



Digital Safety Skills for Youth-Serving Professionals

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Indiana University Bloomington**

MC3
November 1, 2023

Who We Are

Graduate Researchers:

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School Health Coordinators:

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About Our Train-the-Trainer Program

2 Hour Sessions

Skills-focused professional development trainings designed with educators and youth advocates in mind

Topics

Interpersonal communication, trusted adults, digital safety, cyberbullying, social media, consent, boundaries, bodily autonomy, sexual harassment

It's Free!

Trainings are delivered at your site at no cost

Training Activities

Participants will engage in small and large group discussions, collaboration with colleagues, games, demonstrations, informational lecture, and Q&A sessions

Optional Research Participation

Financial incentives offered: \$20 gift card after training, \$15 gift card after 3-months)

Follow Up From Training

All we ask is that you implement the program within three months of training completion





About Trainings for Youth-Serving Professionals

● 90-Minute Sessions

Training sessions cover content and skills educators and professionals can use to promote positive relationships and digital safety in their schools, organizations, and communities

● Topics Covered

Interpersonal communication, trusted adults, digital safety, social media, cyberbullying, consent, sexual harassment, boundary setting, bodily autonomy

● No Cost to You

HRRYI team will schedule training sessions with you and your organization for free. All we ask is that you implement the program within three months of training completion

● Training Activities

Participants will engage in small and large group discussions, collaboration with colleagues, games, demonstrations, informational lecture, and Q&A sessions with HRRYI trainers



Optional Research Participation

Workshop participants have the option to be involved in research, but it is **NOT required for participation in the training**. Research participation is **voluntary and confidential**. The information and data collected will be used to inform and improve future trainings.

Research participants will complete:

- 1) Pre-test before the training
- 2) Post-test after training completion
- 3) A 3-month follow-up survey

Financial Incentives for Research Participation

Research participants will receive:

- \$20 gift card via email after completing pre-tests and post-tests during training session
- \$15 Amazon e-gift card upon completion of the 3-month follow-up survey

Interested in Our Trainings?

Contact:

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Check out our
flyers and
handouts!



HRRYI

THE HEALTHY RELATIONSHIPS
FOR RURAL YOUTH INITIATIVE

Trainings for Youth-Serving Professionals

Brought to you by Indiana University Bloomington, Kinsey Institute, & IU Health, with funding from the Indiana Clinical and Translational Sciences Institute (CTSI) & Indiana Department of Health (IDOH)

Presentation Goals

- 1) Demonstrate the pros and cons of technology, internet, and social media use among children
- 2) Apply skills in the realm of digital safety to enhance adolescent mental health and well-being while engaging with technological interfaces



Presentation Overview

❖ **Digital Safety**

- Discussion
- Misconceptions, social media, cyberbullying, sexting, data collection

❖ **Implications for School-Based Safety Personnel**

- Digital safety solutions, healthy relational norms

❖ **Conclusion, Q&A, and Post-Session Survey**

- Acknowledgments, a word of thanks, resources, references



Discussion

Tell us about your experiences related to digital safety with youth

(e.g., prevalence, challenges, strengths, policies, etc.)

Share your experiences in addressing technology safety with youth



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Digital Safety

Social Media

Cyberbullying

Sexting



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Misconceptions

- ❑ Stranger Danger^[16]
 - ❑ Many instances of inappropriate online communication are between people who know each other
 - ❑ “Stranger danger” rhetoric may distract from the harm that can be caused by known individuals
 - ❑ However, “a study conducted among 8-12 year olds across 29 countries found that 10% went on to meet in real life those strangers who they had communicated with online”

Misconceptions

- ❑ Social Media as an Enemy
 - ❑ Just as youth use technology to connect with each other, adults and teachers can use technology as a tool to connect with their children and youth
 - ❑ Suggest positive and healthy communication rather than over-policing or limiting access
 - ❑ The question isn't “**How much time are they online?**” as it is “**What are they doing online?**”

Do You Know These Logos?



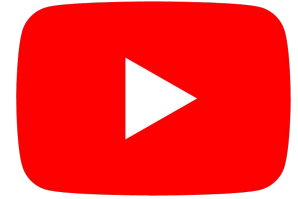
Snapchat



Instagram



TikTok



YouTube



Roblox



Omegle



Twitch



Discord

Social Media

Fake birthdays

Snapchat and the “disappearing” photo

Finsta^[1]

Messaging apps

Mental health impact:

Pros:

Socialization^[2]

Support networks^[2]

Access to learning
and resources^[3]

Cons:

Dopamine depletion^[4]

Anxiety and depression^[2,5]

Impaired sleep^[2]

Cyberbullying^[2]



Sexting & Sexual Harassment

Youth sexting data:

19.3% had sent a sext

34.8% had received a sext

14.5% had forwarded a sext without consent

Possession and/or distribution of sexts or indecent photos of minors has legal implications.^[11,12]

-For minors, often Class A Misdemeanor

-For 18+, Level 5 or 6 Felony

Nonconsensual pornography (i.e. “revenge porn”) is the distribution of indecent or intimate images of another person without their consent:^[13,14]

Class A Misdemeanor

Form of sexual harassment



Federal Judges In Three States Block Laws Impacting Social Media, Minors

From The New York Times (10/12)

- “California lawmakers passed a sweeping online children’s privacy law aimed at regulating how some of the most popular social media and video game platforms treat minors.”
 - However, “last month, after a lawsuit filed by a tech industry group whose members include Meta and TikTok, a federal judge in **California preliminarily blocked the law**, saying that it ‘likely violates’ the First Amendment.”



Federal Judges In Three States Block Laws Impacting Social Media, Minors

From The New York Times (10/12)

- “In August, a federal judge in Arkansas **temporarily blocked a new law** in that state that would require certain social media platforms to verify the ages of their users and obtain parental consent before allowing minors to create accounts.”
- “A federal judge in Texas temporarily blocked a new anti-porn law that would restrict access to content deemed harmful to minors.”



Cyberbullying Statistics

23.2% of students report being cyberbullied in the last 30 days

- **57.3%** of Indiana students report cyberbullying in the last 30 days

Nearly $\frac{2}{3}$ students who experienced cyberbullying stated that it affected their ability **to learn and feel safe** at school^[6]

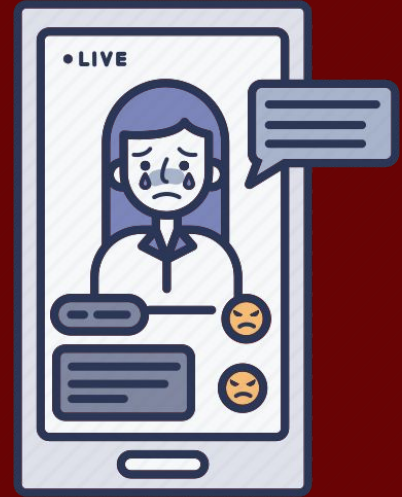
Women and sexual minority students have higher likelihood of victimization for both cyberbullying and sexual violence^[7]

Victimization has negative, long-term impacts on health



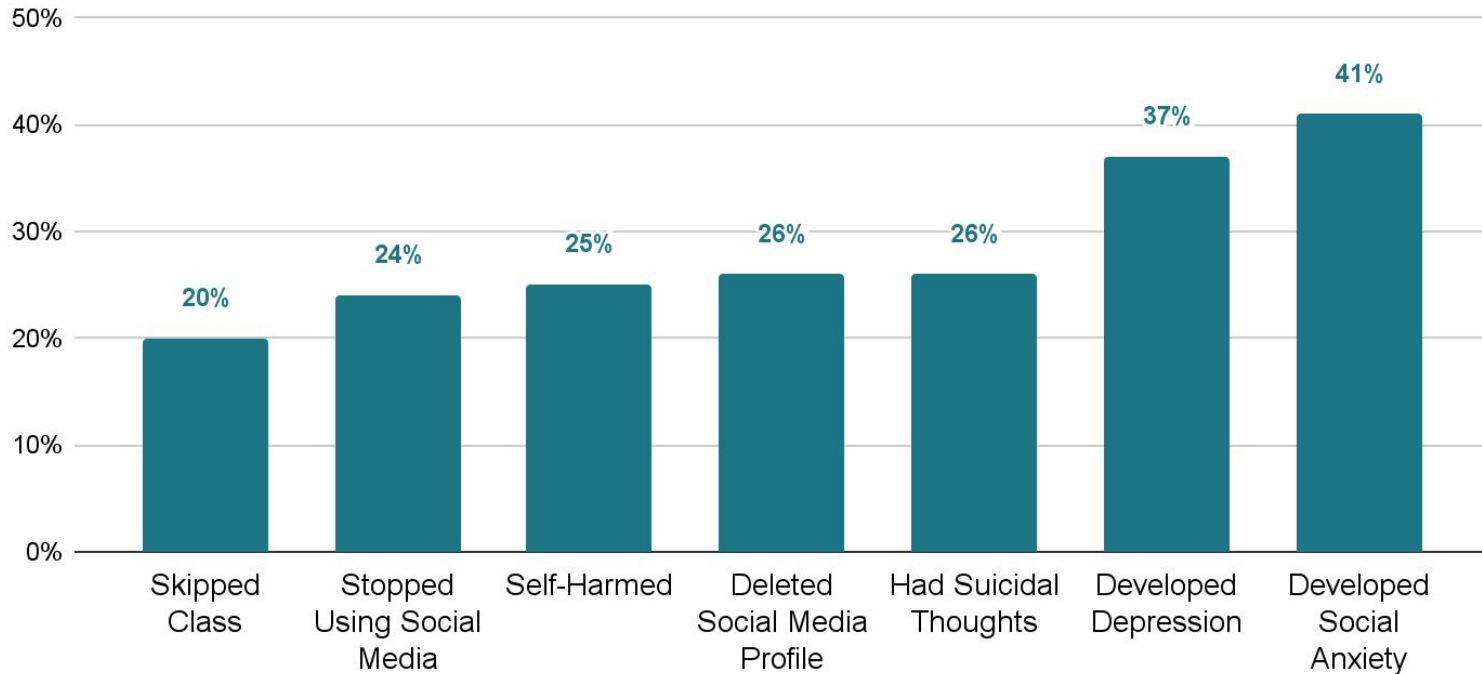
Cyberbullying

- **Most commonly (23%), cyberbullying is an attempt to make others laugh^[15]**
 - Risk of lasting public humiliation
- **Some research has revealed that *both* the victim *and* the offender have markedly lower self-esteem than their peers^[15]**



Impacts of Cyberbullying

Source: Annual Bullying Survey (UK) of 10,020 individuals ages 12-20



Anti-bullying bill named after teen who died by suicide signed into law in Indiana

[Indiana House Enrolled Act No. 1483](#)

In short, school corporations must have policies that:

- (1) Prohibit bullying
- (2) (A) Provisions concerning education, parental involvement, and intervention
(B) Detailed procedure for the expedited investigation of incidents of bullying that includes: appropriate and timely response, anonymous reporting, prioritization of victim safety, and timetables for reporting



Data Collection - *blurring of private and public*

- Cambridge Analytica
 - Collected data from to create 5,000+ “unique” profiles for 230 million US “adults”^[18]
- The issue of Facebook birthdays revisited...
- Initially, “feeds” included posts shared by a user’s peers and friends list
 - Today, complex algorithms determine content in feeds^[19]
 - Past user interactions, age-based content, and created “cohorts”

A Quick Note on Recent Developments in AI

- ChatGPT (and the others like it)
 - What is it exactly?
 - What you need to know (and examples from the classroom)
- As recently as early May 2023, the American Psychological Association (APA) issued a [health advisory on social media use in adolescence](#)
 - Quick summary of suggestions
 - Link provided to access and read guidelines for yourself



Phishing Quiz!



Game Time!

If you want to participate:

- 1) Find a partner
- 2) Get a cup from presenters
- 3) Wait for directions...



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Implications for Youth Serving Professionals

Digital Safety Solutions

Positive Culture

Healthy Relational Norms



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Digital Safety Solutions

- Research shows that while parents agree that monitoring their children's media consumption is important^[31], agreeing on **how** they regulate media is usually not uniform^[32]
- Studies suggest focusing on **how** media rules are communicated to children is important^[31]



Digital Safety Solutions

On the Importance of Human Connection

- ❖ Positive environments and social-emotional support from trusted adults can mitigate effects of adverse childhood experiences^[27]
- ❖ 4 common threads: strong relationships, academic expectations and supports, consistency in behavioral expectations, and feedback^[28]
- ❖ Restorative justice framework in disciplinary action^[29]
 - When students are disciplined for misbehavior, education on what to do differently in the future is key. ***They may know what not to do, yet do not know what to do.***



Digital Safety Solutions

On the Importance of Human Connection

- ❖ Being who we are authentically and accepting others for their uniqueness^[17]
- ❖ Showing curiosity, appreciation, and empathy for others^[17]
- ❖ Honoring boundaries and bodily autonomy of ourselves and others^[30]
- ❖ Apologizing not just for mistakes but to repair relationships^[17]
- ❖ Modeling these behaviors and traits for youth^[30]



Digital Safety Solutions

On Sexting & Sexual Harassment

- ❖ Embrace the awkward: talk openly^[23]
 - Stigma is a significant reason sexual violence goes unreported
- ❖ Respond to disclosure with empathy and validation^[14,24]
- ❖ Implement prevention programs^[25]
- ❖ Empower youth to know warning signs and how to report^[26]
- ❖ Note on reporting:^[10]
 - If an adult or school employee is made aware of indecent photos of minors, contact school resource officer or other law enforcement
 - Never forward, copy, download, or delete possible evidence



Digital Safety Solutions

For Administrators and Supervisors

- ❖ Document, Support, Report^[34]
 - What are the policies and procedures?
- ❖ Anonymous tip lines for reporting bullying^[21]
 - Does this exist in your communities?
- ❖ Developing comprehensive policies for cyberbullying
 - 6 key items: definitions, graduated consequences, and procedures for reporting, investigating, and handling off-campus incidents^[22]



Digital Safety Solutions

For Educators and Youth Development Professionals

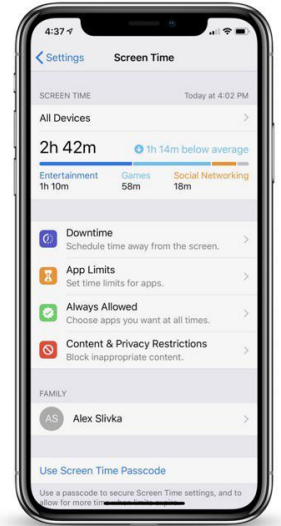
- ❖ Integrate social media use and education into classrooms and conversations with kids^[20]
- ❖ Implement digital citizenship curriculums (e.g. [Be Internet Awesome](#), [Common Sense Education](#))
- ❖ [Play Interland!](#) (From creators of Be Internet Awesome)
- ❖ [23 Lesson Plans for Internet Safety](#) (from Common Sense Media)



Digital Safety Solutions

For Parents

- ❖ User Privacy Reports on Apple devices
 - Go to Settings, then tap Privacy
 - Tracking & App Privacy Report
- ❖ Screen Time on Apple Devices
- ❖ Know your children's passwords
- ❖ Document, Support, Report^[34]



Digital Safety Solutions

Abridged List of Resources



[StopBullying.gov](https://www.stopbullying.gov)

[Cyberbullying Research Center](https://www.cyberbullyingresearchcenter.org)

[Child Mind Institute](https://www.childmindinstitute.org)

[Cyber Civil Rights Initiative](https://www.cybercivilrights.org) (online removal guide)

[Our Whole Lives](https://www.ourwholives.org) (lifespan sexuality education)

[Be Internet Awesome](https://www.beinternetawesome.org) (digital citizenship curriculum)

[Common Sense Media](https://www.commonsensemedia.org)

[Bark](https://www.bark.us) (monitoring software)



Digital Safety Solutions

A Very Abridged List of Resources



[The Download](#) (MIT Technology Review)*

[American Academy of Pediatrics](#) (Fill out the [Family Media Plan](#))

[School District of Philadelphia](#) (Browse their [Internet Safety for Students page](#))

[The Online World: What You Think You Know and What You Don't: 4 Critical Tools for Raising Kids in the Digital Age](#) by Rania Mankarious

*Helpful resource for staying up-to-date with AI resources and news



Digital Safety Solutions

A Very, Very Abridged List of Resources



[Whole School, Whole Community, Whole Child \(WSCC\)](#) Model (CDC)

[Sources of Strength](#) (peer leadership suicide prevention program)

[Revelations in Education](#), Dr. Lori Desautels, PhD, Butler University

[Trauma-Informed Schools](#), [National Education Association](#)

[Database of Resources by the Healthy Relationships for Rural Youth Initiative](#)



Final Discussion

What questions do you have?

Any areas of clarification?

What will you share with others about what you learned today?



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We Appreciate You

Thank you for giving the gift of safety to your communities and for the difference you are making in the lives of your youth

Thank you for your time, attention, and for sharing



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Acknowledgements

- We greatly appreciate our community partners and stakeholders who make this project possible: IU Health, Thrive Orange County, Covering Kids and Families of Indiana, Hoosier Uplands, Orleans Elementary School, Mitchell Community Schools, Love Never Fails United Christian Church, Youth First, Indiana Department of Education, Purdue Extension Orange County, Indiana University School of Medicine, and now the Indiana Youth Institute!
- This initiative is supported by the Indiana Department of Health with funding from the Centers for Disease Control and Prevention (CDC) through the Rape Prevention and Education (RPE) program, as well as the Indiana Clinical and Translational Sciences Institute (CTSI) through the Community Health Partnerships (CHeP) Trailblazer program



Questions? Comments?

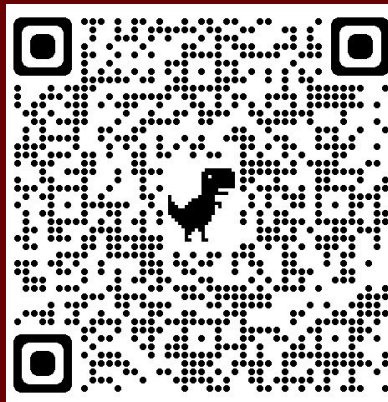
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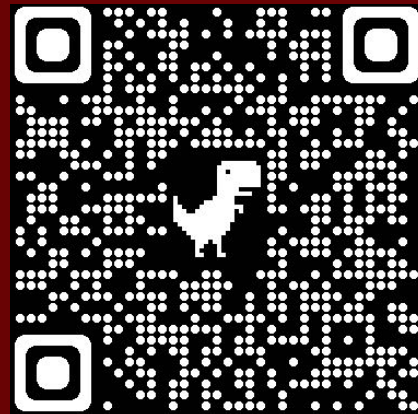
Scan the left QR code for:

[Resources Database](#)

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Contact Information

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