Technology and Your Child: The Good, the Bad, and the Dangerous

Melissa Middleton and Craig Schoon
Outline

- Look briefly at some research and whole house Wi-Fi filtering options
- Quiz your knowledge on apps other than Instagram
- Quick look at where do students get their news from
- Options for mobile device management
- Vault Apps and Sexting
Some Research

72% of teens say they often or sometimes check for messages or notifications as soon as they wake up, while roughly four-in-ten say they feel anxious when they do not have their cellphone with them.

Overall, 56% of teens associate the absence of their cellphone with at least one of these three emotions: loneliness, being upset or feeling anxious. Additionally, girls are more likely than boys to feel anxious or lonely without their cellphone.

Parents, too, are anxious about the effects of screen time on their children, a separate survey shows. Roughly two-thirds of parents say they are concerned about their teen spending too much time in front of screens, and 57% report setting screen time restrictions for their teen in one way or another.
Teens' Social Media Usage Is Drastically Increasing

Percentage of 13- to 17-year-olds in the U.S. who check social media...

- **2012**
  - More than once a day: 34%
  - Once a day: 17%
  - Several times a week: 14%
  - Once a week: 7%
  - Less than weekly: 10%

- **2018**
  - More than once a day: 70%
  - Once a day: 3%
  - Several times a week: 4%
  - Once a week: 1%
  - Less than weekly: 3%

- Almost constantly: 16%

Based on surveys of 1,000+ U.S. teens (ages 13 to 17) conducted in 2012 and 2018
Source: Common Sense Media
As a Parent

1. Have a central location and time the device should be put away.

2. Some research shows it is better for students to not have their devices in their room for sleep time.
80% of smartphone users check their phone within 1 hour of waking or going to sleep. 35% of which will do within 5 minutes.
Set up OpenDNS on Your Device

OpenDNS is a free or paid resource but it is on the technical side but it is an option for something to control in your home.
Other Services like OpenDNS

** Again some of these are Paid services**

a. Clean Browsing
b. SafeDNS
c. GreenTeam Internet
App Quiz Time !!!!

- Some general information on a few apps
7 Social Media apps that students might be using other than Instagram

https://www.eschoolnews.com/2018/09/19/7-apps-that-could-cause-harm-to-our-students/?all

1. Snapchat
2. Yubo
3. Omegle
4. Vault
5. House Party
6. Sarahah
7. Tellonym
SnapChat

- Users have a false sense that their information “goes away”
- Users can screenshot them
- App’s location sharing, or Snap Map, which could make users vulnerable
Yubo

- There is no age verification
- Used to be called “Yellow”
- Some call it “Tinder for Teens”
Omegle

- Random selection for chats with strangers
- Someone can give out their information if they choose
- Can be 18+ content
Vault

- Lets users hide photos or images
- Can be password protected
  - meaning to hide from others
Live streaming app up to 8 participants
No filter so people can stream what they want
Sarahah

- Anonymous
- Looks like taken down by the app stores
- Market “get honest feedback”
  - this where bullying can occur
Tellonym

- Anonymous app – similar to Sarahah app from previous slide
- Susceptible to bullying
MOST USED APP
WHICH SOCIAL MEDIA APP IS USED THE MOST BY TEENS?

• A) Snapchat
• B) Instagram
• C) Twitter
ANSWER

- Instagram
### Which social platform do you use at least once per month?

<table>
<thead>
<tr>
<th>Platform</th>
<th>Spring 2016</th>
<th>Fall 2016</th>
<th>Spring 2017</th>
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<td>22%</td>
<td>19%</td>
<td>16%</td>
<td>13%</td>
<td>14%</td>
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</table>

### What is your favorite social platform?

<table>
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<tr>
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<th>Fall 2016</th>
<th>Spring 2017</th>
<th>Fall 2017</th>
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</thead>
<tbody>
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<td>6%</td>
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<td>Facebook</td>
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<td>11%</td>
<td>9%</td>
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<td>5%</td>
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<td>Pinterest</td>
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<tr>
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<td>1%</td>
</tr>
</tbody>
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Source: Piper Jaffray
Instagram Still Leading Channel for Brand Engagement, Snapchat Improving

Questions: What is the best way for a retailer/brand to communicate with you about new products or promotions?
Where do students get their News from?
Where do you think students get their news from?

1. Snap Chat
2. Twitter
3. Instagram
4. Facebook
Answer is......

Snap Chat
Possible tools for monitoring Mobile Devices
The program comes with a minimum of five licenses, so you can protect multiple devices at once.

It also runs invisibly on your child’s cell phone, and it gives you the power to control the device remotely.
PARENTAL CONTROLS

Get peace of mind with parental controls. [learn more]

INTERNET FILTER

Be in control of your internet. Set filtering for 18 categories of online content to either block, warn, or allow for view. [learn more]

TIME MANAGEMENT

Set the time your child can spend on the internet. [learn more]

ALERTS AND REPORTING

Receive reports and mail alerts about your child's online activity. [learn more]
About:
- Easy 5 min Install
- No Rooting Required
- Discreet/Tamper Proof
- View Activity Remotely
- View from Android App or Web UI
- Compatible with Android 2.1 or later

See:
- SMS & MMS Texts
- Deleted Texts
- Photos (camera roll)
- Website History
- Call Log History
- GPS Location
- Instagram
- Facebook Messenger
- WhatsApp
- Kik
- Viber
- Snapchat
- Tinder
- App Usage
About:
Easy 5 min Install
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Discreet/Tamper Proof
View Activity Remotely
View from Android App or Web UI
Compatible with Android 2.1 or later

See:
- SMS & MMS Texts
- Deleted Texts
- Photos (camera roll)
- Website History
- Call Log History
- GPS Location
- Instagram
- Facebook Messenger
- WhatsApp
- Kik
- Viber
- Snapchat
- Tinder
- App Usage
Life360 runs on your mobile device to allow you to view your family members on a map, communicate with them, and receive alerts when your loved ones arrive at home, school or work.
Life 360 - https://www.life360.com/
Parental Controls from Wireless Carriers

- **Verizon Smart Family** *(starts at $4.99/month depending on the features you choose)*
- **T-Mobile FamilyMode** *(starts at $10/month depending on the features you choose)*
- **AT&T Secure Family** *($7.99/month)*
- **Sprint Safe and Found** *(6.99/month)*
Built into iOS12 – Screen Time

◦ Downtime
  ◦ When you schedule Downtime in Settings, only phone calls and apps that you choose to allow are available.
◦ App Limits
◦ Content & Privacy Restrictions
Android Option – Family Link

- Screen time limits
- Location tracking
- Manage Apps
VAULTING AND SEXTING
Individuals under 18 may not create, possess, solicit, show, or transmit images or videos of themselves or others that are graphically sexual in nature.

Consent for inappropriate material is IMPOSSIBLE for people under 18.

Violating this law is a felony and can result in jail or juvenile detention time.

“Sexting” is prevalent among minors. Most common forms of communication are Instagram, Snapchat.
VIDEO

HTTPS://YOUTU.BE/NSZEQUMMIC4
WATCH OUT FOR APPS THAT HIDE

• These apps actually hide files and pictures that can be opened when a user knows a passcode.
A vault app, also known as a ghost photo, decoy, or photo vault app, among other names, is a tool people can use to hide pictures, videos, and sometimes calls and texts.

Most commonly, a vault app looks like a calculator, but entering a secret code unlocks photos and videos.

Vault apps are popular with adolescents who use them to hide activity, such as sexting, from their parents.

They're also useful for preventing a nosy friend from peeking into your photo roll and seeing something you want to keep private.
MORE EXAMPLES OF VAULT APPS

- **Secret Vault Lock Photos Photo**
  - Hide Apps
  - Private Picture Safe
  - Mo Weltin
  - 4.8, 10.9K Ratings
  - Free - Offers In-App Purchases

- **Secret photos KYMS**
  - Vault to hide and lock media
  - IdeaSolutions S.r.l.
  - 4.8, 2.8K Ratings
  - $1.99 - Offers In-App Purchases

- **Secret Photo Vault - Keepsafe**
  - Hide Private Gallery Photos
  - KeepSafe Software, Inc.
  - 4.7, 84.9K Ratings
  - Free - Offers In-App Purchases

- **Private Photo Vault - Pic Safe**
  - Keep Pictures + Videos Safe
  - Legendary Software Labs LLC
  - 4.8, 264.3K Ratings
  - Free - Offers In-App Purchases

- **Best Secret Folder**
  - Secretly Hide Photos & Videos
  - RV AppStudios LLC
  - 4.8, 7.2K Ratings
  - Free - Offers In-App Purchases
DINNER TABLE QUESTIONS

• Why do you think your parents and school are making a big deal about sexting?
• Why do some students sext?
• How/where/when do some students sext? How do they hide it?
• With whom do people sext? With boyfriends/girlfriends only, friends, or random people?
• Are certain groups or “cliques” of kids more likely to sext? Or is it widespread across all different social groups?
• Do kids worry about getting in trouble for sexting?
• Is sexting worth the school, parent, and legal consequences?
RESOURCES USED

• https://www.commonsensemedia.org/
• https://www.statista.com/chart/15720/frequency-of-teenagers-social-media-use
• https://www.bankmycell.com/blog/smartphone-addiction/
• https://www.lifewire.com/what-is-a-vault-app-4171763
• https://freeappsforme.com/best-vault-apps-android-ios/