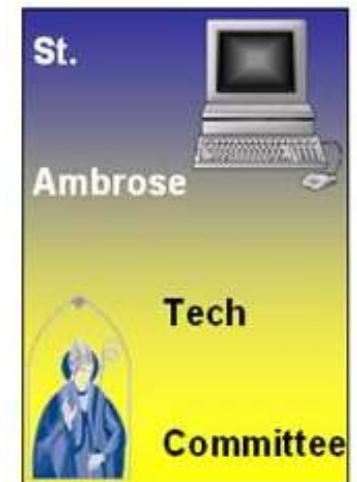


Internet Safety for the Family

Bob Novo
St. Ambrose School – Technology Committee
February 27th, 2007



These recommendations and websites are based on the collective research and knowledge of the St. Ambrose School technology committee. What sites, concepts, ideas, precautions, etc. to use on their computer and share with their children should be determined by the children's parents or guardians.

St. Ambrose School – Technology Committee

- **Our committee coordinates and manages technology projects within St. Ambrose School**
- **Current activities include:**
 - School Web Site Maintenance
 - Continue and Finalize Classroom Computer Refresh
 - Deploy Technology in the Curriculum
 - Training
 - Computer Maintenance
 - Fundraising/Community Service
 - Technology Grants
- **Interested in any of these topics – Talk to the members – we’re always looking for help!**

We are especially looking for a volunteer technical writer for soliciting government and corporate grants



Agenda

- **Introduction**
- **Potential Internet Threats**
- **Guest Speaker:**
 - **Officer Patrick D’Onofrio, Old Bridge P. D.**
- **Safety in the PC and Network**
- **Safety in the Home and Family**
- **Summary and Conclusions**
- **Q & A**

The Need for Internet Safety

HARTFORD, CT - Police are investigating whether as many as seven teenage girls have been sexually assaulted by men they met through the popular Web site myspace.com.

-AP, February 2006

In 2006, 8.9 million Americans were the victim of some form of ID theft.

-Better Business Bureau Identity Fraud Survey Report, January 2006

Renowned psychiatrist duped by Nigerian scam – A renowned psychiatrist lost up to US \$3 million over 10 years to a Nigerian internet scam, his son alleges in a lawsuit.

-Sydney Morning Herald, April 2006

TOMS RIVER — When an Internet site last year offered a luxury automobile for sale for \$20,000, a Pennsylvania man forwarded a \$2,500 down payment to the seller. The problem was, the seller, 29-year-old David M. Calabretta of Berkeley, didn't have the BMW to sell. So the purchaser never received it.

-Asbury Park Press, March 2006

One in five kids online is sexually solicited.

-Cyber Tipline

These threats do not only apply to “computers”. Care must be taken with other communications devices (blackberries, PS2s, cell phones, etc.)

A Sample Chat Room Discussion

- **Child:** I hate my mom! I know it's her fault that my parents are getting divorced
- **Online Buddy:** I know. My parents are getting divorced, too.
- **Child:** We never have any money anymore, either. Every time I need something, she says the same thing: "We can't afford it." When my parents were together, I could buy things. Now I can't.
- **Online Buddy:** Me too. I hate that!
- **Child:** I waited for six months for the new computer game to come out. My mom promised to buy it for me when it came out. She promised! Now it's out. Can I buy it? Nope. "We don't have enough money!" I hate my mom!
- **Online Buddy:** Oh! I'm so sorry! I got it! I have this really kewl uncle who buys me things all the time. He's really rich.
- **Child:** You're sooooo lucky. I wish I had a rich and kewl uncle.
- **Online Buddy:** Hey! I got an idea! I'll ask my uncle if he'll buy you one too. . . . I told you he's really kewl. I bet he'd say yes.
- **Child:** Really!? Thanks!!
- **Online Buddy:** BRB [cybertalk for "be right back"] . . . I'll go and call him.

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A Sample Chat Room Discussion (cont'd)

- **Online Buddy: Guess what? He said okay. He's gonna buy you the game!**
- **Child: Wow, really? Thanks. I can't believe it!!!**
- **Online Buddy: Where do you live?**
- **Child: I live in NJ. What about you?**
- **Online Buddy: I live in New York. So does my uncle. New Jersey isn't far.**
- **Child: Great!**
- **Online Buddy: Is there a mall near you? We can meet there.**
- **Child: Okay. I live near Woodbridge Mall.**
- **Online Buddy: I've heard of that. No prob. What about Saturday?**
- **Child: Kewl.**
- **Online Buddy: We can go to McDonald's too if you want. We'll meet you there at noon.**
- **Child: Okay. Where?**
- **Online Buddy: In front of the computer game store. Oh! My uncle's name is George. He's really kewl.**
- **Child: Great . . . thanks, I really appreciate it. You're so lucky to have a rich and kewl uncle.**

Sample Chat Room – The Conclusion

- **Saturday arrives, and the child goes to the mall and meets an adult outside the computer game store. He identifies himself as “Uncle George” and explains that his nephew is already at the McDonald's waiting for them. The child is uncomfortable, but the uncle walks into the store and buys the \$100 game. He comes out and hands it to the child, who is immediately neutralized and delighted.**
- **Stranger-danger warnings are not applicable. This isn't a stranger- he's “Uncle George,” and if any proof was needed, the computer game is it. He gets into Uncle George's car without hesitation to meet his friend at McDonald's. The rest is reported on the 6 o'clock news.**

Guest Speaker



Officer Patrick D'Onofrio
Old Bridge Police Department

Potential Threats

- **Crime**
 - Exposure to illegal/inappropriate activities (drugs, gambling, sexual content, etc.)
 - Fraud and scams
 - Predatory risks

- **Identity Theft**
 - Phishing – Baiting a user into divulging personal or sensitive information.
 - Spoofing – Someone pretending to be you (or someone else) on the Internet

- **Malware**
 - Virus – A program designed to propagate through the internet without your control
 - Spyware – A program that captures personal or usage information from your PC and sends it to the originator via the internet
 - Worm – A program that causes damage to your PC
 - Trojan Horse – A malicious program disguised so to entice the user to download it and run it on his/her computer. For instance it can be used to gather personal information from the victim without his/her knowing

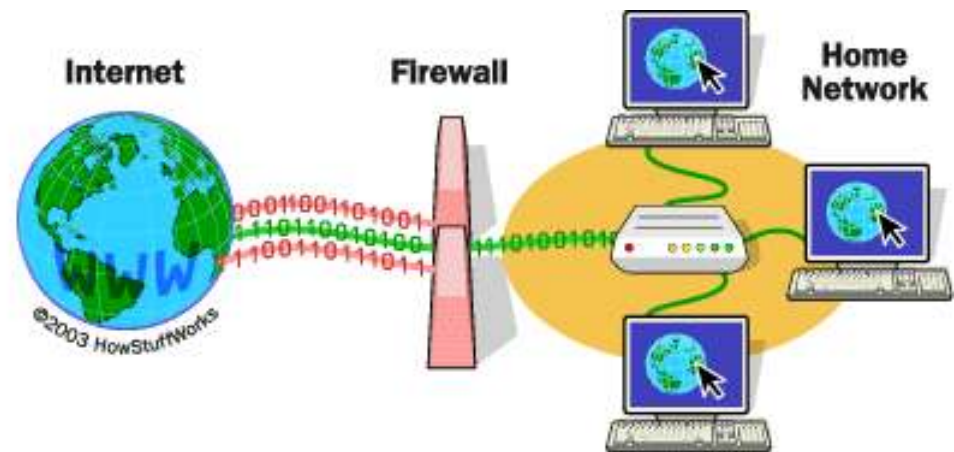
- **Spam – Unsolicited “junk” e-mail**

- **Hard drive failure – Your hard drive may fail due to a virus attack or from “natural causes” as well**

Safety in the PC and Network

- **ISP Selection (AOL, NetZero, Optonline, etc.) – Many Internet Service Providers have “value added” security features as part of their service. E.g.,**
 - Spam/virus blocking
 - Separate logins for adults and children with appropriate controls

- **Firewalls; Hardware or Software**
 - A program (or device) to block unauthorized or inappropriate access to your computer
 - For instance Windows XP includes a firewall
 - Many home routers have a firewall built in
 - More powerful firewalls can be purchased “stand-alone”



- **Anti-Virus (Norton, McAfee, etc.)**
 - Programs that automatically detect and eradicate a virus from your computer before it can do any harm
 - Should be updated frequently to be effective
 - Many vendors will include updates as part of purchase or have automated update features
- **Spyware Protection**
 - Programs that automatically detect and eradicate spyware from your computer to avoid sending personal information without your knowledge and authorization
 - Should also be updated frequently and run regularly
 - Most anti-spyware programs are joint with anti-virus

Safety in the PC and Network

- **Filtering and Parenting Software – To manage what sites your child can and cannot visit (NetNanny, SafeEyes, etc.)**
 - “Blacklist” – Contains a list of sites that are blocked from access. The list may come with the program and/or you may be able to add additional sites to the list
 - “Whitelist” – Contains a list of sites that are enabled. Access to any other site would be blocked
 - Tracking – Will maintain a log of internet activity (e.g., usage time, sites visited, messages exchanged, etc.)
- **Automated back-up Programs**
 - A program that will automatically create a back up copy of any sensitive or valuable data on your computer hard drive at a regularly scheduled time (e.g., once a week)

None of the above items are an adequate substitute for active parenting and communications with your children!



Safety in the Home and Family

- **Things to Watch Out For**
- **Rules for Internet and Computer Usage**
- **Rules for Internet Behavior / Net Etiquette**



Things to Watch Out For

- **Excessive Internet usage (especially at night)**
- **Pornography or inappropriate content on the computer**
 - Rapid screen changes when you approach
- **Making or receiving unusual phone calls**
- **Gifts or letters in the mail from unknown senders**
- **New friends from unknown sources**
- **Usage of someone else's computer account**
- **Withdrawal or changes in behavior**

Some Rules for Internet and Computer Usage

- **Discuss the rules, get all family members to agree to adhere to them, and post them near the computer as a reminder.**
- **Remember to monitor their compliance with these rules, especially when it comes children's computer use:**
 - Amount of time
 - When are they on line
 - What they are on line for
- **Learn enough about computers so you can enjoy them together with your kids.**
 - Occasionally peek at the screen when the kids are online
 - Periodically review files on the computer
- **Ensure that your children feel comfortable coming to you with questions.**

Some Rules for Internet and Computer Usage (Cont'd)

- **Encourage discussions between you and your child about what they enjoy online.**
- **Personal information stays personal.**
 - Do not give out information like name, phone number, school name, etc.
 - Never post pictures of yourself or family on public forums
- **“Google” yourself and your children as an early alert for exposed personal data.**
- **Take care when opening e-mail attachments**
 - Don't open an attachment from an unknown sender
- **Make sure your anti-virus software is always up to date.**
 - Run anti-virus and anti-spyware software regularly
- **Recognize that information found on the internet and messages received may or may not be true.**

Rules for Internet and Computer Usage – Protecting Sensitive Data

Passwords:

- Don't give out your passwords or store them where they can be found.
- Change your password frequently.
- When you type it in, don't let them look over your shoulder.
- Never store it or preprogram it.
- Take special care when using public computers or devices

Credit Cards:

- Don't store your credit card information on your computer.
- Only supply your credit card information on secure lines.
- Make sure, even if the line is secure, that you're dealing with a reputable company, and that they are who they say they are.

Don't give out any sensitive data unless you've verified the identity of the requesting party!!!

Rules for Internet and Computer Usage for Children

- **Keep the computer in a common area, not in your child's bedroom.**
- **Watch your children when they're online and see where they go.**
- **People, not computers, should be their best friends and companions.**
- **Get to know their “online friends” just as you get to know all of their other friends.**
- **Make sure your child doesn't spend all of his or her time on the computer.**
- **Help them find a balance between computing and other activities.**
- **Keep kids out of chat rooms unless they are monitored.**
- **Warn them that people may not be what they seem to be.**
- **Make sure you and the parents or guardians of your children's friends agree about monitoring the children's activities online.**

Never agree to have an unsupervised face to face meeting with anyone you've met on-line

Cyber Bullying

- **Cyber harassment, also known as "cyber bullying," includes online threats and insults intended to embarrass, harass, or terrify. The practice is known to cause emotional turmoil, fear, and depression in children. It has, moreover, facilitated teen suicide.**
- **One-quarter (25%) of students in grades 9-12 say they know someone who has been cyber bullied, and 21% of students in grades 5-8 do. In both cases, students used their own personal definitions of cyber bullying.**
- **Students used their own definitions when asked whether they had been "cyber stalked," meaning repeatedly pursued or contacted by another person online and against their wishes. A surprising percentage of high school students (11%) indicated that they had been, and one in twelve (8%) middle school students indicated the same.**

Cyber Bullying – What to do

- **Tell a trusted adult about the bullying, and keep telling until you find someone who takes action.**
- **Don't open or read messages from cyber bullies.**
- **Tell a teacher or administrator at your school if it is school related.**
- **Don't erase the messages – they may be needed to take action.**
- **Protect yourself: Never agree to meet face to face with anyone you meet online.**
- **If bullied through chat or instant messaging, the "bully" can often be blocked.**
- **If you are threatened with harm, inform the local police.**

Good Internet Behavior

- Remember, there's also a person on the "other end of the line" – put yourself in the recipient's shoes
- Take care when sending private/sensitive messages over the Internet – you never know who they can be forwarded to
- Careful when posting an article on a web page, you don't know who may read it
- Don't respond to suggestive, obscene, harassing or belligerent messages
- Don't provoke conflicts or bully
- If something irritates or instigates you, "take 5" before responding
- *Exhibit the same courtesy and respect for individuals that you would in a face to face interaction*

Summary

- **Internet threats can take on a range of forms or attacks**
- **The Internet can create an illusion to turn strangers into “friends”**
- **The Internet can cause loss of perspective that there’s also a person on the “other end of the line”**
- **While many of the scenarios and examples covered today relate to children, internet threats can affect people of any age**
- **Internet safety can best be ensured by a combination of technology and awareness**
- **Take care when sharing personal or sensitive information over the Internet**
- **It is important to keep all security software on one’s PC regularly up to date**

Who to Contact?

- **Technology issues:**
 - **St. Ambrose School Technology Committee:**
 - tech@stambroseschool.net
 - **Web sites with good Internet security information:**
 - <http://www.firewallguide.com/>
 - <http://www.wiredsafety.org/>
 - http://www.download.com/Security/2001-2023_4-0.html?tag=dir
 - Also see handout for additional sites

- **Safety questions:**
 - **Old Bridge Police Department: (732) 721-5600**
 - **FBI – Newark Field Office (973) 792-3000**
 - **FBI – Crimes Against Children Unit (202) 324-3666**
 - **National Center for Missing & Exploited Children
1-800-843-5678**

- **Emergencies:**
 - **911**