Account
- Payment methods
- Play Protect
- Settings

- Open Movies and TV app
- Open Books app
- Open Music app

My apps & games

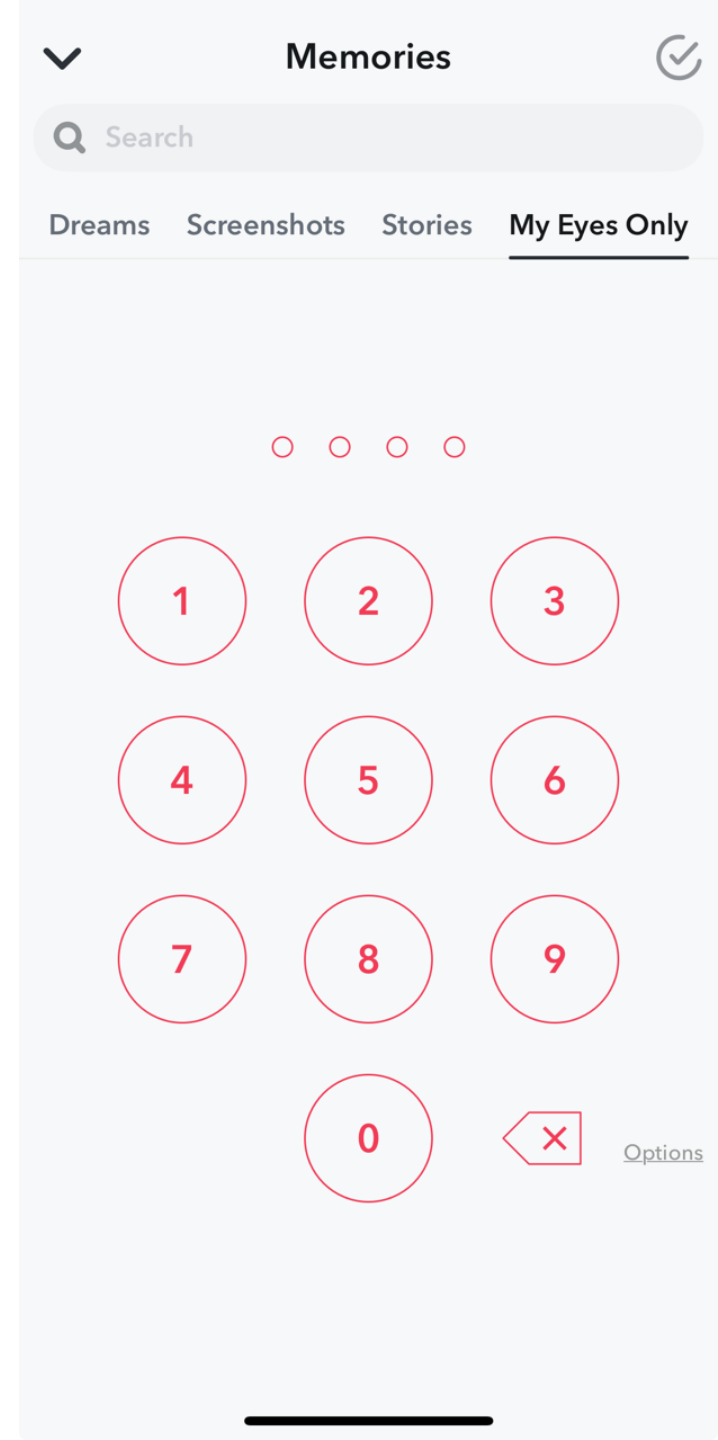
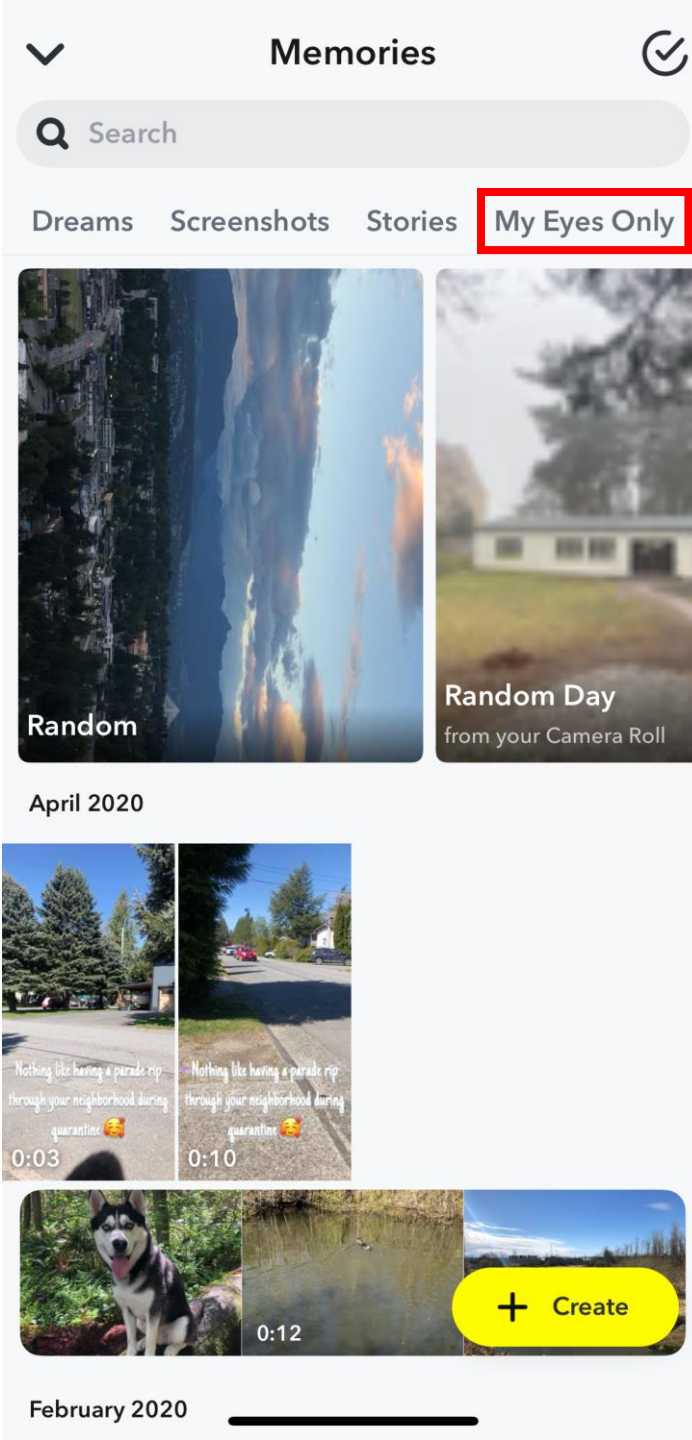
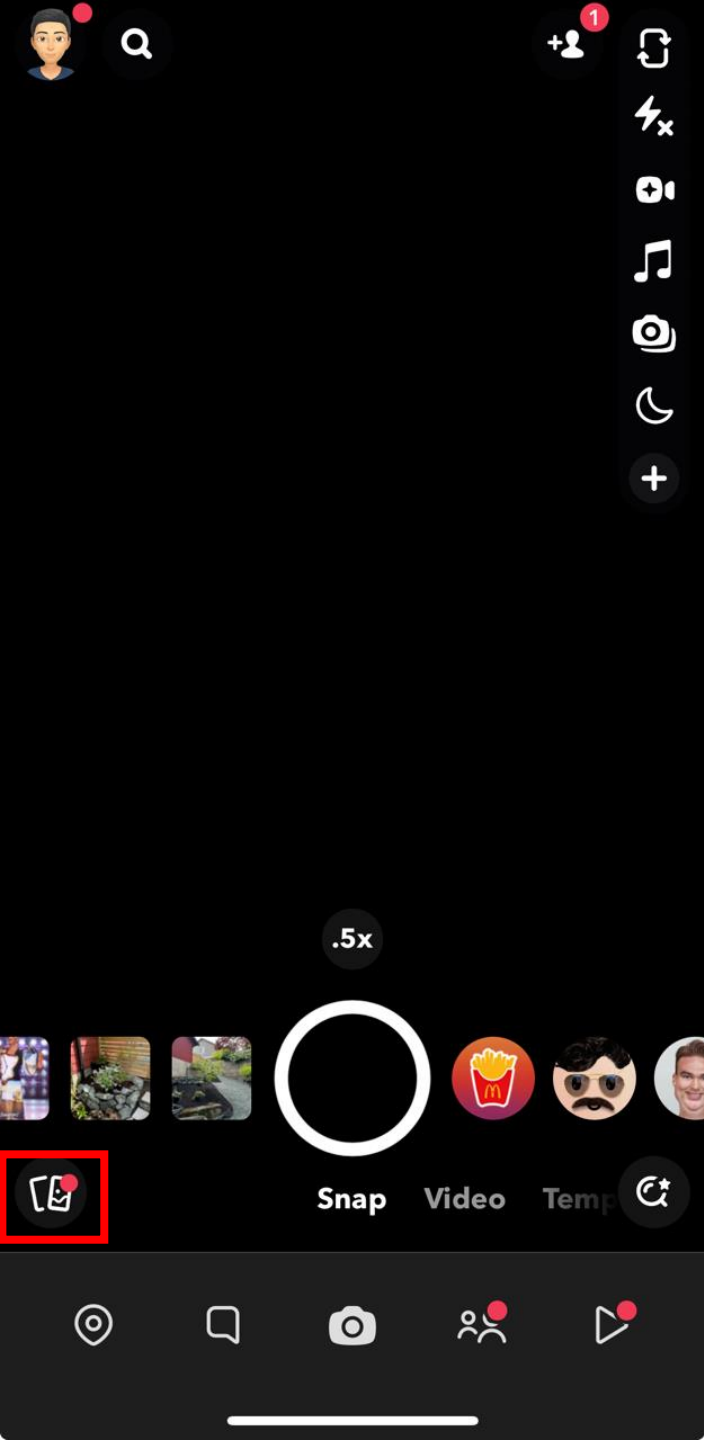
Updates Installed

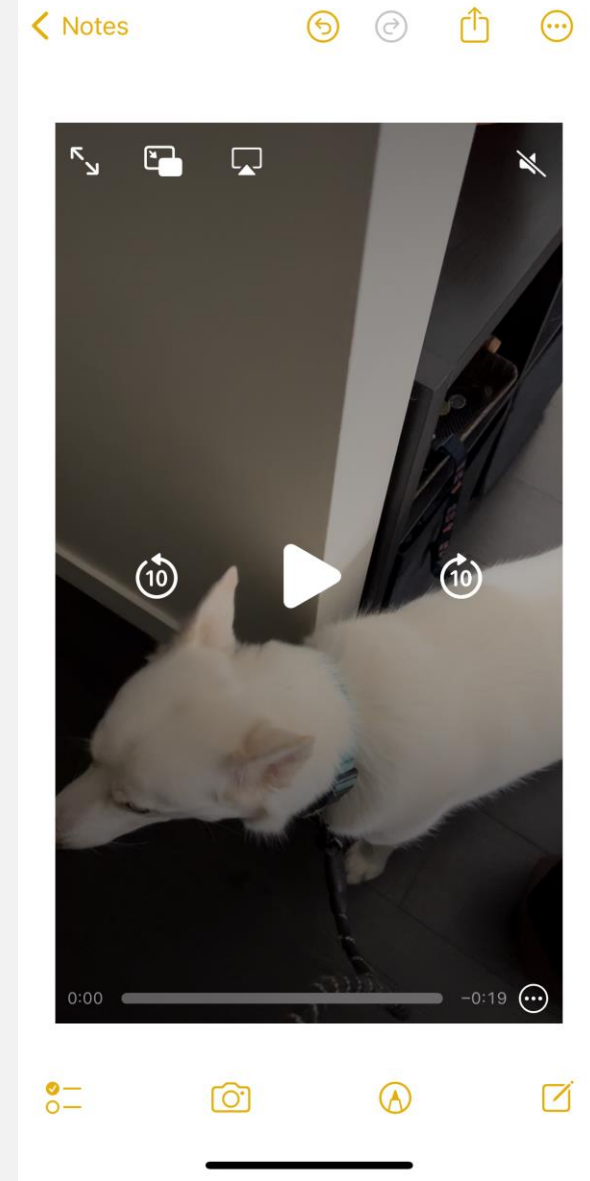
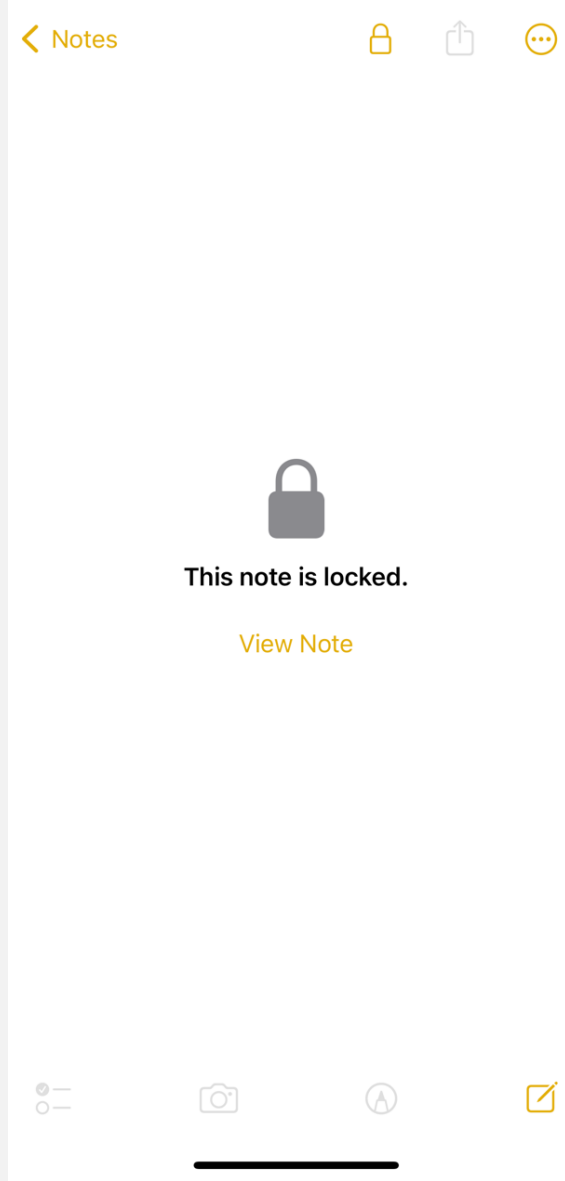
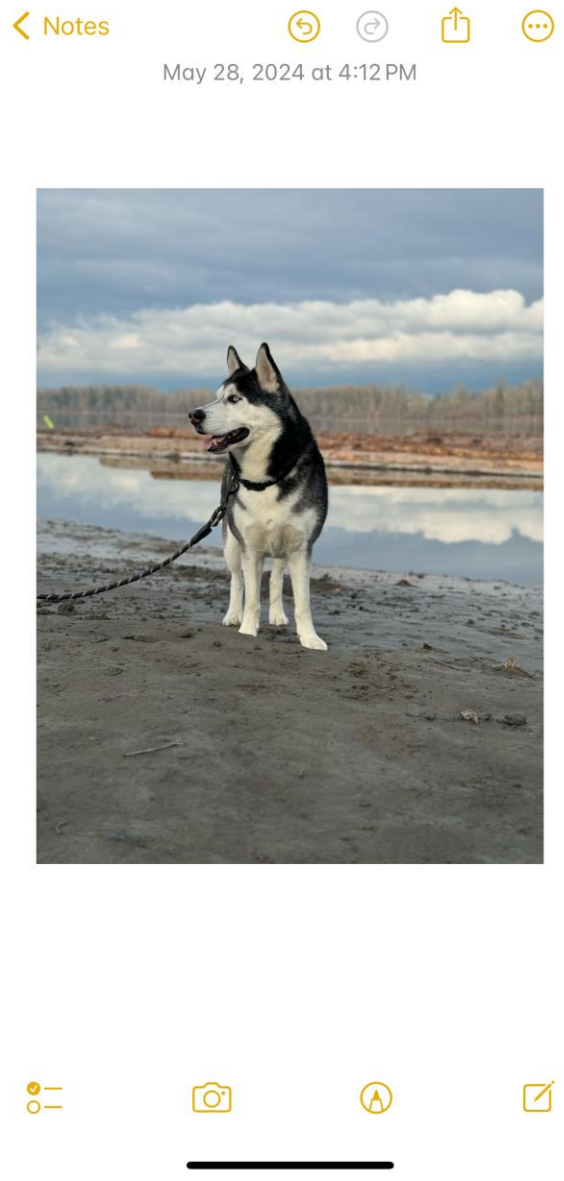
Library

Not on this device

Recent

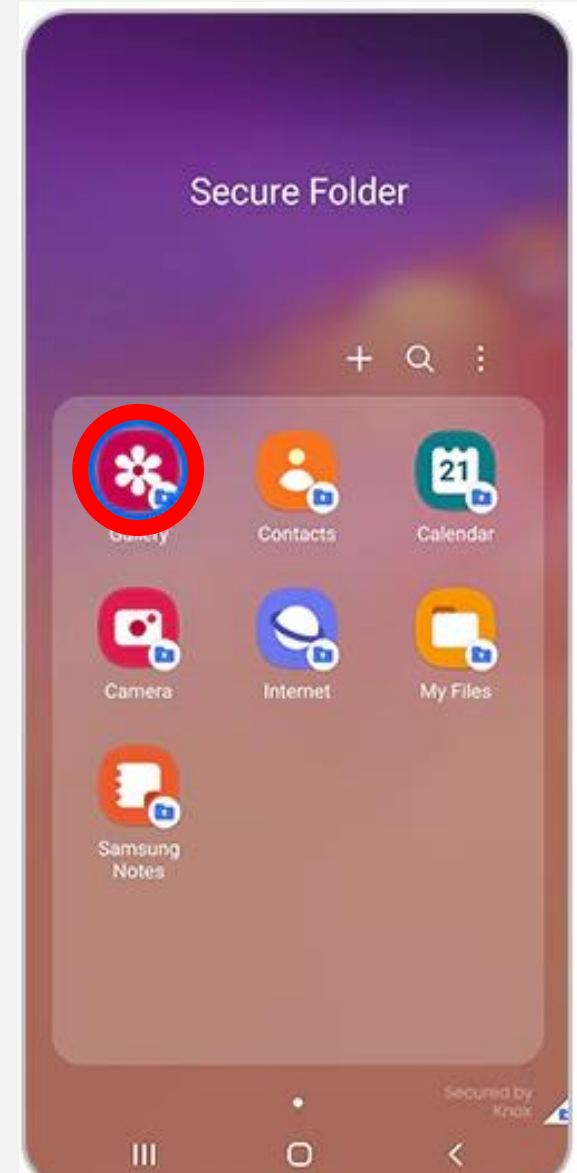
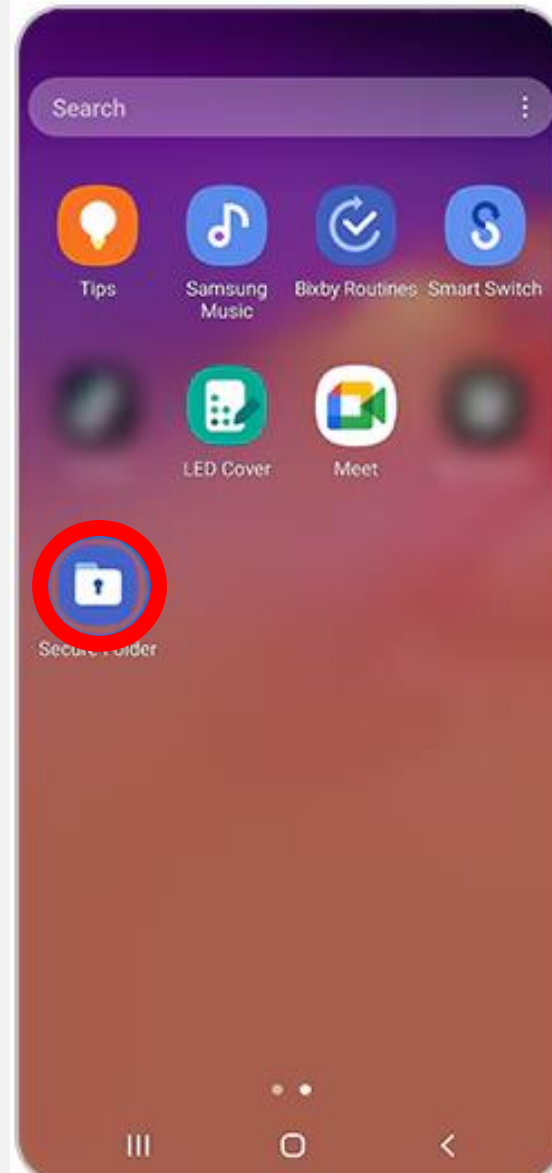
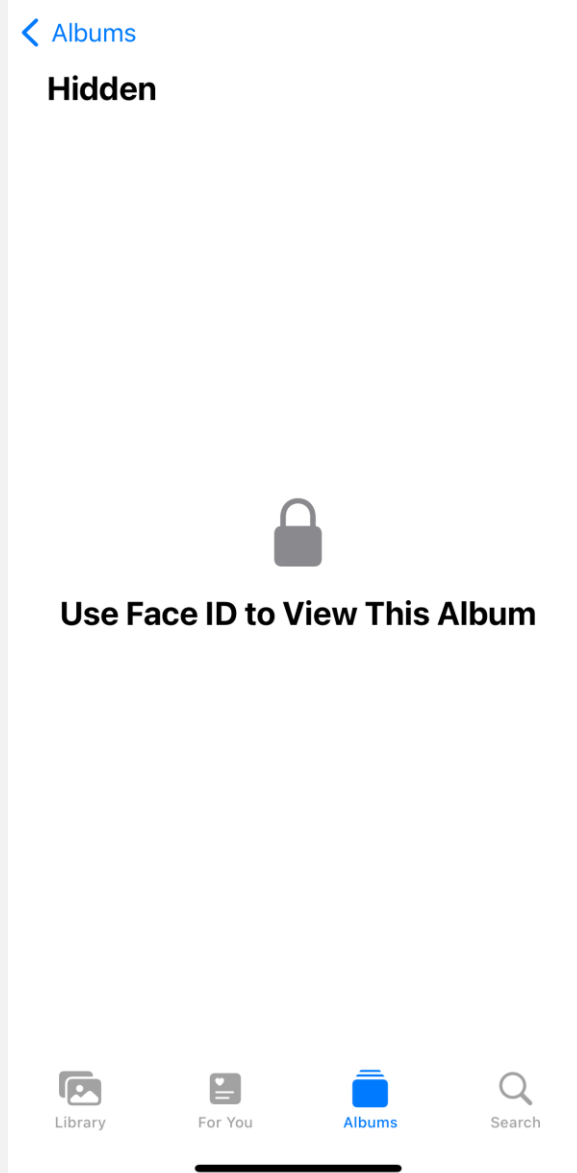
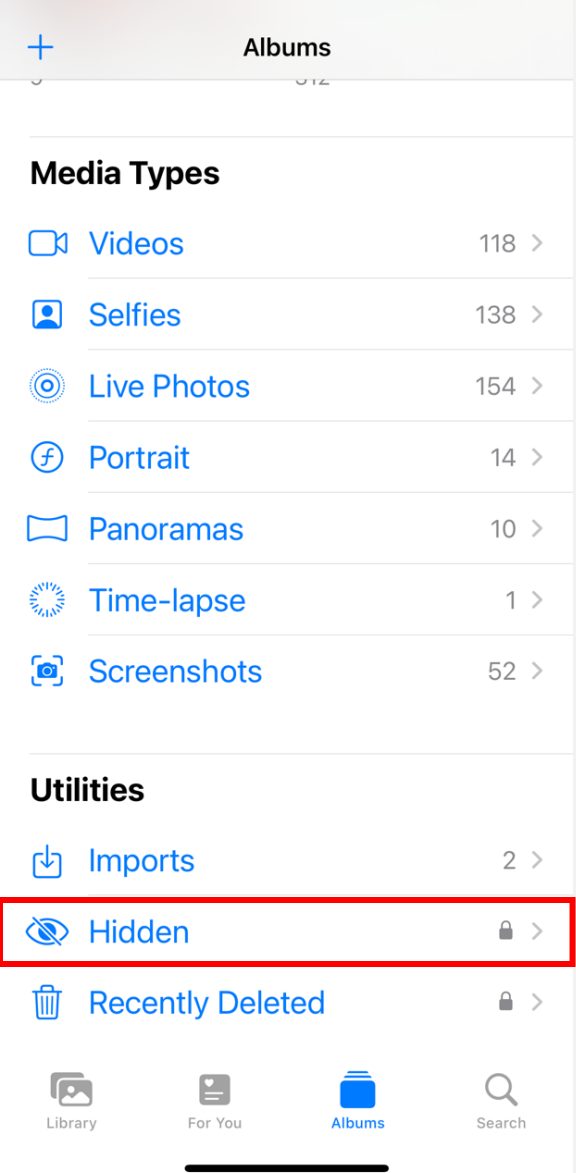
	COVID Alert Not installed	Install	
	Microsoft Edge Not installed	Install	
	Duolingo - Learn Languages Not installed	Install	
	DroidCam Not installed	Install	
	Udemy - Online Courses Not installed	Install	
	Microsoft Launcher Not installed	Install	
	Reddit Not installed	Install	
	Samsung Flow Not installed	Install	
	Flipp - Weekly Shopping Not installed	Install	





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Restricting Content on Platforms



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 YouTube Kids



Top to Bottom = Least
Worrisome to Most
Worrisome

Messenger Kids



PLEASE NOTE: Every app listed here has the potential to have worrisome content.

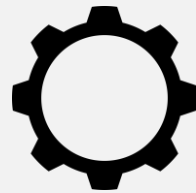
Facebook



In the iPhone app: Tap on Menu – the three horizontal lines in the lower right corner of your main screen.



Or in the Android app, tap on the three horizontal lines in the upper right corner of your main screen.



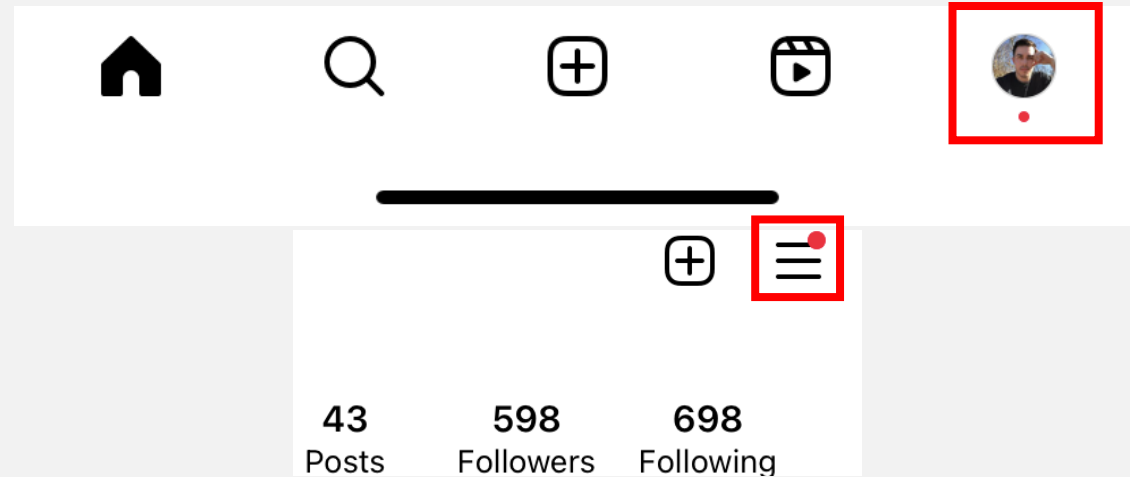
On the next screen, choose the icon that looks like a gear in the upper right corner.

Then under Preferences → Media → and select the option that says “Never Autoplay Videos.”

Instagram



Click on your profile image in the lower right corner of your screen. Then from the upper right corner, tap on the three horizontal lines.



Go to Settings and privacy → Suggested content → Sensitive content.

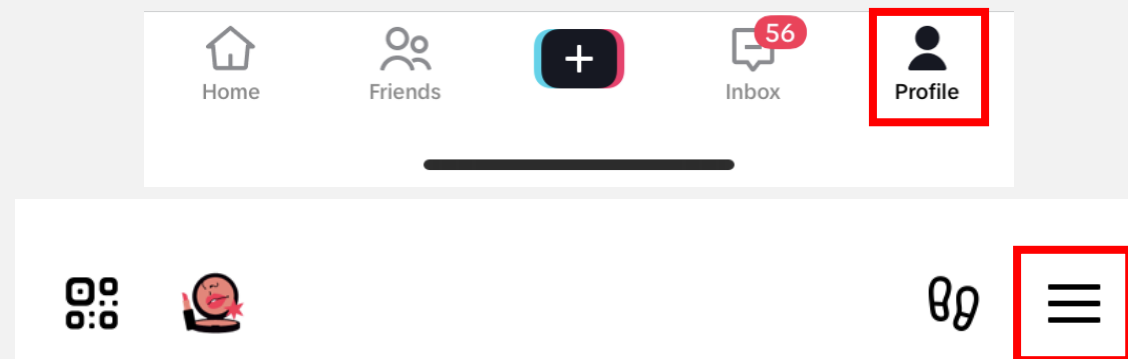
Choose “Less” and Instagram will show fewer posts that it considers potentially sensitive. If you change this setting, you may still see graphic images from accounts that you follow.

TikTok



“**Restricted Mode**” helps limit graphic videos from the For You Page. You may also see a warning about “Sensitive content” and can choose to click to watch or skip the TikTok video.

Tap on your profile in the lower right corner. Then click on the three horizontal lines in the upper right.



Pick the option for Settings and privacy → Content preferences → Restricted Mode. You’ll need to set a passcode to turn Restricted Mode on or off.

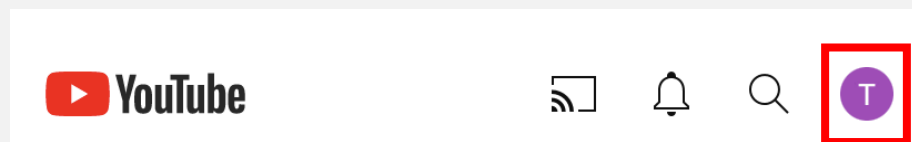
YouTube



On Youtube.com: When a video is playing, hover your cursor to the bottom of the video. You'll see in the middle an auto play button with an image for pause. Click that to automatically stop playing one video after another.

[YouTube has more instructions here](#). YouTube also said that in some cases, it may apply a warning to videos before they start playing.

Another option in **YouTube's iPhone and Android app:** Click on your profile in the upper right corner.



Choose Settings → Autoplay. Tap off to stop one video from automatically playing when you finish another.

Another option: Settings → General → Restricted mode. Tap on to hide videos on that particular device that YouTube considers “potentially mature.”

X, formerly known as Twitter



4 Following 0 Followers

- Profile
- Premium
- Bookmarks
- Lists
- Spaces
- Monetization

Settings and Support

Settings and privacy

Help Center

Purchases



From the top left side of the screen, choose the image of your profile picture.

Choose Settings and Support → Settings and privacy → Privacy and safety → Content you see.

Uncheck the box that says **“Display media that may contain sensitive content.”**

Another option is to stop videos from playing automatically as you scroll.

From the top left side of the screen, choose the image of your profile picture.

Choose Settings and Support → Settings and privacy → Accessibility, display and languages → Data usage → Autoplay. Select **“Never”** to stop videos from playing automatically as you scroll.

WhatsApp



You can mute notifications for a WhatsApp group, which means you won't be alerted to new messages. You can resume notifications later if you choose. [WhatsApp has instructions here.](#)

You can also block individuals in your group chat or report material in the group to WhatsApp if you believe it is inappropriately violent or manipulated information. [Those instructions are here.](#)

Or you can [leave a WhatsApp group](#). If you do so, only the administrators of that group chat are notified.

Having Family Conversations



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Conversations for Grades K-4 Youth



- If we see something upsetting online, talk about it
- Contacts, Conducts, and Contracts
- Keeping our information private

Conversations for Grades 5-12 Youth



- Device ownership
- Texting before social media
- Establishing healthy boundaries both online AND offline
- Mental health safety
- Online communities
- Know where content can be hidden

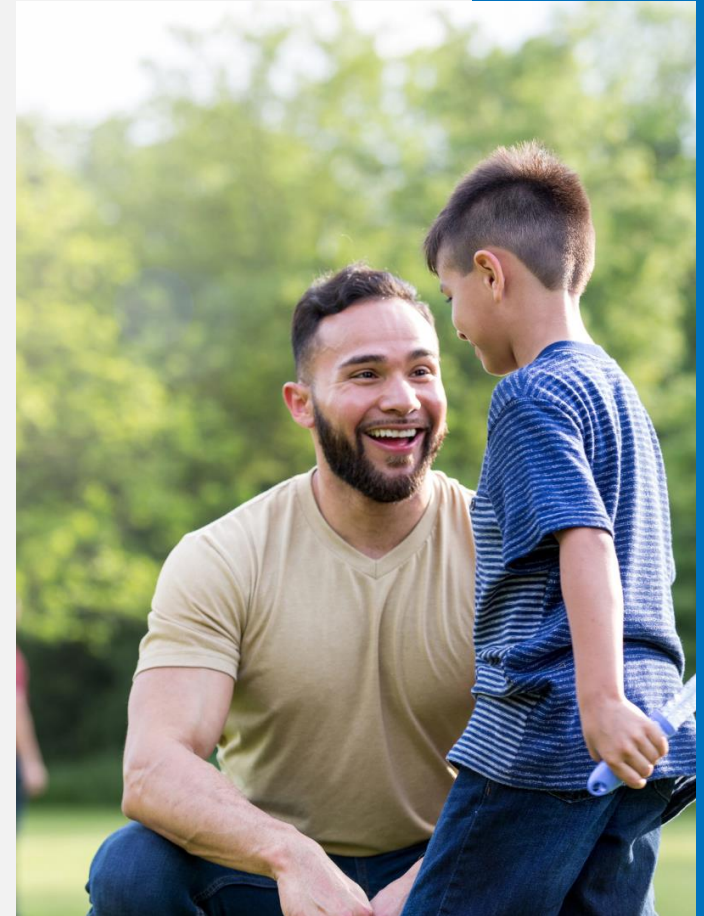
Helpful Tips On How to Have Tough Conversations

- Provide a safe space for them to share their feelings and concerns – listen and validate; fear, anger, confusion, worry, insecurity and other reactions are to be expected.
- Let their questions be the guide – do not share or expose them to unnecessary details; limit exposure to news and social media.
- It's okay to not have all the answers but to emphasize the importance of getting factual information and limiting exposure to misinformation.
- Provide general, brief facts with an emphasis on what adults and individuals can do to keep themselves and others safe.



How to Ensure we Co-Regulate and Not Co-Escalate

- Model being calm and in control. Children look to adults on how to react.
- Keep a schedule and routine. This provides a sense of predictability which can lessen anxieties.
- Engage with social support. Now is the time to support each other.
- Most importantly, remember the importance of your own self-care, adults must also reach out for support.





THANK YOU!

Using Today for a Safer Tomorrow



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