

A stylized graphic of a circuit board or network diagram is positioned on the left side of the slide. It features a vertical line with several horizontal branches, each ending in a small circle, resembling a tree or a network structure. The lines and circles are light blue.

# DIGITAL SAFETY 101

PROTECTING YOURSELF AND OTHERS IN A DIGITAL WORLD

# MY GOALS FOR TONIGHT



## **Educate**

Provide a basic overview of the issues surrounding students (and adults!) and technology



## **Equip**

Give you some tools and resources to help prevent harm before it happens



## **Empower**

Show you how you can use those tools to help others if they become victims

# DISCLAIMER

Thoughts, comments, etc. are my own

There is no “one size fits all” solution

I do not have all the answers

A decorative graphic on the left side of the image, consisting of a network of light blue lines and small circles, resembling a circuit board or a neural network, set against a dark blue background.

# ALWAYS REMEMBER...

YOU ARE NOT ALONE!

# ONLINE EXPLOITATION OF CHILDREN IS CONTINUING TO INCREASE RAPIDLY

In  
**2025**  
alone,  
there  
were...

21.3 million reports of suspected child  
exploitation

1.4 million reports of online  
enticement/sextortion

Over 400,000 reports involving AI-  
generated exploitation

# WHAT KIDS ARE EXPERIENCING ONLINE

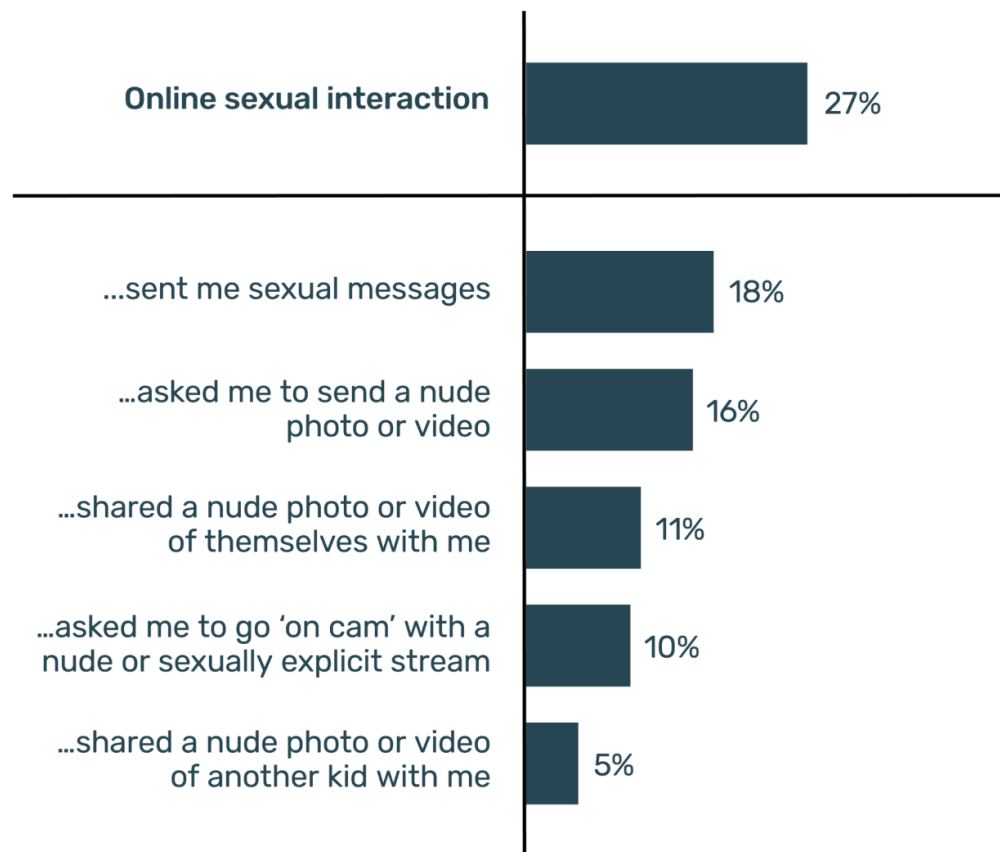
- Early exposure to explicit content (often before age 12)
- Requests for nude photos or personal information
- Contact from strangers posing as non-threatening “friends”
- Pressure to engage in sexual conversations or meet in person
- Threats of extortion after nude images are shared or created

# WHAT DO THE NUMBERS TELL US?

- 51% of minors reported they had a potentially harmful online experience

## Rates of potentially harmful online experiences among minors

Q19B. Please indicate if you have ever experienced any of the following on a platform.



Question was multiple select.

# HOW DOES THIS HAPPEN?



**Connecting** with friends  
– and strangers



**Downloading** apps and  
joining new platforms



**Sharing** photos, videos,  
and other personal  
details



**Building** a digital  
identity/footprint earlier  
and younger

The background is a blue gradient with abstract white lines resembling circuit traces or data paths in the corners. These lines connect small circles, some of which are larger than others, creating a network-like structure. The lines are more prominent in the top-left and bottom-left corners, and less so in the top-right and bottom-right corners.

WHERE DOES THIS HAPPEN?

# WHERE DOES THIS HAPPEN?



# UNITED STATES V. MICHAEL DENDY

- Charges:

- Sexual Exploitation of a Child (Production of Child Pornography) – 5 counts
- Distribution of Child Pornography – 7 counts
- Receipt of Child Pornography – 8 counts
- Possession of Child Pornography – 1 count

**Former Georgia Teacher Charged with Producing, Distributing, Receiving Child Sexual Abuse Material**

Wednesday, July 12, 2023

For Immediate Release

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# IF THEY CAN ACCESS YOU, THEY CAN **STUDY** YOU

- Kids often think:
  - “It’s just online, not real life.”
  - “Everyone else has public profiles.”
  - “We have mutuals; play the same games.”
  - “My data is already out there anyway.”
- Strangers can learn about you quickly through your online info
- Online access is **real world risk**

# KEY RISK FACTOR: YOUR DIGITAL FOOTPRINT

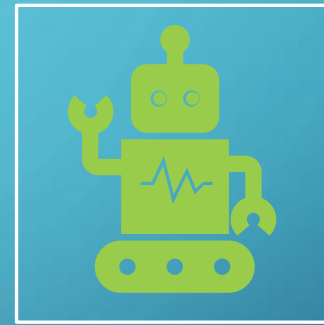
- A “digital footprint” is **anything that is shared online**
  - Messages; Posts; Comments; Photos
  - Likes; Follows; Interests
  - Location Data
  - Tags; Content Shared by Others
- Anything posted online should be treated as potentially permanent, and **potentially public**; whether you intend it or not.

# AI: ARTIFICIAL INTELLIGENCE OR ABSOLUTE INSANITY?



## **Generative AI**

Allows a user to create new images, videos, audio and text based on user requests or prompts



## **AI Chatbots & Companions**

Computer program designed to simulate conversation with human users, especially over the internet

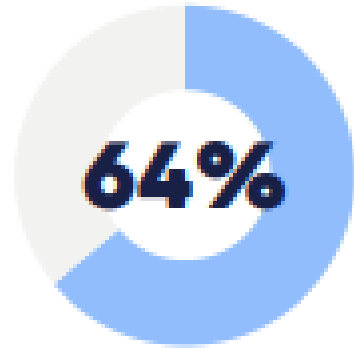
# GENERATIVE AI



# GENERATIVE AI

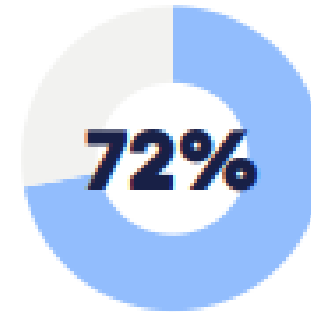
- “Nudify” type apps are being used by **offenders** and **students**
- NCMEC received over **400,000 reports** of child exploitation involving GAI in 2025 alone
  - More than **182,000** of those reports involved offenders possessing, generating or attempting to generate GAI CSAM
- Since 2023, NCMEC has identified more than **275 victims** of GAI CSAM, and more than **158,000 images/videos** have been categorized

# AI CHATBOTS & COMPANIONS



**Teen use of  
AI chatbots**

Pew, 2025c



**of teens have  
used an AI  
companion**

Common Sense Media, 2025, p. 2

# AI CHATBOTS & COMPANIONS

## Common Sense Media Finds Major AI Chatbots Unsafe for Teen Mental Health Support

New research reveals systematic failures across ChatGPT, Claude, Gemini, and Meta AI in recognizing mental health conditions affecting 20% of young people

Common Sense Media  
Thursday, November 20, 2025

**SAN FRANCISCO, Nov. 20, 2025**—Common Sense Media today released a comprehensive risk assessment finding that AI chatbots are fundamentally unsafe for teen mental health support. The research, conducted alongside Stanford Medicine's Brainstorm Lab for Mental Health Innovation, found that despite recent improvements in how they handle explicit suicide and self-harm content, leading AI platforms—including ChatGPT, Claude, Gemini, and Meta AI—consistently fail to recognize and appropriately respond to mental health conditions that affect young people.

## Mother sues OpenAI, alleging ChatGPT encouraged daughter's suicide

By Diana Novak Jones

June 11, 2026 9:37 AM EDT · Updated June 11, 2026



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Colombia earthquake Jackie the eagle Zuckerberg's yacht Lindsay Clancy 'Tony' movie review

U.S. NEWS

## An AI chatbot pushed a teen to kill himself, a lawsuit against its creator alleges

# HOW YOU CAN REDUCE YOUR RISK

- Set all online accounts to **private**
- **Limit** personal information
- **Turn off** location sharing
- Only accept friend requests from people you **actually know IRL**
- Delete old profiles/accounts not in use
- Talk **early**. Talk **often**.
- Remember:
  - Friendly online  $\neq$  Safe
  - If it helps someone **find you offline**, then it should **stay offline**.



# HOW YOU CAN REDUCE YOUR RISK



## A parent and guardian's guide to Instagram



In collaboration with:

ConnectSafely



## Parental controls and settings for supervised child accounts on YouTube

Parents who decide that their child (under the age of 13 or [the relevant age in their country or region](#)) is ready to explore YouTube can [set up a supervised account](#). There are various controls and settings for you to guide your child's viewing journey through a supervised account.

**Note:** If you want to learn more about parental controls and settings for YouTube Kids, get [more info in our Help Centre](#).

[Computer](#) [Android](#) [iPhone and iPad](#)

## Manage parental controls and settings

When you set up a Google Account for your child, you can set up parental controls for a supervised YouTube account in [Family Centre](#) or [Family Link](#).

[Use your linked parent account's Family Centre](#) 

[Use the Family Link app](#) 

## Change specific parental controls and settings

You can tailor the supervised YouTube account for your child by adjusting specific parental controls and settings. These controls and settings let you:

[Block content](#) 

[Change content-level settings](#) 

[Review your child's watch history](#) 

[Clear history](#) 

[Disable auto-play](#) 

SNAPCHAT   
**FAMILY  
CENTER**



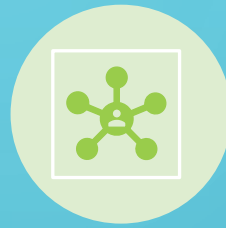
# DEVICES

- There is no magical or right age for kids to get their first device
  - Have a conversation as a family about when it is appropriate (and why!)
- Establish ground rules for how/when/where use is allowed
- Apps must approved before downloading
- Agree that parent/guardian can inspect devices
  - Have all passwords

# BE S.M.A.R.T. WITH DEVICES AND ACCOUNTS



SETUP:  
Devices/Account/Passwords



MONITOR:  
Online Use/Connections/Friends



APPROVE:  
Apps/Games/Friends



RESTRICT:  
Content/Permissions



TALK: Have the  
hard/uncomfortable conversations  
**before** it becomes a problem

# SETUP AND PARENTAL CONTROLS

## Set up your iPhone or iPad

Learn how to set up your iPhone or iPad.

If you already set up your new device but want to start over, [learn how to erase your iPhone or iPad](#).

## Manage how you spend time on your Android phone with Digital Wellbeing

On some phones, you can get info about how you spend time on your phone, like how often you unlock it and how long you use each app. You can use that info to improve your digital wellbeing. For example, you can set app timers and schedule display changes.

## Use parental controls to manage your child's iPhone or iPad

With Screen Time, there are a number of settings and parental controls that you can use to help keep your child's device usage safe, private, and age appropriate.



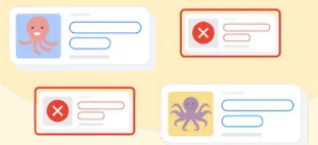
## Share what you love with who you love.

Set up a Family Sharing group and give five of your family members access to the subscriptions you love for free.<sup>1</sup> Keep track of your family finances, loved ones' whereabouts, and more. All while everyone maintains privacy on their own devices, so the whole household gets more of what they want.

## Help protect your kids and teens online

Google Families

Safeguards to help protect kids and teens from harmful content



# SOME DEVICE EXAMPLES

|                                                                                   |                                                                                    |                                                                                     |                                                                                     |                                                                                     |
|-----------------------------------------------------------------------------------|------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|
|  |  |  |  |  |
| <b>BEST PARENTAL CONTROLS</b>                                                     | <b>MOST CUSTOMIZABLE</b>                                                           | <b>BEST FOR TEENS</b>                                                               | <b>BEST FOR ELEMENTARY SCHOOL KIDS</b>                                              | <b>BEST ANDROID</b>                                                                 |
| <u><a href="#">Pinwheel Pixel</a></u>                                             | <u><a href="#">Bark Phone</a></u>                                                  | <u><a href="#">Apple iPhone 16e</a></u>                                             | <u><a href="#">Teracube Thrive</a></u>                                              | <u><a href="#">Samsung Galaxy S25</a></u>                                           |
| <b>View on</b>                                                                    | <b>View on</b>                                                                     | <b>View on</b>                                                                      | <b>View on</b>                                                                      | <b>View on</b>                                                                      |
| <b>PINWHEEL.COM</b>                                                               | <b>AMAZON</b>                                                                      | <b>AMAZON</b>                                                                       | <b>MYTERACUBE.COM</b>                                                               | <b>SAMSUNG</b>                                                                      |

SOURCE: [HTTPS://WWW.PARENTS.COM/KIDS/SAFETY/INTERNET/BEST-PHONES-FOR-KIDS/#TOC-OTHER-CELL-PHONES-FOR-KIDS-WEVE-TESTED-AND-LIKED](https://www.parents.com/kids/safety/internet/best-phones-for-kids/#TOC-OTHER-CELL-PHONES-FOR-KIDS-WEVE-TESTED-AND-LIKED)

*Parental controls can help,  
but they cannot be the only  
safeguard. It's important to  
stay connected with your  
child regarding their online  
activities.*



# IF SOMETHING HAPPENS: **ACT QUICKLY**

- 1. **STOP TALKING** to the suspect – do not engage further (and do not try to meet)
- 2. **SAVE THE EVIDENCE** – do **NOT** delete anything (save usernames/messages; screenshots; etc.)
- 3. **BLOCK** the suspect
- 4. **TALK** about it – understand what happened (plus where, when, how, what was shared, etc.)
- 5. **REPORT** the incident – to the platform through online tools **AND** law enforcement
  - Local law enforcement
  - [ic3.gov](https://ic3.gov) – FBI's Internet Crime Complaint Center
  - [cybertipline.org](https://cybertipline.org) – National Center for Missing & Exploited Children (NCMEC)
  - [takeitdown.ncmec.org](https://takeitdown.ncmec.org) – to help remove shared/posted images

# THE BEST PROTECTION: **BE A TRUSTED ADULT**

1

Make it safe for your child to tell you **anything**

2

**Stay calm** – even if what they share is serious

3

Check in **regularly**, don't wait for something to feel wrong

# STUDENTS: DON'T BE A BYSTANDER!

- Talk to your friends and hold each other **accountable**
  - Agree what you will and won't share online about each other
- If you receive images of someone else, do **NOT** pass them along
  - **Report** it and **break** the cycle!
- Be the friend people feel comfortable coming to
- If a friend comes to you, **don't** let them handle it alone
  - Comfort them
  - Bring them to your trusted adult to help



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