



CYBER SAFETY: STAYING SMART AND SAFE ONLINE

PRESENTATION FOR PARENTS, GRANDPARENTS AND KIDS AT
FAITH UNITED METHODIST CHURCH

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CYBER SAFETY: STAYING SMART AND SAFE ONLINE

- Goal: Working together to stay safe in a digital world
- Mark Reichelt, BA Business Admin.
 - Banking, 17 years
 - Asst. Manager, 3 years
 - Branch Manager, 4years
 - Parent, 8 & 11
- Carol Reichelt, MA Ed. Admin. Principal, LBS I
 - Teacher/SPED Teacher/Principal 19 years
 - Assistant Principal Britten School, therapuetic day 6 years
 - Tech Director, 7years
 - Parent, 8 & 11

KIDS LIVE IN A DIGITAL WORLD

- Technology is part of school, communication, and entertainment.
- The goal is not to remove technology but to teach safe habits.

WHY CYBER SAFETY MATTERS

Kids today spend time online for games, videos, school, and chatting with friends.

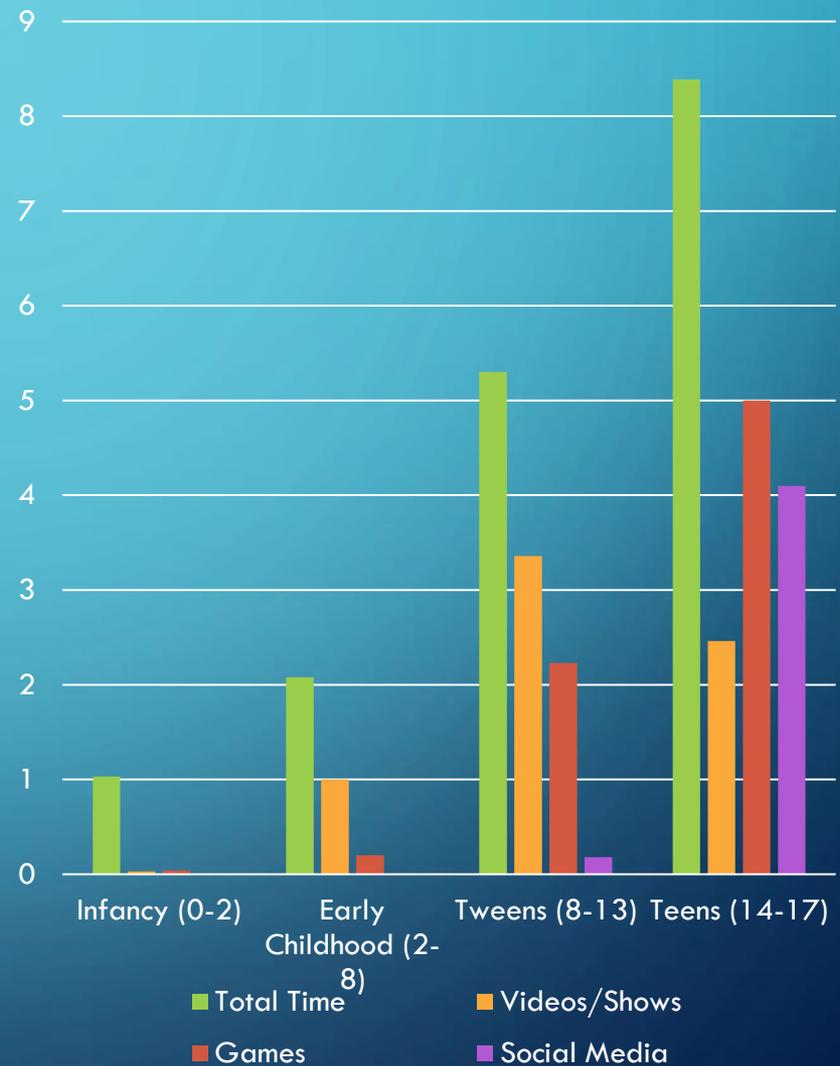


The internet is fun and useful, but we need to learn how to use it safely.

POPULAR APPS AND GAMES KIDS USE

- Examples include YouTube, Fortnite, Reddit, Roblox, Minecraft, TikTok, Instagram, and Snapchat.
- These platforms can be fun, but it is important to use them safely.

Internet Usage By Age



CREATE FAMILY INTERNET RULES

- Keep devices in shared spaces.
- NEVER ALLOW Devices in ROOMS AT NIGHT
- **Use parental controls.**
 - Ask before downloading apps.
 - Set this up in parental controls
 - Set screen time limits.
- Parents know passwords.
- Always tell an adult about suspicious behavior.
- Check their devices!

PARENTAL CONTROLS

APPLE

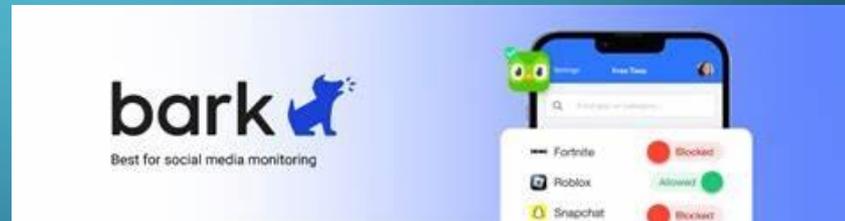
- [Set and manage parental controls for your child's device](#)
- 1. Screen Time
 - **Monitor Activity:** See how much time your child spends on apps, websites, and overall.
 - **Set Downtime:** Schedule periods when only essential apps and phone calls are available.
 - **Set App Limits:** Restrict the amount of time spent on specific app categories or individual apps.
 - **Communicate & Downtime:** Choose who your child can communicate with during allowed times and during downtime.
 - **Content & Privacy Restrictions:** Block inappropriate content, manage app purchases, and control privacy settings.
- 2. Family Sharing
- 3. Apple ID for Kids
 - Every child using an Apple device needs their own Apple ID. For children under 13, parents must create their Apple ID through Family Sharing. This ensures that age-appropriate restrictions are automatically applied and gives you control over their account.

SAMSUNG – GALAXY

- Create a Samsung acct.
 - Adding a Samsung account for your child will let you manage the apps that they have access to. You'll be able to block certain apps that you deem inappropriate.
- Set up parental controls
- Manage Parental Controls in Kids Modes

PARENT CONTROL APPS

- Bark
- Life 360
- Aura
- School
 - Go Guardian
 - Securly



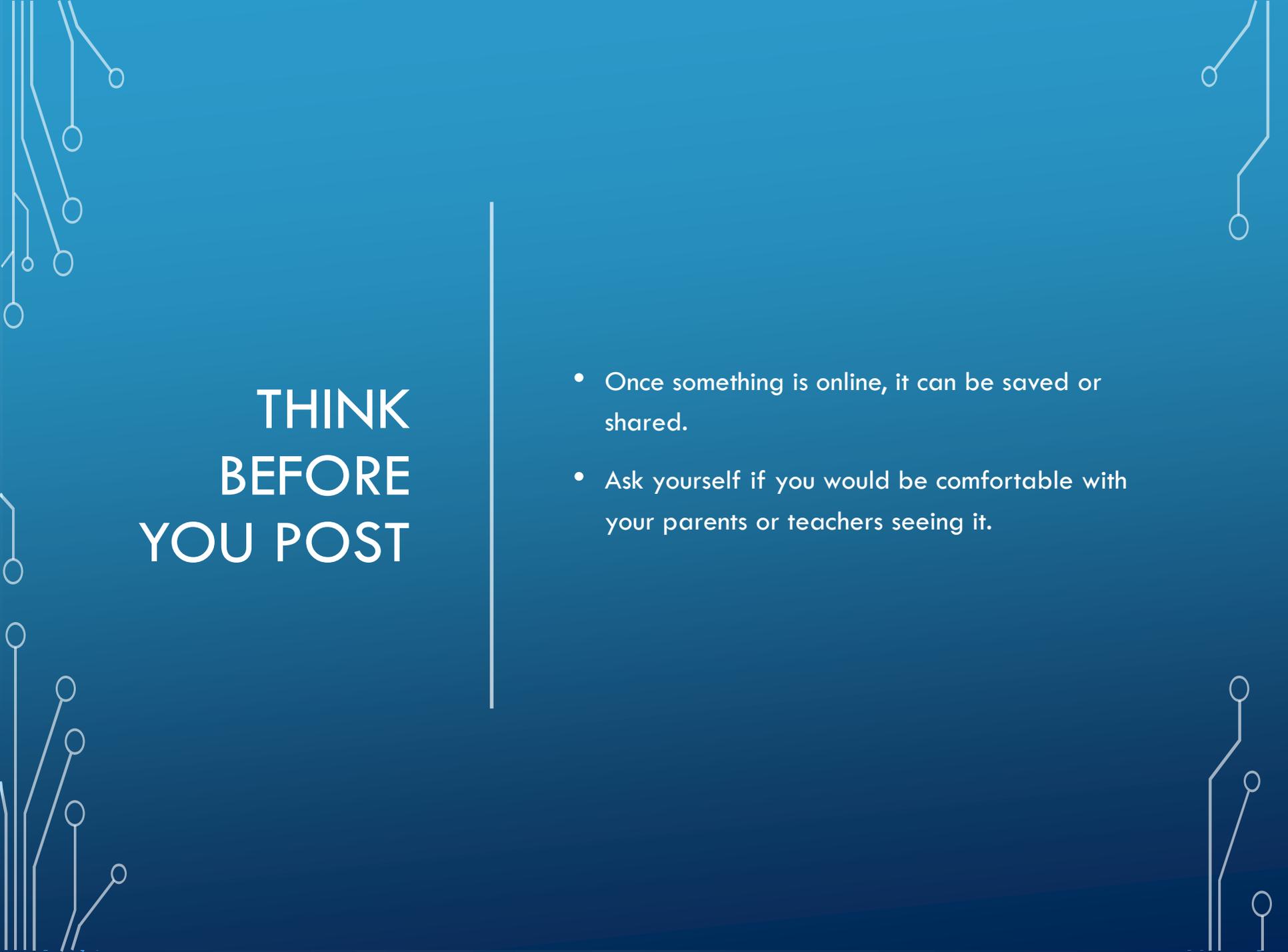
COMMON ONLINE RISKS

- Cyberbullying
- Strangers in chats
- Inappropriate content
- Scams and fake messages
- Mental Health Risks

CYBER BULLYING - BE KIND ONLINE

“Cyberbullying is when someone repeatedly and intentionally harasses, mistreats, or makes fun of another person online or while using cell phones or other electronic devices.”

- Treat people with respect.
- Do not send mean messages or post embarrassing photos of others.
- If someone is mean to you, block and report them.



THINK BEFORE YOU POST

- Once something is online, it can be saved or shared.
- Ask yourself if you would be comfortable with your parents or teachers seeing it.

PROTECT YOUR PERSONAL INFORMATION

- Never share your full name, address, phone number, school name, location, or passwords online.
- Strangers, safe strangers, and tricky people

ONLINE GAMING SAFETY

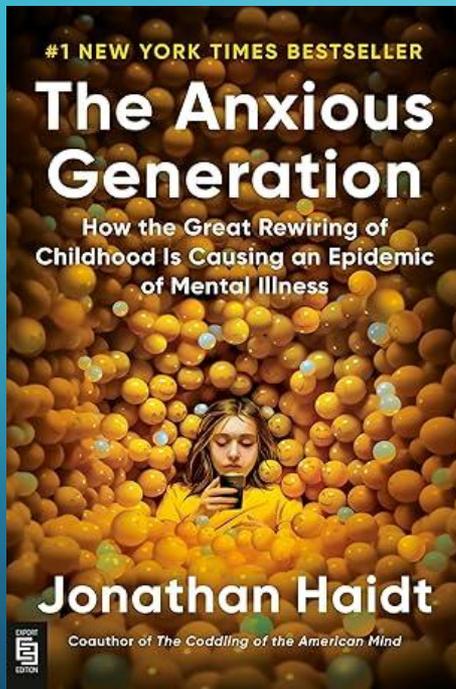
- Play with people you know in real life.
- Do not share personal information.
- Levels of Chat
 - 1. No Communication
 - 2. Chat with known players or friends only
 - 3. Open Chat with limited features
 - 4. Open Chat
- Leave games or chats that make you uncomfortable.
- Play in communal spaces

CHATTING ONLINE

- If someone asks personal questions or asks you to keep secrets from parents, that is a red flag.
- Tell a trusted adult right away.



MENTAL HEALTH RISKS



- Extreme, inappropriate, and harmful content continues to be easily and widely accessible by children and adolescents.
- Social media may also perpetuate body dissatisfaction, disordered eating behaviors, social comparison, and low self-esteem, especially among adolescent girls
- In addition, social media platforms can be sites for predatory behaviors and interactions with malicious actors who target children and adolescents.
- Nearly 6-in-10 adolescent girls say they've been contacted by a stranger on certain social media platforms in ways that make them feel uncomfortable.
- Gamers, especially boys, lose the parasocial relationship and it creates an environment of negative interactions

START CONVERSATIONS WITH YOUR KIDS



Ask about games they play.



Ask who they talk to online.



Encourage them to tell you if something makes them uncomfortable.



IF (WHEN) SOMETHING GOES WRONG

- Stop responding.
- Save evidence (screenshots).
- Block the user.
- Tell a trusted adult.

WHAT CAN GO WRONG

- Inappropriate Use
- Financial misuse or abuse
- Extortion (Sextortion)
- Posting too much, too exposed



SEXTING

- Sexting: the sending of sexually explicit or suggestive messages or images digitally
- Results of the study, published in the *Journal of Adolescent Health*, show that nearly 1 in 3 youth (32.4%) reported having received a sext, and almost 1 in 4 (23.9%) said they had sent one.
- Boys significantly more likely than girls to both send and receive
- Requests more common than sending
- Nearly half were shared 46.8%

SEXTORTION

- Sextortion - children and teens being threatened and coerced into sending explicit images online
- Sextortion has been connected to at least 38 deaths of teen boys by suicide since 2021, according to a tally of private cases and the latest FBI numbers from cybersecurity experts.
- The scam is the fastest-growing cybercrime targeting children in North America and most commonly exploits young men, particularly boys ages 13 to 17.
- The messages often begin innocuously and come from someone who appears to be a teenage girl.

WORKING TOGETHER FOR A SAFER INTERNET

- Parents/Grandparents + Kids + Schools = Safer Online Experiences
- Questions?