



MOBILE & WIRELESS 101

a quick guide for parents and educators

Smart phones, portable music devices, tablets and gaming devices offer the opportunity to access the world in the palm of your hand, but with that access comes serious potential for danger.

Concerns and Dangers:

- Easy access to pornography, violent content and other inappropriate sites
- Cyberbullying and harassment
- Contact by a sexual predator
- Picture and video uploads
- Direct access to social networking sites
- Texting while driving/distracted driving
- Phone/device addictions
- Revenge Porn/Sextortion (nonconsensual distribution of intimate images and sexual extortion)
(See "Sexting 101" Quick Guide)

Teach Your Child Device Safety and Use:

- Think before you post. Remind them that there are no takebacks.
- Never send or post a sexually suggestive picture or video; tell your parent if someone sends and/or requests explicit images.
- Don't accept any online activity meant to intimidate, threaten, tease, or harm you or anyone else; Let a parent/trusted adult know if this occurs.
- Tell you immediately if they receive a threatening, mean or sexual message. Block further communications from sender.
- Teach them how to recognize the grooming tactics of predators and traffickers, including trust and relationship building, offering love/romance, gifts, jobs, and the promise of a better life.
- Get parent approval before opening or downloading new apps. Parents should review new apps before allowing access.
- Respect others online; Never send or share information that might hurt or embarrass someone.
- Never use vulgar or sexually-explicit language.
- If a text message is received from an unknown source, do not reply.
- Never let someone they don't know use their phone or device.
- Do not leave a mobile or internet-enabled device unattended.
- Never text and drive. No text message is worth being distracted while driving.

safety & prevention 101
RULES N' TOOLS®

No child is immune to online threats: Parents are the "first line of defense."

- Build an atmosphere of trust and accountability and communicate regularly about device use and online relationships.
- Set clear rules and expectations for device use, including time-limits, and share with them your reasoning.
- Teach your child to never share personally identifiable information (PII) including date of birth, address, full name, school or any image that can be used to identify or track your child down.
- Have your child sign the **Family Contract for Smart Phones and Digital Devices**. Seriously consider if your child needs a smart phone at all. (Note: There are phones that are not internet-enabled which may be a wiser choice for younger kids.)
- Only allow your child to communicate with parent-approved contacts; for older children, limit communications with those they don't know offline.
- Talk to your child about privacy concerns.
- Understand the risks associated with location services; Consider disabling for photos and other posts while still using GPS.
- Periodically check your child's browsing history.
- Set up password protections. Know your child's user names and passwords
- Turn off Autoplay on children's videos/content making it easier for children to put devices down and parents to enforce time limits.
- Implement Safety Rules and Software tools ("*Rules 'N Tools*®") on all internet-enabled devices and online platforms used by your child. See the *Enough Is Enough*® "*Rules 'N Tools*®" guide at internetsafety101.org/safety-intro.
- Essential software tools include setting age-appropriate filters, monitoring and time management software.

Enough Is Enough® (EIE) Quick Guides are based on EIE's **Internet Safety 101**® Emmy Award-winning multi-media program and website designed to educate, equip and empower parents, educators and other adults with information needed to protect children from internet dangers.

For more information, visit internetsafety101.org and enough.org.