

# Technology and Internet Safety



# what is Addiction?

- physically and mentally dependent on a particular substance, and unable to stop taking it without incurring adverse effects.
- enthusiastically devoted to a particular thing or activity...

# 'Technology use Problems'

- Using technology more than intended, difficulty transitioning away from technology
  - Staying up late on the phone, failing to get to school on time the following day*
- A great deal of time is spent using technology, with little desire to participate in activities that don't involve technology
  - Video games, youtube, chats, little involvement in school activities, sports, band etc.*
- Craving or strong desire to..
  - Complaining when the phone is taken away, disruptive behavior to obtain phone use again, depression, anger, irritability etc.*
- Failure to fulfill major role obligations at work school or home because of..
  - Using phone instead of doing homework, work, or chores at home*
- Technology use is a priority to interaction "IRL".
  - Sitting at a social event while focused on the phone or tablet*
- Use in situations physically hazardous
  - Texting and driving*

# Phone compulsion test

by David Greenfield, PhD, of the Center for Internet and Technology Addiction at the University of Connecticut School of Medicine

<http://virtual-addiction.com/smartphone-compulsion-test/>

# Problematic Phone/app Design

- Intermittent rewards
- Illusion of social interaction
- Manicured and misleading
- Free?
- Study

# Reducing Phone Time

- Create boundaries- silent notifications, away during social situations, away when not needed,
- Remove distracting apps
- Grayscale
- Develop new habits
- Don't sleep with your phone
- Detox
  
- Igen by Jean Twenge
- How to break up with your phone by Catherine Price

# The Week Magazine

Eric Barker

Addiction is really about soothing a psychological ill and that's true no matter what the addiction is. People who have a strong social support network, who have a very full life, tend not to develop addiction.

# Risky Behaviors

- Sending mean or rude messages
- Sharing inappropriate photos
- Talking about adult subjects
- Visiting adult websites



# Online Predators

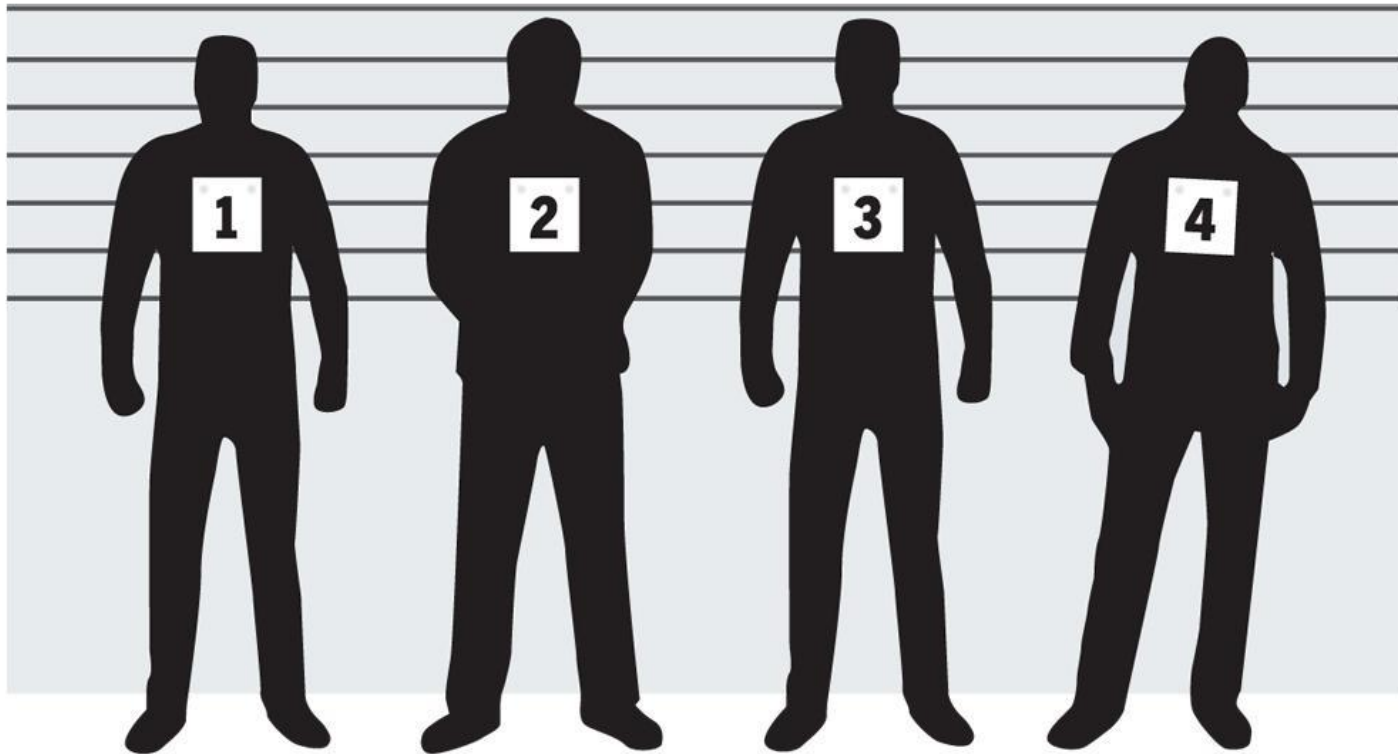
- Trick people into trusting them by “grooming” them
- Ultimate goal is to meet face to face, get pictures
  - They will say and/or do anything to make that happen

# What do they look like?



# Online Predators

look like this...



# How They Identify You

- Friending, following, or easy access to viewing profiles
- Talking about sex online
- Engage in rude or nasty chats online
- Other risky behavior (like what?)

# Grooming (verb, 6 steps)

1. Appear familiar - mold themselves into someone appealing and interesting to the victim, lead conversation
2. Develop trust - will be a great listener and sympathize with all complaints and opinions victim shares, encourage to share more
3. Establish Secrecy - encourage victim to keep their "friendship" a secret

# Steps of Grooming cont.

4. Erode Barriers- takes advantage of young victim's sexual curiosity and slowly introduces sexual content (pictures, conversation)
5. Direct Intimidation- May make threats if victim stops communication or refuses to meet
6. Face to face- ultimate goal of the predator, many times they get the child willingly, regardless of how or why that child is now a victim

[Alicia's Story](#)      [High school](#)

# Personal Security

- Email, phone number, schedule, social security, financial information
- Friends are not the only people that see your news feed
  - Coaches, school administration, employers, law enforcement, college admissions
- IP address
- [https://www.](https://www)



# Privacy Settings

- How secure is your password?  
<https://www.passwordmeter.com/>
- Location setting on your phone and accounts
- Are your accounts public or private?



# 4 R's of Internet Safety

- Recognize- techniques used by predators(grooming)
- Refuse- To give out personal info
- Respond- by logging off, blocking,
- Report- Any contact that makes you suspicious
  - [www.Cybertipline.com](http://www.Cybertipline.com)

# How to protect yourself

- Ignore
- Block
- Report