

PARENTS' GUIDE TO SMART PHONE SAFETY

SMART OR SCARY?

Smartphones are essentially little computers, so you might be a little worried when handing one over to your child. Take some time to understand the risks and implement a few safeguards so that you can help your child use smartphones safely.



THE RISKS

■ CYBERBULLYING

With the constant connectivity of smartphones, your child may be more susceptible to cyberbullying or have more opportunities to cyberbully others.

■ GEOLOCATION

A GPS-enabled smartphone can reveal your child's location through online posts and uploaded photos.

■ INAPPROPRIATE CONTENT

With smartphones, your child has mobile access to content you may consider inappropriate, such as pornography or violent videos.

■ SEXTING

Your child may use the Internet and social apps to send, receive, or forward revealing photos.

■ VIRUSES & MALWARE

Just like a computer, a smartphone is vulnerable to security attacks if your child accesses unsecured websites and apps.

5 WAYS TO BE SMARTER THAN THE SMARTPHONE!

1. Be a parent and a resource.

Establish clear guidelines, including time limits and consequences for inappropriate behavior, but be open so your child will come to you with any problems.

2. Set up smart security.

Smartphones today include a variety of security mechanisms including fingerprint scans, facial recognition and password locks. Enable these to protect access to the phone as well as apps with sensitive data.

3. Update the operating system.

New versions often contain important security fixes.

4. Approve apps before they are downloaded.

Make sure you understand their capabilities and approve their content.

5. Understand location services.

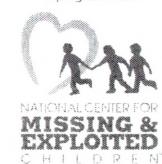
GPS features are useful when using maps, but you'll want to disable location-tagging when your child posts anything online.

For more resources visit MissingKids.org/NetSmartz/Resources

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Coping Skills

Practice using these alone, or with someone you trust, to reduce stress when you are feeling sad, mad, scared, or upset.

Five Senses Coping

Name (and describe)...

5 Things you can see

4 Things you can feel

3 Things you can hear

2 Things you can smell

1 Thing you can taste

Categories

Pick a color and find everything you can in the room that is that color. Or - name all the things you can see in the room for each color of the rainbow!

Pick any category (shapes, sports teams, video games, musical artists, animals, etc.) and go back and forth with someone to name as many as you can.

Sigh breath

Take two breaths in through your nose and sigh out through your mouth.

Box breathing

Inhale for 4 seconds, hold your breath for 4 seconds, exhale for 4 seconds, and hold again for 4 seconds - repeat!

Balloon breathing

Put your hands on your stomach, and inhale through your nose to fill your stomach with air like a balloon. Exhale through your mouth to deflate your balloon.

Pizza breathing

Imagine breathing in yummy pizza smells, and then blowing out slowly all over your pizza to cool it off because it is hot!

Hand breathing

Trace your hand slowly, inhaling when you trace up a finger, and exhaling when you trace down a finger.

RIGHTS FOR CRIME VICTIMS

For statutory crime victim rights, a "victim" is defined as a person who suffered physical, emotional, or financial harm as a result of a criminal offense or delinquent act. A simple misdemeanor is not an included crime for the purpose of statutory victim rights.

For these rights, "Victim" also includes the immediate family members of a homicide victim, a crime victim who is judged to be incompetent, or a crime victim who is under the age of 18.

THE RIGHT TO A VICTIM ADVOCATE

- ❑ Iowa Code section §915.20 establishes a victim's right to request and have a victim counselor or advocate present at any legal or evidentiary medical proceeding related to the offense.
- ❑ A crime victim, law enforcement officer, prosecutor, or medical provider can locate a victim counselor or advocate by contacting a local victim service program, the County Attorney's Office, or the Attorney General's Crime Victim Assistance Division.

CRIME VICTIM COMPENSATION

- ❑ The Attorney General's Crime Victim Compensation Program pays certain out-of-pocket expenses an eligible victim has as a result of injury or death from crime.
- ❑ Funds for this program come entirely from fines and penalties paid by offenders.
- ❑ For information, or to file an application, call the Crime Victim Compensation Program toll-free at (800) 373-5044 or, in the Des Moines area, at 281-5044.

THE RIGHT TO NOTIFICATION

- ❑ Crime victims, other than a victim of a simple misdemeanor, have the right to register in writing with the County Attorney's Office for written notification about the status of the criminal case.
- ❑ Law enforcement is required to tell a crime victim their right to register with the County Attorney's Office and provide the victim with a "request for registration" form.
- ❑ A crime victim must complete and submit the "request for registration form" to the County Attorney who is prosecuting the case in order to receive criminal justice system statutory notification.
- ❑ The county attorney will forward copies of "request for registration" form to other justice system agencies including the Sheriff, Clerk of Court, Attorney General's Criminal Appeals Division, Department of Corrections, and the Board of Parole.
- ❑ Justice system agencies will provide written notification to a registered crime victim regarding the status of the criminal case and a convicted offender.

AUTOMATED NOTIFICATION

- ❑ All crime victims and the public may register with **IowaVINE** for automated notification about an offender incarcerated in a county jail or the Iowa Department of Corrections. IowaVINE will send notification by text, email, or telephone and has live operators 24/7/365.
- ❑ Petitioners on Protective or No Contact Orders may register with **IPONDA** to receive notification when the order is served and before it expires.
- ❑ IowaVINE and IPONDA are programs of the Attorney General's Crime Victim Assistance Division.

THE RIGHT TO RESTITUTION:

- ❑ At sentencing, a judge will order the convicted offender to pay the crime victim restitution for crime related expenses.
- ❑ The crime victim submits a record of their out-of-pocket expenses related to the crime to the County Attorney who will submit the information to the Judge. The Judge will order restitution paid to the crime victim.
- ❑ A Judge must order an offender to pay \$150,000 to the estate of a victim who dies as a result of a crime in addition to the restitution ordered for the victims for out-of-pocket expenses.

Justice will only be achieved when those not injured by crime feel as indignant as those who are

King Solomon (1009 B.C. – 946 B.C.)

THE RIGHT TO MAKE A VICTIM IMPACT STATEMENT

- ❑ A crime victim has the right to submit a Victim Impact Statement (VIS) to the Judge at the sentencing of the convicted offender.
- ❑ The VIS is a victim's opportunity to tell the Judge and the offender about the physical, emotional, spiritual, and financial effects of the crime on them and their family.
- ❑ A crime victim may seek assistance from a victim counselor or advocate in preparing the VIS.
- ❑ The offender must be present for the VIS.
- ❑ The VIS may be given to the Judge and the offender by the crime victim or by the victim's chosen representative.
- ❑ The VIS may be stated orally or in writing.
- ❑ When presenting the VIS, a crime victim or their representative cannot be questioned by the offender or the defense attorney.

Gaming Safely

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Parental involvement is critical when it comes to helping children game more safely. Take an **active interest** in the games that your child plays and wants to buy; that means **doing a little research** on the game's rating, game-play style, content and age-appropriateness.



Know about the settings and capabilities for the equipment and systems your child uses. For example, many children enjoy gaming on a console as well as a cellphone or tablet. Many platforms have "cross-play" features where people can find and communicate with users across multiple platforms and devices.



Keep gaming consoles in an easy-to-supervise location and be aware of other places where your child may be accessing games, like a friend's house or community center.



Tell your child never to give out personal information while gaming. This includes talking about personal information that might be revealed in a screen name or gaming profile. Remind them never to agree to meet offline with someone they know exclusively through gaming.



Set rules about how long your child may play, what types of games are appropriate, and who else may participate. Use the parental controls when setting up the game system. Look for ways (like a PIN number) to prevent your child from changing the settings.



Have your child check with you before using a credit/debit card online. That means no auto-saving card details on the game console or device.



Check to see if the games your child plays have reporting features or moderators. Review these features with your child. Remember, you can also report inappropriate online interactions with children to CyberTipLine.org

For more resources, visit MissingKids.org/NetSmartz

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Start a Discussion with Your Child

- Would you show me how some of your **favorite games** are played? Could we play together?
- How do you **respond** if someone bothers you while you are gaming?
- How much do you let people **know about you** while gaming?
- **What kinds** of people do you game with?
- Do you feel **safe** while you are gaming online? **Why or why not?**

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