SURF WITH YOUR EYES OPEN

THE TEEN GUIDE TO INTERNET SAFETY

NH ATTORNEY GENERAL
MICHAEL DELANEY

VICTORI7: HOW ABOUT TOMORROW?

VICTORI7: ARE YOU HOME ALONE AGAIN?

SOCCR4RL29: YEAH

VICTORI7: LETS CHAT TOMORROW
AT THE SAME TIME THEN...

Hi, I am Mike Delaney, the New Hampshire Attorney General.
I am sure you have talked about Internet safety at your school
before. Well, what I would like you to do is to talk to your parents
and family about it. Some of them do not know a lot about
computers or the internet, and you can teach them about it.
And even if you have heard about Internet safety before, this
book may have some information you did not know.
For example, there is information about using your cell phone
camera wisely. So please take a look at the section for teens, and
then talk to your family about it, and consider using the tear-out
contract inside. Even if you know everything about internet safety,
your younger brothers and sisters probably do not, and it would be
helpful for them. And always remember, "think before you hit send."

Michael Delaney
New Hampshire
Attorney General

New Hampshire
Department of Justice

Office of the Attorney General

TABLE of Contents

PREDATOR: An adult searching for young adults and teens to rape, kidnap or harm

...huh? no I can talk now, I'm outside and no one is around me.

ONLINE ACTIVITIES &
POTENTIAL CONSEQUENCES:

There are a variety of online activities that you can entertain yourself with. However, in today's world there are also many risks that can go along with what you do online. In this book, we will take a look at some of those risks and provide tips to making the electronic world safe and fun for all. Some of the topics discussed will be:

- Understanding the risks and methods of online predators
- Understanding/Identifying a dangerous, unwanted encounter
- How to protect yourself online
- Identifying a Cyberbully
- The dangers of Sexting

1-IN-7 YOUNG PEOPLE HAS RECEIVED UNWANTED SEXUAL SOLICITATIONS ONLINE

Being educated about the tools you use will protect you from possible dangers down the road. In some situations, you may not even realize you are involved in a negative situation or what can happen until it is too late. Also, in some situations, you may not even realize that you yourself are the one committing the crime. The following pages will allow you to become more aware, safer and help you enjoy the online world as it was intended!

IS IT HAPPENING IN NEW HAMPSHIRE?

Police: Sex Offender Opened Myspace Page

Police yesterday arrested a man who was once one of Massachusetts' top 10 most wanted sex offenders.

Derek Boisvert, 27, was arrested in Hampton, accused of failing to register and of going online without telling police. It was his second arrest in Hampton, the first having been in February 2008, when he was wanted as a fugitive from Massachusetts.

Boisvert is accused of violating a law that requires convicted sex offenders to tell police when they move or change jobs.

He is also accused of creating an e-mail address and Myspace account under an assumed name and not telling police. A law that went into effect Jan. 1 requires
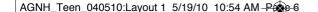
sex offenders to tell police about their online activity.

Police said there is no evidence Boisvert contacted any minors online.

In 2001 in Middlesex County, Massachusetts, Biosvert was convicted of aggravated felonious sexual assault against someone younger than 13.

Boisvert was arrested yesterday after an investigation by Hampton police, the state Attorney General's Office, and Portsmouth's Internet Crimes Against Children Task Force.

Understanding Online predators
What's the problem?

... yesterday? what? no way! the cool guy she was
goin' to meet? did he hurt her ?

The Internet can be a really great tool, fun to surf in your spare time, and totally entertaining. But remember, some things are just too good to be true.

Unfortunately, we live in a world where people sometimes take advantage of others, especially youth. Anything on the Internet, whether it's chat rooms or web sites, that attracts you and your friends will also attract predators. It is very important you, your siblings and friends have an understanding of the dangers and precautions to take when online.

More and more predators now use the Internet as their tool of choice. Instead of doing research, like you are doing for that English paper, a predator uses the Internet to find victims. Predators communicate through chat rooms and instant messaging seeking to develop relationships with young people seeking their trust. When a trust forms, they ask to meet somewhere to check out a movie, window shop or get something to eat. Typically, a predator does all this while posing as a young adult or teenager himself.

This section will cover:

- Who are the cyber predators?
- The growing problem
- How predators gather information
- Their techniques

Things to Remember About Online predators and Online Solicitation

Who are the Cyber predators?
NOT WHO YOU THINK!

> 73% are male
> Above average intelligence
> Above average incomes
> May have a successful career
> Have computer knowledge

> Many have children of their own
> Have no criminal history related to sex crimes
> May be someone you already know

THE GROWING PROBLEM BY THE NUMBERS:

> 1 in 7 young people has received unwanted sexual solicitations online
> 75% of aggressive solicitors asked to meet the child in person
> More than 1 in 3 youths said they had an unwanted exposure to sexual material in the past year
> 9% of youth Internet users experience Internet harassment

How predators Gather information

Predators use the anonymity of the Internet to talk to young adults. They look for many clues to figure out what you like, who you are and sometimes, even where you live. Too often, it's made easy because information has been volunteered by young people.

The following examples are common places predators look to gather information:

- User names/Screen names
- Profiles
- Selling Stuff

User names/Screen names:

While a user name or screen name seems like a pretty innocent thing, it can be a gold mine of information for a predator.

Here are a few things to remember:

- Predators can learn a lot about you if you use your favorite bands, pets, hobbies and sports as part of a user name or screen name.

- Providing a predator with any information that helps him learn how to become a trusted friend is unnecessary and potentially dangerous.

- A user name or screen name with a random selection of words such as "Soupshoe" is much better than a potentially descriptive identifier such as "Missy1981".

- Make sure your user identifier doesn't relate to you, your age, your school, your location, or your interests but *still have fun with it!*

> **User name:**
> **prisonerofhermione15**
> *This tells the predator that you are a Harry Potter fan, you especially like the character Hermione Granger, and you are likely 15.*

Here is a fun way to come up with a user name. Try using one of the following formulas, similar to the game Mad Libs: to select a user name:

> Adjective + noun: stuffedninja

> Size + animal: minielephant

> Season + noun: summerteeth

> Random number + ice cream flavor: 45cookiedough
  (NOT your age, phone number or address)

> Actor's name + action verb: Travoltadancing

> Color + foreign food: purplebaklava

You will find you can come up with some pretty cool and funny names to use to identify yourself online. The best part of it all is you will not be opening to the door to a predator finding out important personal information about yourself.

Profiles:

Profiles can provide predators with a lot of useful information, as well. Common information within a profile is:

> Your real name

> Birthday

> Address

> Phone number

> Hobbies

> What school you go to

> **User name:**
> **Abercromshoper89**
> *This tells the predator that you like to shop, Abercrombie and Fitch is a favorite of yours, and that you were born in 1989.*

This information is intended to be useful to other teens and young adults looking to find new friends who they have a common interest. However, predators also use this information to gain access and manipulate you. Here are some tips around filling out online profiles:

- Fill out a profile only when it is required.
- Avoid chat programs and online sites that require a profile.
- If want to fill out a profile, make sure you can control who views it.

Selling stuff

By selling things online, you can always make a quick buck off of that old Pokemon or Ninja Turtles collection you got for your birthday when you were six. But, there are also potential dangers. Here are some things to keep in mind when selling items online:
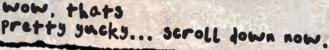
- Predators can use seller information to track you down.

- Predators can find out what state you live in from your contact information.
- Try to avoid giving out personal information.
- Conduct sales electronically only.
- Never agree to meet with a buyer on your own.
- Keep your parents involved when selling your items online.

Using online sites to sell your old stuff can be fun and rewarding. You just want to make sure you are not opening the door for a predator to find you.

CYBERSTALKING:

The predator slowly accumulates information about a user by simply reading what they are chatting about with other chatters. From there they will play on the emotions of the information they have gathered.

wow, thats pretty yucky... scroll down now...

9

man, I hope no one finds out! or I'm really in trouble this time...

THEIR TECHNIQUES:

Predators use a variety of ways to seek out victims. Often times, it is through a method that you can relate to and it appears you have in common with them. Here are some common methods a predator will use to lure you in:

> Giving you special stuff
> Pretending
> Threats
> User name tracking
> Photographs
> Email

DON'T BE FOOLED!

Sending Photos
Sometimes there are things that you may or may not want to see, like Playboy pinups or other sexually explicit material. Sometimes curiosity gets the best of us, but safety is always the most important thing to remember. When an online buddy sends you sexually explicit material, whether you want it or not, it is smart to stop speaking to that buddy. Predators use this technique to scare or befriend you.

Almost all of the time this material is unwanted, but if you continue to speak to this person, they will push you to do more things than just look at inappropriate material. Ending the conversation with this person will tell that predator that you are not interested.

Pretending
As stated in the previous sections, predators will often disguise themselves as teenagers and young adults. Sometimes they will let you know that they are adults, but most often they will befriend you online as a peer. These people can be very convincing and, without realizing what you have done, you may befriend a predator. There really is no way to know who is your same age and who is an adult, but being safe means ending communication with any online buddy if they begin to harass you. Remember, never give out too much personal information (not even an email address) and if anything mean or inappropriate happens, don't be afraid to tell your parents.

10

Threats

If an online buddy begins to threaten you because you refuse to meet him or speak to him anymore, the best thing to do is tell your parents. Predators exploit any weaknesses they can find. A predator's objective is to make you do what he wants whether or not you want to do it. Getting advice from your parents will help you make the right decision and will make sure you stay safe.

User name tracking

Searching chat rooms or reading your blogs (online journals) are easy ways for a predator to learn how to talk to you and earn your trust. By following you through chat rooms, a predator can gather information about you and make you feel comfortable enough to talk to them about anything, even revealing secrets. Beware of someone who knows everything about conversations you have been having or are quick to say "the same thing happened to me."

Posting Photographs

Putting photographs online is becoming more and more popular, especially with chat rooms, blogs, and online social networks like "myspace.com." Unfortunately, there are a number of reasons why photographs are a problem. Predators are able to put a face to all of the personal information and it assists them in physically tracking you down. Be very careful on how and where you post your photos online.

Email

Sometimes you meet people who you really like online and you want to talk to them more than just in chat rooms. Giving out your email address or instant messaging screen name can be a good way to keep your conversation private. But be careful when you give out your email address. Often times your email has a profile that can be easily accessed by a predator. Emails are personal and are sometimes unsafe to give to online buddies. Limit the people who have your

ARE YOU KIDDING ME!

email address to friends and family, do not give it to people you meet in chat rooms and set your chat profile to not display your email address.

ONLINE PHOTOS PRESENT A REAL DANGER:

> **Combining a photograph** with personal information can make it extremely easy for a predator to find his way to your school or doorstep.

> **Photographs can be manipulated** — your face put onto another person's body in a sexually explicit photograph — and posted for anyone, including your parents, to see.

> It is important to understand that **a predator wants a picture of his prey**. He will ask for a photo. **He may ask for you to pose partially or completely undressed.** If you send a predator a picture of yourself that you would not want your parents or friends to see, the predator can use that photograph to blackmail you into sending more. A predator is trying to control the person he is preying on. **This is not a relationship about love; it is about control.**

> Pictures may be fun, but make sure that you post pictures only in places where people you know can view them. **Be very careful when putting your photo online.**

11

YOUR CYBER PREDATOR DETECTION SKILLS

Here are two challenges to see if you can identify a predator. In the following examples, try to identify which conversation is with a predator:

EXAMPLE A

Bob174: Hi

Soccrgrl29: Hi

Bob174: ASL?

Soccrgrl29: 13/f/usa.u?

Bob174: 14/m/usa

Soccrgrl29: mm.. guess not

Bob174: y r u not at school?

Soccrgrl29: day off. yay :)

Bob174: kewl. so ur home alone?

Soccrgrl29: ya.parents r at work

Bob174: do u have a bf?

Soccrgrl29: no

Bob174: do u want 1?

Soccrgrl29: yes... :)

EXAMPLE B

LikeMikey22: Hi

Soccrgrl29: Hi

LikeMikey22: asl?

Soccrgrl29: 13/f/usa.u?

LikeMikey22: 14/m/usa. u like soccer?

Soccrgrl29: yea, it's my fave sport. i'm a forward

LikeMikey22: cool. me to :) what else do u like to do

Soccrgrl29: hang out with my friends, go shopping at the mall, go to the movies. u?

LikeMikey22: skateboard, hang out, play hackeysack, watch tv

Soccrgrl29: cool. skateboarding looks like fun but i bet i would fall

LikeMikey22: it's not that hard

Soccrgrl29: maybe i'll try it someday :)

THE ANSWER MAY SURPRISE YOU... BOTH!

It is very difficult to identify a predator online since the conversation happens over the Internet. Bob174 is more recognizable since he asks more personal information but LikeMikey22 still could be a predator as he is trying to befriend you using comon interests. Be sure to be very careful when in this situation and avoid giving out personal information.

EXAMPLE B

moto-boy77: Hey dirt rider
dirt_rider_15: Hey
moto-boy77: ASL
dirt_rider_15: 15/m
dirt_rider_15: u
moto-boy77: 17/m
moto-boy77: 2 old for u?
dirt_rider_15: no
moto-boy77: I c u ride motocross
dirt_rider_15: just 4 fun
moto-boy77: cool
moto-boy77: I also ride 4 fun
moto-boy77: I used to compete
dirt_rider_15: y u stop?
moto-boy77: 2 busy
moto-boy77: where do you live, maybe we can go ride sometime?
dirt_rider_15: I am not supposed to say
moto-boy77: Ok but I thought it might be fun if showed you some cool tricks
dirt_rider_15: I guess it would be ok
dirt_rider_15: Manchester NH
moto-boy77: Is that near Concord?
dirt_rider_15: yeah howd u know?
moto-boy77: I have friend in Concord that I am going to visit in a few weeks
moto-boy77: do you want to go riding then?
dirt_rider_15: that would be cool
moto-boy77: u have pic?
dirt_rider_15: yeah why?
moto-boy77: I like 2 no who I'm talking 2
dirt_rider_15: o, I'll send it
dirt_rider_15: u have 1?

Based on following these chats which of these two people should dirt_rider_15 be suspicious of?

EXAMPLE A

mx_racer45: hey dirt rider
dirt_rider_15: hey
mx_racer45: ASL
dirt_rider_15: 15/m/nh
dirt_rider_15: u
mx_racer45: 17/m/ma
mx_racer45: darn hoping u would be girl
mx_racer45: but no problem, u ride moto thou?
dirt_rider_15: yeah 4 fun
mx_racer45: awesome me 2
mx_racer45: what u ride?
dirt_rider_15: kx250
dirt_rider_15: u?
mx_racer45: yz400
mx_racer45: u have pic of it?
dirt_rider_15: yeah, I send it.
dirt_rider_15: u have 1?
mx_racer45: great look n bike
dirt_rider_15: yours 2
mx_racer45: I liv in worchester, where in nh u liv?
dirt_rider_15: Manchester
mx_racer45: where that?
dirt_rider_15: between Nashua and Concord
mx_racer45: cool
mx_racer45: maybe we can ride some time
dirt_rider_15: cool

Answer: mx_racer45 and moto-boy77 could both be potential predators. But the most recognizable predator is moto-boy77. He asks personal questions, wants to meet and asks for a photo. Again, the more up front a predator is does not make the predator less dangerous.

75% OF AGGRESSIVE SOLICITORS ASKED TO MEET THE CHILD IN PERSON

Protecting Yourself Online

Even though there are many dangers out there, you can still protect yourself from becoming a victim. Predators are able to mislead teens and take advantage of them very easily using the power of an online conversation. In this section, we will take a look at some helpful guidelines to follow to help not only protect yourself but others online as well.

Share these guidelines with your friends and siblings.

Cyber Safety Guidelines

Anyone can lie on the Internet.

Limit giving out information about yourself to trusted friends or family.

Help catch predators. Report any of the following to your local enforcement agency, the National Center for Missing and Exploited Children (www.missingkids.com), or the FBI:

- Child pornography — do not print it or send it, but save it.
- Sexually explicit pictures or streaming video — save the information.
- Sexual solicitation — save the communication by copying and pasting into a text file.

Don't stay in an uncomfortable or dangerous situation online. You might hesitate to tell your parents because they may not approve of how you got into the situation. But you should realize that a bad situation could get worse if you ignore it. Talk to a parent or a trusted adult.

Tips to protect Yourself

- **Don't believe everything you read online,** especially from someone in a chat room. It's extremely easy to lie online and predators will tell you anything to gain your trust. For example the "16-year-old boy" you just met online might actually be a 45-year-old man trying to gain your trust.

- **Predators hoping to build a relationship will look for clues on what you like,** who you are and where you live. Don't give out this information because it can be used to find you. Never reveal your name, address, phone number or school to someone you meet online.

- **Choose a random user name or screen name.** Make sure it doesn't reveal your name, age, school, location or interests. For example, the user name "SweetPanther96" might reveal to a predator that this person is likely female, a student at a school with a Panther mascot and born in 1996."

- **Do not download files a stranger has sent you.** They may contain viruses or inappropriate material.

- **Don't respond to messages that are mean or in any way make you feel uncomfortable.** It is not your fault if you receive a message like this. Tell your parents right away so they can contact the online service provider.

- **Don't view the web cam of a stranger** or let a stranger view your web cam.

- **Don't try to meet someone in person that you met online** without checking with your parents first. If your parents agree to a meeting, make sure it is in a public place and bring one of them along. Never, ever meet them alone.

- **Don't keep secrets from your parents about people you meet online.** Predators often encourage or even threaten their victims not to tell their parents about their relationship. If this happens to you, tell your parents right away.

- **Talk to your parents and try to agree** on a time of day or length of time that you spend on the Internet. Talk about sites they don't want you to visit and why. Remember, they have your best interest at heart.

Educate Your parents

Talk to your parents and family about what is in this book. Your parents might not know as much about computers as you — and this book is a good place to start them learning. Your parents probably read their section of this book, and they may be anxious to talk to you about what they read. You can explain to them in more detail about what you do on the Internet, what "texting" is, and any other areas they might have questions about. Together you can come up with a list of rules for safe and responsible computer and Internet use. You can use the tear-out contract attached to this book, or draft one of your own.

And check out this website: **connectwithyourkids.org** for more information.

15

What is Cyberbullying?

Cyberbullying is any harassment that occurs over the Internet or a cell phone. Mean or cruel email or text messages, name calling in chat rooms, and posting fake profiles on web sites are all ways of cyberbullying. Cyberbullying can be a crime — and people have been charged with harassment, stalking, criminal threatening, and other crimes for cyber-bullying. Your school can also take disciplinary action against cyber bullies. Report all instances of cyberbullying!

The ABC's of Cyberbullying: For Students

A Avoid posting or sending mean comments toward others online.

B Block the senders who repeatedly send nasty comments or messages to you.

C Clarify the intent of a message that bothers you. Maybe the sender was just joking.

D Delete mean messages or comments, but be sure to save the evidence should the cyberbullying continue.

E Encourage your friends to post positive comments and messages online.

F Forward abusive messages to the Internet service provider so that it can warn the abuser.

G Generate a positive cyber atmosphere by avoiding disrespectful treatment of others.

H Help others who are targeted by posting positive or encouraging messages.

I Invite a classmate who has been targeted online to participate in an activity with you.

J Join with others to stamp out cyberbullying by addressing it in student leadership groups.

K Keep a record or log of cyberbullying incidents to assist you in reporting the incidents.

L Limit the "friends" on your social networking sites or buddy lists to people you know in the real world.

M Make a public service announcement or start a campaign in your school to prevent cyberbullying.

N Name aggressive, mean, online behavior as cyberbullying when you see it. It is not just "playing around."

O Open your eyes to bullying incidents everywhere.

P Protect yourself by using the privacy features on social networking sites.

Q Quickly report cyberbullying that includes threats of violence or self-harm, sexual exploitation, or harassment. Report to a trusted adult or the police.

R Respect others in the real world and the digital world.

S Support targets of bullying online and in the real world through words of support and offers of help.

T **TELL** an adult at home and at school if you or your classmates are being cyber-bullied.

U **UNDERSTAND** how words can be weapons and choose yours wisely.

V **VERIFY** with the sender that it is okay before you forward their message to others.

W **WRITE** an article for the school newspaper about cyberbullying to educate other students about this problem.

X **"X"** amine your own behavior online. Treat others as you would like to be treated.

Y **YELLING** online is viewed as rude. Avoid typing in all caps.

Z **ZIP** your lips and your keyboard when it comes to gossip and rumors!

SEXTING

"Sexting" is the act of sending sexually explicit messages or photos electronically, primarily between cell phones. Why do teens do it? In some cases, kids are responding to peer pressure in a form of cyberbullying or pressure from a boyfriend or girlfriend (they break up, and sometimes those photos get sent around out of revenge). Sometimes it's impulsive behavior, flirting, or even blackmail. Another reason is that the person sending photos or asking for such photos (sexting) is hoping to have a sexual encounter with the recipient later; initially maybe just casually, but it can transition into highly suggestive and even very sexually explicit text and photos.

OMG! I can't believe she took a picture like that! She's crazy!!!!

IT'S MORE COMMON THAN YOU THINK!

> **20% of teens** (ages 13-19) and **33% of young adults** (ages 20-26) **have shared nude or semi-nude pictures** of themselves either via text or by posting online.

> **Teen girls** are slightly **more likely** to do this than boys

> **11% of the young teen girls** (ages 13-16) admitted to sending suggestive photos of themselves

17

Why is it a problem:

The problem occurs when someone who receives a sexting photo forwards it. For example, one photo can quickly be sent along throughout an entire school. This can cause emotional (and reputational) damage. Not only can photos be sent around; they can be posted online for people to search pretty much forever.

YOU CAN'T TAKE IT BACK!

- They can be **uploaded onto the internet,** including social networking sites.
- They can be **forwarded to many cell phones at once**.
- Once digital images are out there, **they leave a digital footprint**, especially online. You can't "take it back."
- **51% of teen girls cite pressure from guys** as a reason to send explicit messages, while only **18% of teen boys** say so.

It's illegal:

Don't take or send nude or sexually suggestive photos of yourself or anyone else. If you forward these photos — you could be charged with distributing child pornography. If you keep them on your phone or computer you could be charged with possession. If they go to someone in another state (and that happens really easily), it could be a federal crime. If you send them to someone who does not want them, you could be charged with harassment.

THE BOTTOM LINE: DON'T DO IT!