Digital Citizenship

Safely navigating the digital landscape

Agenda

- How Predators Gain Entry
- 5 Good Digital Habits for Families
- Video Game Safety
- Tips and Tools for Online Safety
- Additional Resources

**This presentation available at:
github.com/davemehi/internet-safety**

How Predators Gain Entry

How Predators Gain Entry: Social Engineering

A broad range of malicious activities using psychological manipulation to trick users into making security mistakes or giving away sensitive information.

Preparing the ground for the attack:

· Identifying the victim(s).

· Gathering background information.

· Selecting attack method(s).

**Closing the interaction,
ideally without arousing suspicion:**

· Removing all traces of malware.

· Covering tracks.

· Bringing the charade to a natural end.

INVESTIGATION

Social
Engineering
Life Cycle

EXIT

HOOK

PLAY

Deceiving the victim(s) to gain a foothold:

· Engaging the target.
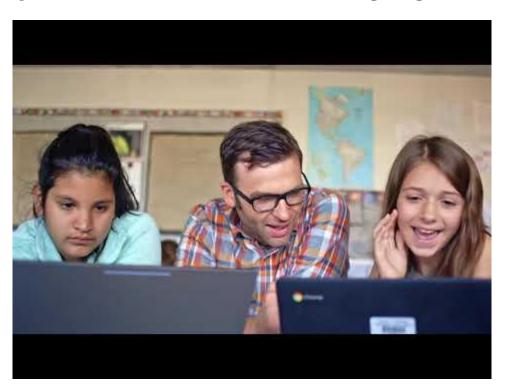
· Spinning a story.

· Taking control of the interaction.

Obtaining the information over a period of time:

· Expanding foothold.

· Executing the attack.

· Disrupting business or/and siphoning data.

Phishing
Vishing
Smishing
Sadfishing
Malware
Unsecure WIFI
Unsecure Sites

5 Good Digital Habits for Families

Be Internet Awesome.

https://beinternetawesome.withgoogle.com

5 Good Digital Habits for Families

- **Smart**, Share with Care
- **Alert**, Don't Fall for Fake
- **Strong**, Secure Your Secrets
- **Kind**, It's Cool to Be Kind
- **Brave**, When in Doubt, Talk It

Be Internet Smart

Be Internet Awesome.

https://beinternetawesome.withgoogle.com

- Be a positive presence online, just like in real life

- Think before you post. **Ask yourself: Should I really post/share this??**

- **Activity: Talk as a family about what is and is not allowed to be posted and shared**

  - What can you share with family?

  - What can you shared with people outside the family?

- **Figuring out what's real and what's fake is vital to online safety and citizenship.**
- Double check a site for safety and credibility.
- Learn to differentiate between an advertisement and real content
- Be aware of offers that sound too good to be true
- Learn how to search and verify information before sharing
- **Activity: Talk about fake articles, do search exercises**

Google

- **Avoid sharing personal information online** (SSN, addresses, birthdates, names, etc)
- **Create a screenname that does not include personal information**
  - jessicaparra2005
  - pumpkinpie123
- Create strong passwords. Do not re-use passwords on multiple accounts

Activity: Sit down as a family and create a good set of screen names and strong passwords for practice.

Passwords:
- Has 10 characters or more
- Includes numbers, upper case, lower case and symbols
- Use memorable phrases mixed with numbers and symbols

How long will it take to crack your password?

Length of Password (Chars)	Only Numbers	Mixed Lower and Upper case alphabets	Mixed numbers, Lower and Upper case aplhabets	Mixed numbers, Lower and Upper case aplhabets , symbols
3	Instantly	Instantly	Instantly	Instantly
4	Instantly	Instantly	Instantly	Instantly
5	Instantly	Instantly	3 secs	10 secs
6	Instantly	8 secs	3 mins	13 mins
7	Instantly	5 mins	3 hours	17 hours
8	Instantly	3 hours	10 days	57 days
9	4 secs	4 days	153 days	12 years
10	40 secs	169 days	1 year	928 years
11	6 mins	16 years	106 years	71k years
12	1 hour	600 years	6k years	5m years
13	11 hours	21k years	108k years	423m years
14	4 days	778k years	25m years	5bn years
15	46 days	28m years	1bn years	2tn years
16	1 year	1bn years	97bn years	193tn years
17	12 years	36bn years	6tn years	14qd years
18	126 years	1tn years	374tn years	1qt years

- Treat others how you want to be treated, both online and in real life.
- **Define what positive behavior means in your family.**
- **Activity: Have a discussion on what kinds of actions and behavior are important.**
  - **Think about what that looks like digitally: texts, posts, comments, photos, and videos.**

Google

Be Internet
Brave

Tips to help you be brave online

- Found something negative? Say something!
- **It takes courage and bravery to speak up**
- Report and/or block inappropriate content
- **It's important for kids to understand that they're not on their own**
- Discuss family attitudes and policies about what is and isn't acceptable usage of devices and media, and when.
- **Activity: Discuss online situations and how they should be handled**

Google

Video Game Safety

Video Games Then vs Now

Video Games Now

Games today are …

- Online and integrated with the internet
- **Designed to be social, multi-player**
- Trendy and incorporate popular music, movie characters and celebrities
- **Epic Adventures in new virtual worlds**
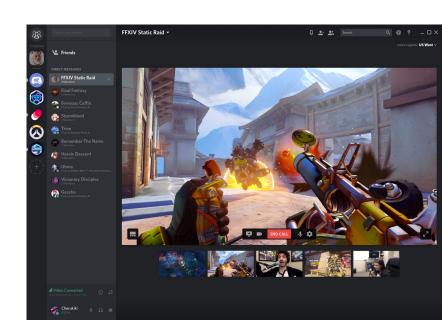- Creative gameplay

Video Game Risks

- Cyberbullying
  - Griefing - Making the game less enjoyable
  - Kill stealing - Stealing targets, coordinated efforts against players
  - Whispering - Bad-mouthing players in chat
  - Doxxing - Revealing personal info
- Privacy and Personal Information Exposed
- Malware - Beware "cracks" and "cheats"

FAKE Minecraft Mods

Video Game Risks

- Online chat
  - Giving away personal information
  - Engaging with strangers
- Online predators
  - Shared experiences
  - Build relationships through "understanding"
- Squads
  - Racist language
  - Sexist language

Video Games Financial Risks

- Due to the pandemic, the **Video Game Industry is bigger than the movie and sports industry combined**! **$180 billion in sales in 2020!**
- 10's of thousands of developers, 100's of millions of players worldwide
- eSports on track to earn over $1 billion, 500M viewers
- **Many games offer 'In-game" or "in-app" purchases (Freemium)**
  - Expanded functionality, virtual currencies, weaponry, special abilities and even new dance moves!
  - Beware giving out credit card and saving it in the game
  - For Apple/Google stores, use password confirmation on purchase
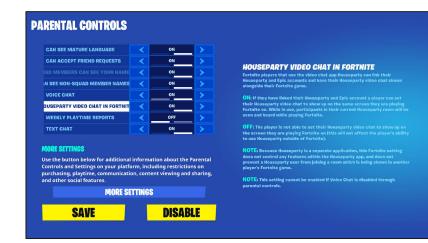- Be aware of purchasing in-game items or game help from people online

Video Games Health Risks

- Gaming Addiction
- Mainly sedentary - encourage movement and motion
- Take breaks and move around
- Dealing with stress and anger
- [Effects](#) of Cyberbullying
  - Depression and Anxiety
  - Sleep disturbances
  - Academic decline

Video Games Security Settings

- Most games have privacy settings and parental controls - find them and configure them
- Disable chat
- Disable webcam
- Review game ratings
- Be careful of credit card information
- Find parental guides to many games/apps here: https://nationalonlinesafety.com/
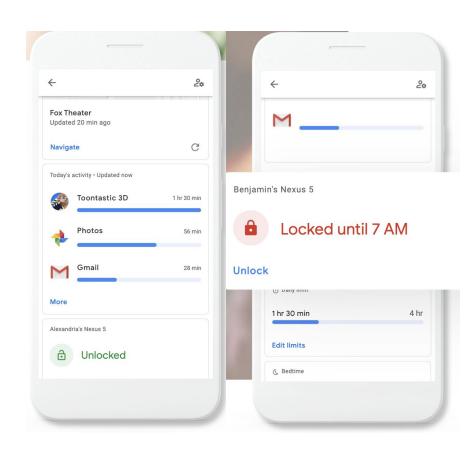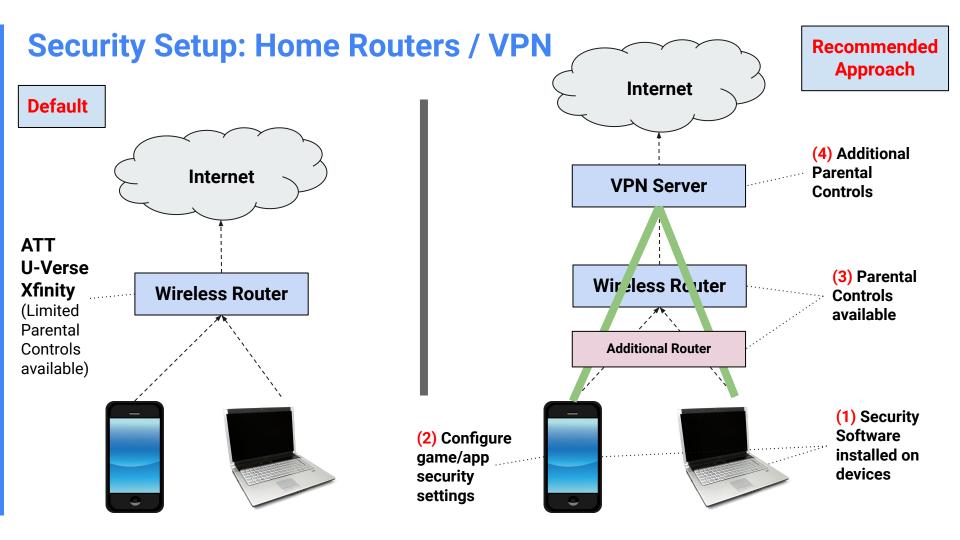
Tips and Tools For Online Safety

Google Safe Settings

- Turn on **safe search** for your account. It helps filter out explicit content in Google's search results
- Click "Manage Your Google Account" → "Privacy & Personalization" to see the data and activity that is saved.
- Click "Take the Privacy Checkup" to evaluate your settings
- Google Security Checkup https://myaccount.google.com/security-checkup
- Restricted Mode (Safe Mode) is an optional setting for Youtube that screens out potentially mature content
- Ask to remove personal information from Google

Family Link / Qustodio

- Family Link is an app by Google that will help set digital ground rules
- Keeps an eye on screen time
- Remotely lock devices
- See where they are (geolocation)
- App download warnings and approvals
- Available for both Android and iPhone
- https://families.google.com/familylink/

- Qustodio is an alternative free software to monitor your children's device usage.

Security Setup: Home Routers / VPN

Default

Recommended Approach

Internet

Internet

Wireless Router

ATT U-Verse Xfinity (Limited Parental Controls available)

VPN Server

(4) Additional Parental Controls

Wireless Router

(3) Parental Controls available

Additional Router

(2) Configure game/app security settings

(1) Security Software installed on devices

No Silver Bullet - Use a Layered Approach for Security

1. Use software like FamilyLink, Qustodio or Norton 360 that is installed directly on the phone or device.
2. Use game or app security settings
3. Use parental controls on the home WIFI router. If your provider does not have one, you can buy another wireless router that does
4. Use a VPN that filters content
5. Use random checks, keep a record of passwords to all accounts
6. No private use of devices in the bedroom, sync texts with your phone
7. Seek out game or app specific security settings

It is complicated, but it's too important not to spend time to figure it out.

Additional Resources

Other Apps to Be Aware Of

- Snapchat: Messages disappear, Location tracking on by default
- Tik Tok and similar apps
- Chat-based apps: Chatspin, Chat Master, Among Us, Kik
- Social Media: Facebook, Instagram, Ask.fm
- Twitch and other live broadcasting apps
- **Use the security setting to need approval to install an app.**
- **Refer to: https://nationalonlinesafety.com/**
- **There are too many apps to list and new ones are being created all the time**
- **Must keep on top of the latest**

Tips for Parents

Stay involved, Learn, Join In

Keep talking and stay interested in what they're doing. Don't be afraid to bring up challenging issues like sexting, pornography and cyberbullying. It could be embarrassing, but you'll both benefit from the subjects being out in the open.

Keep their information private

Your child can set privacy settings on most social networking sites so that only close friends can search for them, tag them in a photograph or share what they've posted.

Stay safe on the move

Use safe settings on all mobile devices but be aware that if your child is accessing the internet using public WiFi, filters to block inappropriate content may not be active.

Tips for Parents

Be responsible

Talk to your teenager about being responsible when they're online. Children often feel they can say things online that they wouldn't say face-to-face. Teach them to always have respect for themselves and others online.

Talk about online reputation

Let them know that anything they upload, email or message could stay around forever online. Remind them they should only do things online that they wouldn't mind you, their teacher or a future employer seeing. Get them to think about creating a positive digital footprint.

Show you trust them

If you can afford to, give them a small allowance that they can use for spending online so they can download apps, music and films for themselves, from places you agree together.

Real Parent Stories

A teenage girl (15) sent my son's cousin (16) a very inappropriate video. He sent it to my son (13) and other kids. My son deleted the video but didn't tell me at first. Soon the video went viral in the school. The girl's parents found out and called the police. The detective said he has a huge pile of similar cases on his desk and can't get to them all. The son was cleared but his cousin may get in real trouble for distributing child pornography.

My 12yo daughter was getting a few messages from guys in their 20's on snapchat. These were friends of friends. One kept bugging her for the Netflix/Amazon passwords. Others asked borderline questions like what time does she go to bed and when does she go to the library. She didn't respond and we blocked them. We have had lots of talks about social media safety

Lots of periodic checks on their phones. We have a no-shaming policy at our house. No screen time and everything is off by 8pm. 2 hour time limit. The rule is we can check at any time and we always have their passwords. But most important is real discussion about the impact of social media. We really talk with them about when it can be harmful, what should set off a red flag, what you should never do since you can't take it back, and respect of yourself and others.

This is difficult with ever-changing new apps and trends. We do random phone checks regularly. We didn't know Snapchat had a location tracking feature until one of our boys was being followed by a young girl!

" At the end of the day, no law or regulation can take the place of parental engagement and guidance. Companies, parents, teachers, civil society groups and policymakers must work together in a cooperative and collaborative way to address specific challenges that minors face online and to promote best practices for online safety. "

Important Resources

- https://beinternetawesome.withgoogle.com/en_us/

- https://safety.google/

- https://www.internetmatters.org/advice/14plus/

- https://www.internetmatters.org/resources/monitoring-apps-parents-guide/

- https://nationalonlinesafety.com/ - Features guides to many popular apps/games

- https://nationalonlinesafety.com/training

- https://smartsocial.com/app-guide-parents-teachers/

Use Technology for Good

- Don't be afraid of technology
- We need software developers, graphics designers, story tellers
- Many learn young
- Use the technology for good
- Have a positive impact to the world around you

Use Technology for Good

Thank you