Protecting Our Kids in the Digital World

Karilyn M. Orr
Internet Safety Specialist
ICAC Task Force

What is ICAC?

ICAC Internet Crimes Against Children Task Force Program

Respond to technology-facilitated child sexual exploitation and internet crimes against children.

- Forensic and Investigative
- Training and Technical Assistance
- Prosecution
- Victim Services
- Prevention and Education

NATIONAL CENTER FOR MISSING & EXPLOITED CHILDREN®

CyberTipline

CyberTipline.org • 1-800-THE-LOST®

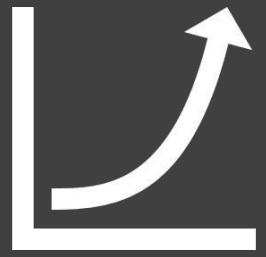
CyberTipline.org

Clearinghouse for online child sexual exploitation

CyberTipline

How it works

ILAG ICAC CyberTips



2020	2021	2022
5,184	7,359	9,280

Breakdown of CyberTip Reports

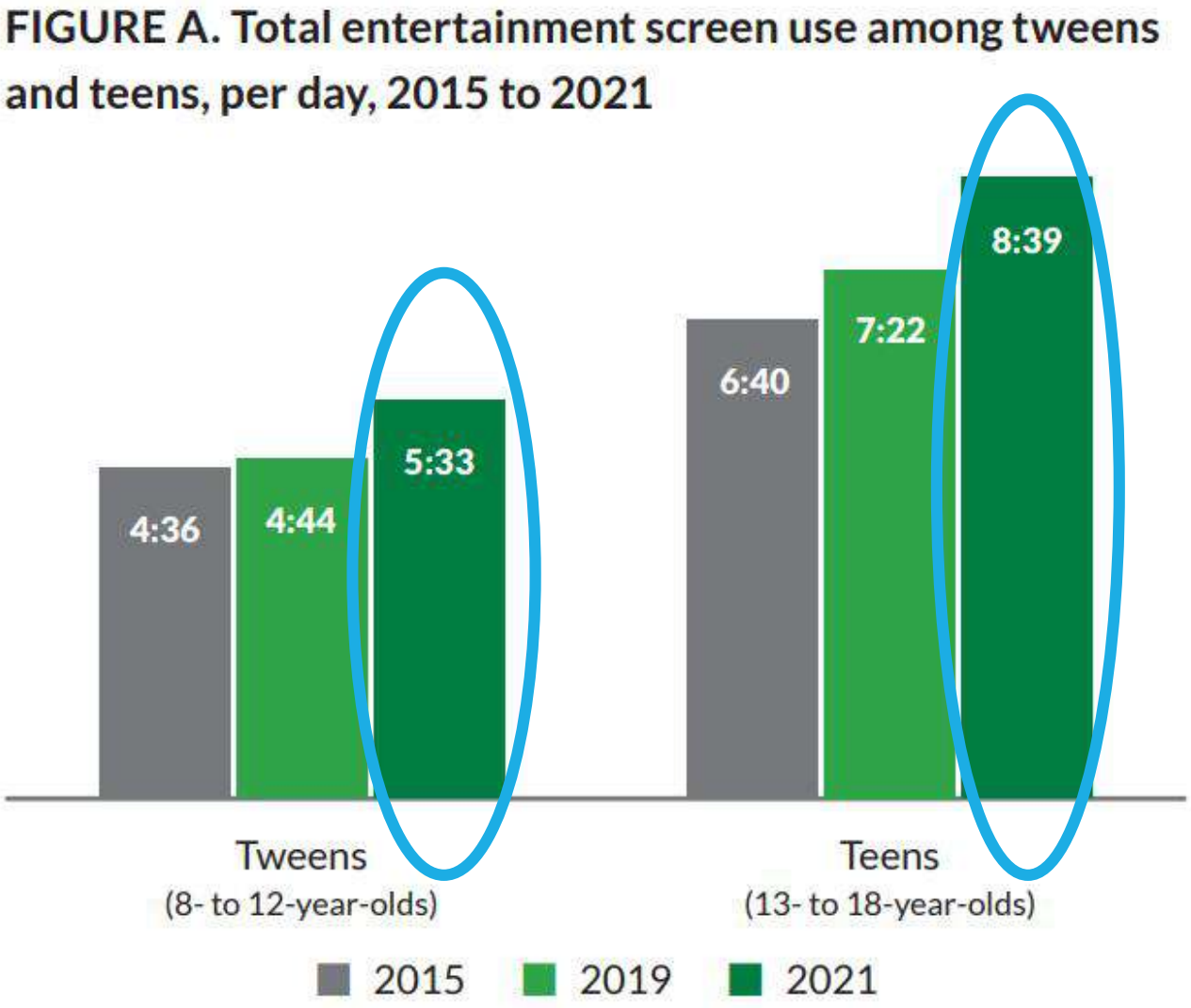
94% classified as child pornography (possession, manufacture and distribution)

5% classified as Online Enticement of Children for Sexual Acts

Screen Time

The amount of time spent engaging in screened media, including educational activities, entertainment, gaming, social media, and more

Screen Time



Retrieved on August 11, 2023 at: https://www.commonsensemedia.org/sites/default/files/research/report/8-18-census-integrated-report-final-web_0.pdf

Teens & Screens

PEW Research Center

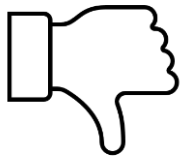
- 95% of teens have access to a smartphone
- 97% of teens use the internet daily
- Teens spend 8-9 hours per day on digital devices
- 46% say they are online “almost constantly” (doubled since 2015)
- 4 out of 5 teens are regular social media users (over half say would be hard to give up)

Retrieved on August 3rd, 2023 at: https://www.pewresearch.org/internet/2022/08/10/teens-social-media-and-technology-2022/

Screen Time

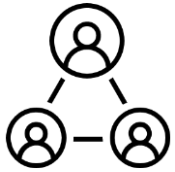
American Academy of Pediatrics

Excessive Screen Time



- Obesity
- Lack of sleep
- School problems
- Aggression
- Anxiety

Why Set Limits?



- Social cues/body language
- Communication skills
- Sense of self & identity
- Emotional intelligence
- Problem-solving skills
- Relationship skills

Retrieved on September 7, 2023 at: https://www.aap.org/

Screen Time: Recommendations

American Academy of Child & Adolescent Psychiatry

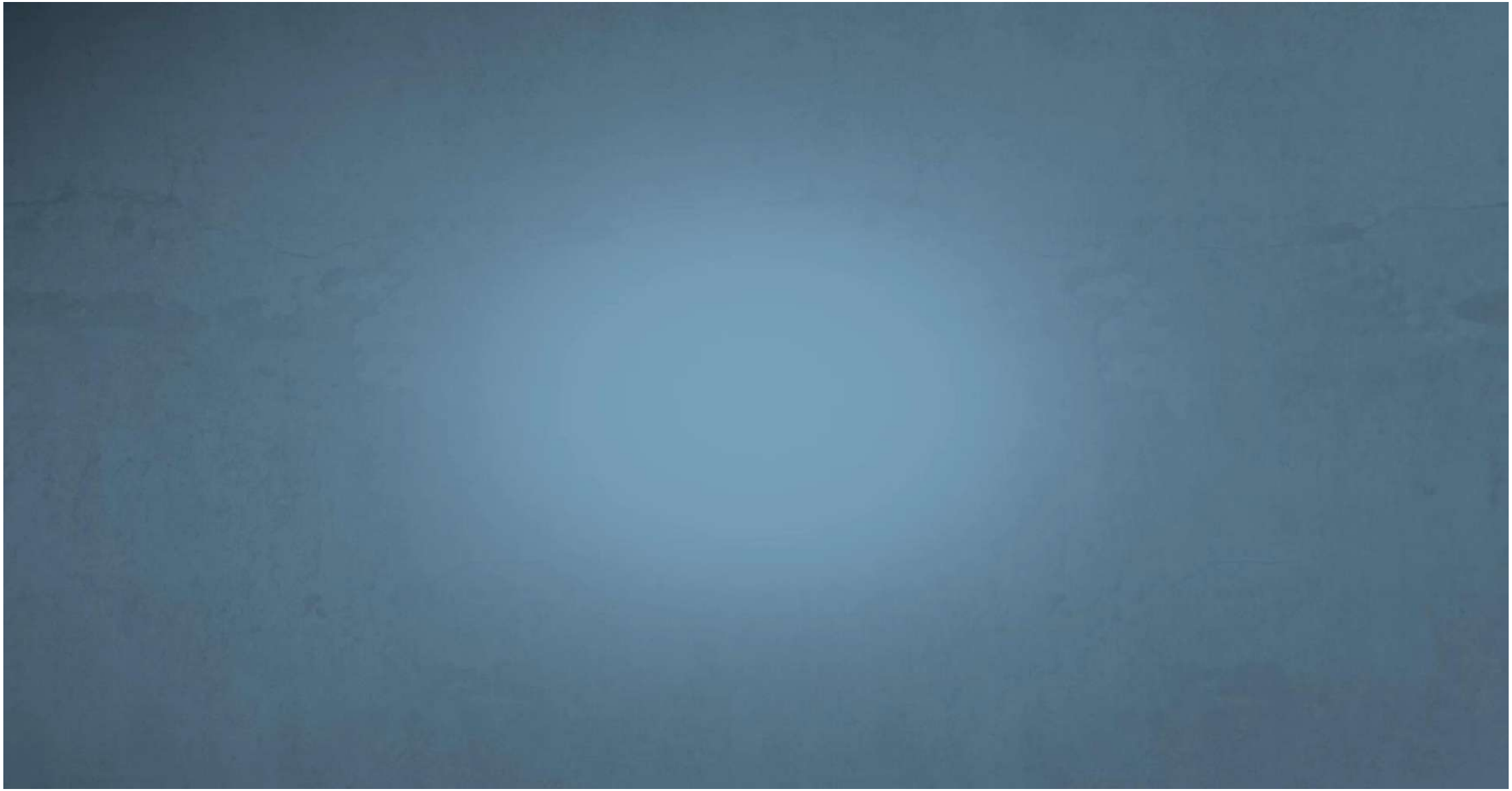
Recommendations

- **0-2 years old:** 0 hours per day
- **3-5 year olds:** 1 hour per day
- **6 years and up**: 2 hours per day

Considerations

- Is my child's behavior positive during and after interaction with the game/app?
- Is my child getting a healthy amount of sleep?
- Is my child getting a healthy balance of offline activities (family time, outdoor activities, etc.)?

Retrieved on August 31, 2023 at: https://www.aacap.org/AACAP/Families_and_Youth/Facts_for_Families/FFF-Guide/Children-And-Watching-TV-054.aspx



Common Sense Media

Cyberbullying

Willful and repeated harm posted or shared online

Online Safe Online Smart

OnlineSafeOnlineSmart.com

Cyberbullying

How and why it happens

Tactics

- Using mean, hurtful, embarrassing words
- Online posts about someone's features such as body type, race, class, ability, orientation, religion, etc.
- Creating a page about someone/pretending to be someone else online
- Doxing (sharing someone's private information)
- Encourage self-harm or suicide
- Threatening to harm someone and/or something they care about
- Using mean, hurtful, embarrassing words

Motivations

- Insecurity
- Low self-esteem
- Jealousy
- Lack of supervision
- Lack of attention/support
- Any reason

Cyberbullying

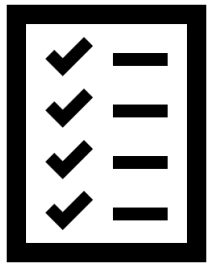
Helping your child respond

Users Known Offline

- Put down technology
- Try to relax yourself
- Have an offline conversation
- View from other person's perspective
- Should you agree to disagree or unfriend?
- Talk to a trusted adult

Unknown Online Users

- Unfriend/un-follow, Block
- Take screen shots
- Talk to a trusted adult
- Report the user (app/game/law enforcement)



Cyberbullying

Helping your child report

First Steps

- Have open communication with your child
  - Listen to your child for insight of situation
  - Is your child part of the issue?
- Help child report within app or game
- Help child unfollow/block user or account online
- Talk to other parent/guardian *(if known)*
- Talk to school social worker *(if incident impacts learning environment)*

Report to Law Enforcement

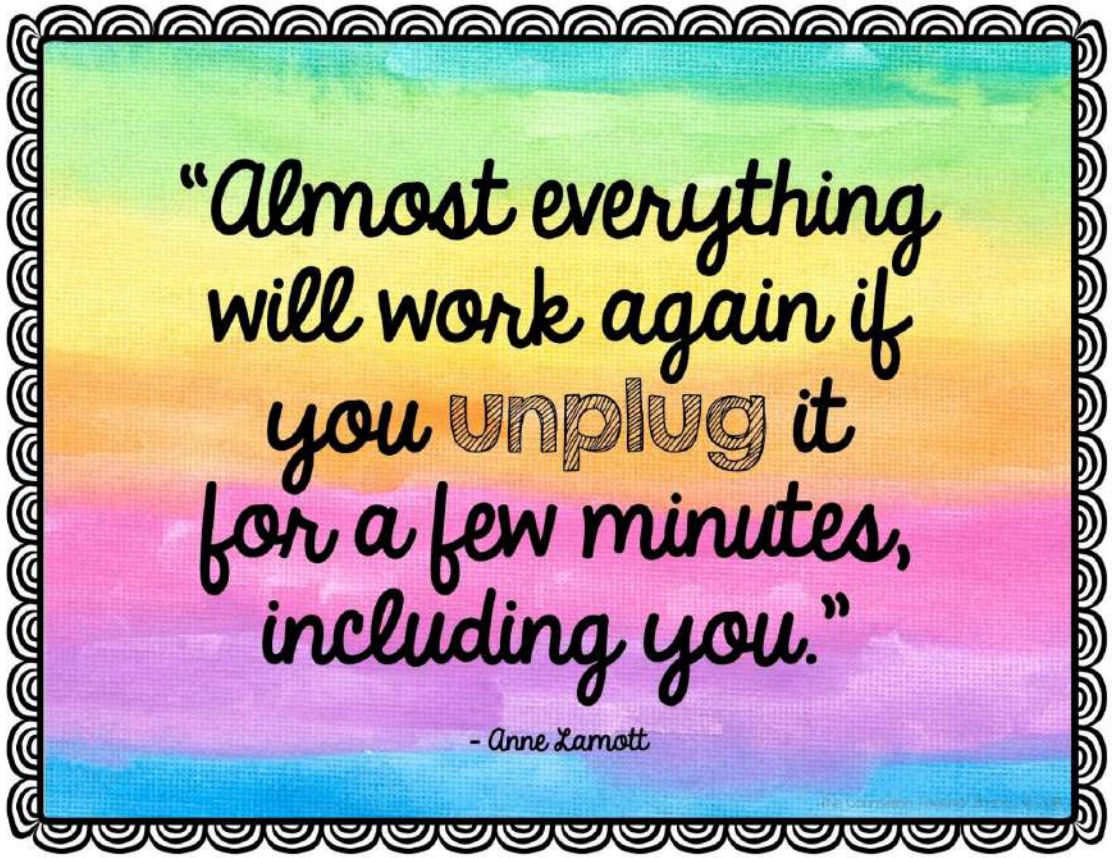
- Threats of violence and physical harm
- Child pornography and/or inappropriate messages of photos
- Photos taken where privacy is expected (locker room, bathroom, etc.)
- Stalking
- Hate crimes

Keep it Real Online

Digital Well-Being

Steps to consider

- Take breaks from technology
- Unfollow negative/unhealthy users
- Follow positive/inspiring users
- Turn off notifications
- Pay attention to mood/behavior changes
- Encourage a sense of purpose



Retrieved on August 31, 2023 at: https://theawarenesscentre.com/social-media-mental-health-tips/

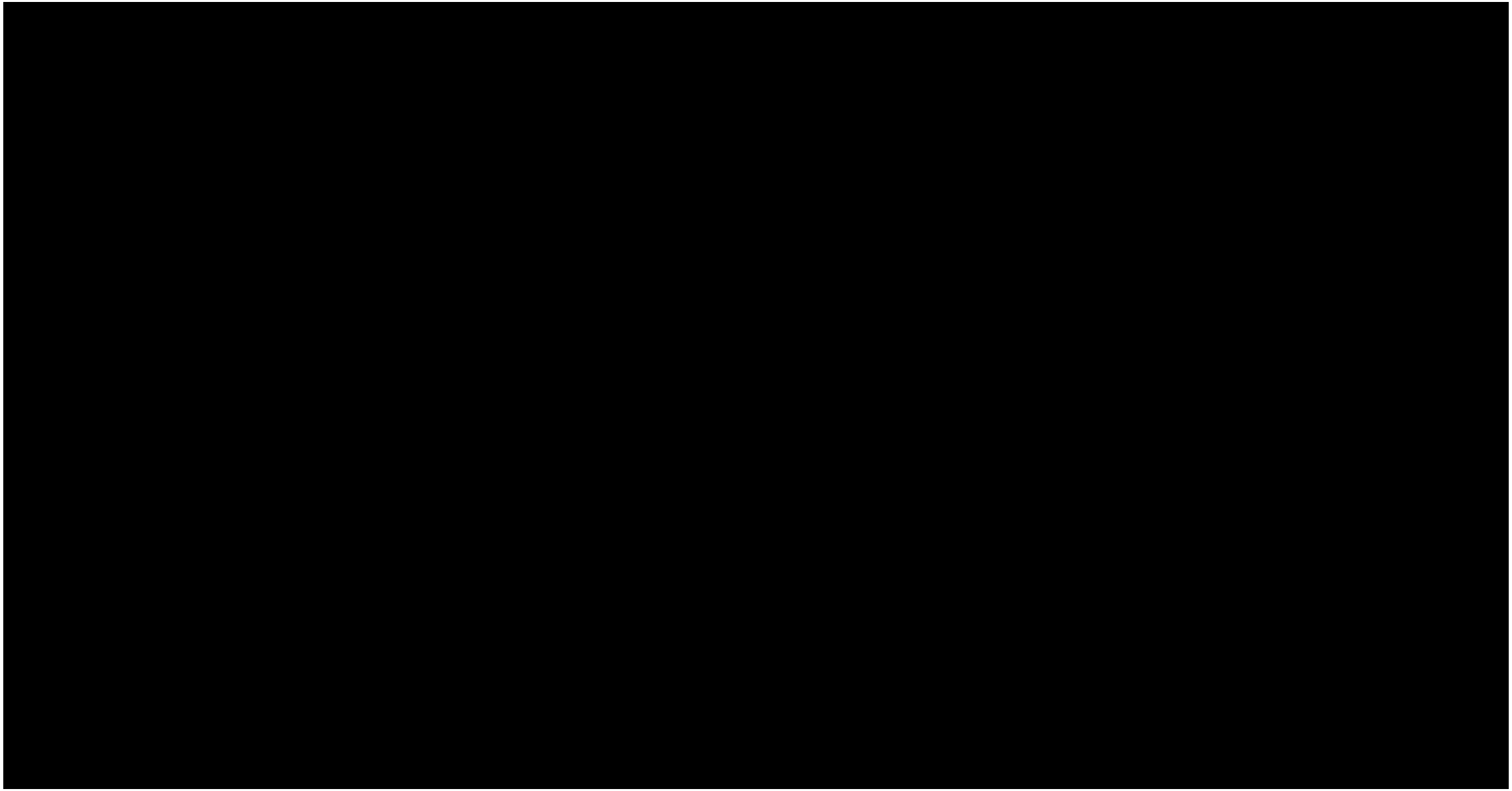
Mental Health Resources

It’s okay to ask for help

Organization	Contact
988 Suicide and Crisis Lifeline	9-8-8, 988lifeline.org
NAMI Helpline	(800) 950-NAMI, nami.org/help
Illinois Call4Calm Textline	Text "TALK" or "HABLAR" to 5-5-2-0-2-0
Illinois Warmline	(866) 359-7953 Illinoismentalhealthcollaborative.com
Safe2Help	(844) 4-SAFEIL, Safe2helpil.com

Sexting

Act of sending sexually explicit images and/or messages between electronic devices

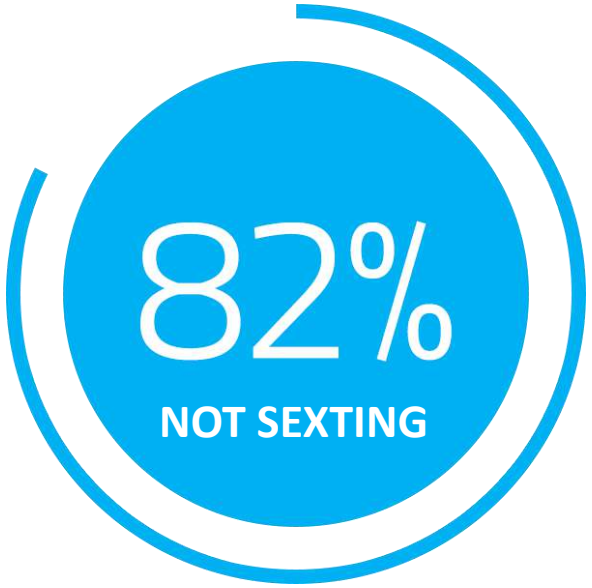


Common Sense Media

Sexting

Participation Data

Good News



Those Who Have Sexted

- **43%** shared with someone they did not know in person
  (9-12 yr. olds)
- **42%** shared with someone that was 18+
  (9-12 yr. Olds)
- **25%** received/viewed an inappropriate image without the person's consent
  (13-17 year olds)

Thorn & Benson Strategy Group. Self-Generated Child Sexual Abuse Material: Attitudes and Experiences. 2022
Retrieved July 18, 2023 from https://info.thorn.org/hubfs/Research/Thorn_SG-CSAM_Monitoring_2021.pdf

Sexting

Child Sexual Abuse Material (CSAM)

CSAM (also known as child pornography)

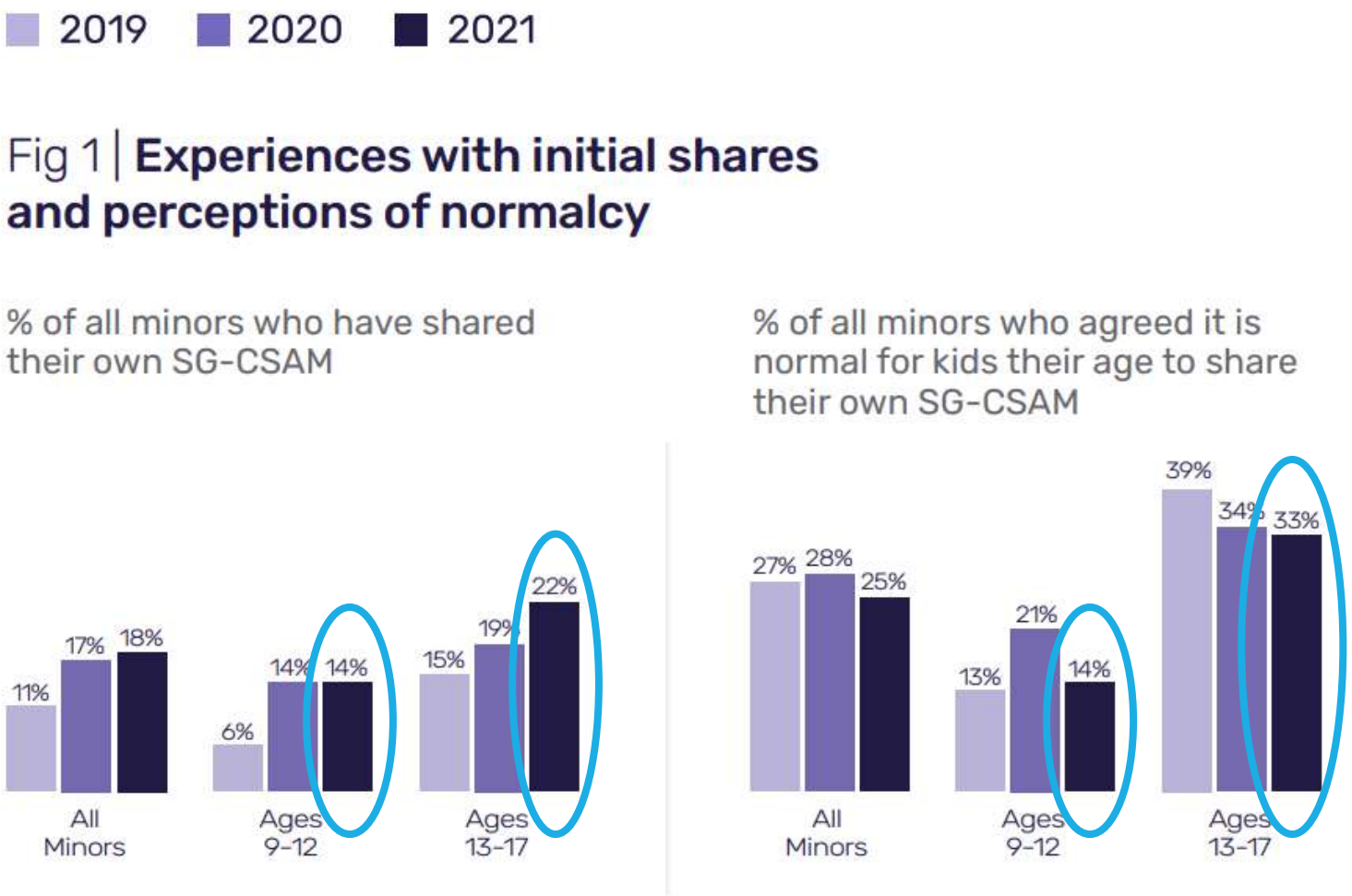
- **Child sexual abuse material** refers to any content that depicts sexually explicit activities, abuse and/or exploitation involving children. Visual depictions include photographs, videos, digital or computer-generated images, and live-streaming.
- **Child Pornography** is the visual depiction of a minor younger than the age of 18 (705. ILCS 405/3-40)

Prevalence

- NCMEC's CyberTipline has received over 82 million reports
- CVIP has reviewed over 322 million images/videos
- 19,100 victims have been identified by law enforcement

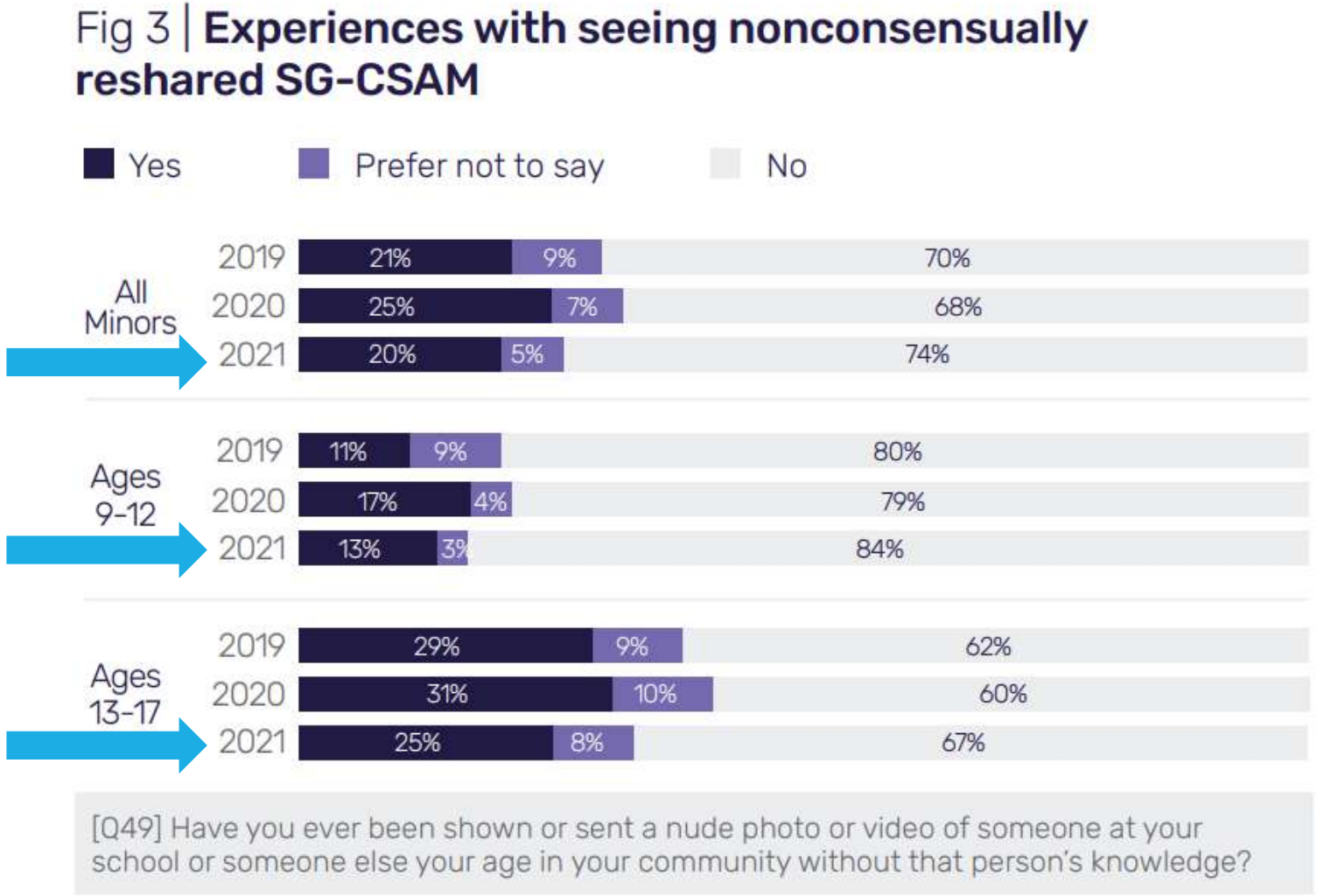
NCMEC yearend 2022 stats retrieved on April 2, 2023 at: https://www.missingkids.org/theissues/csam#bythenumbers

Sharing



Thorn & Benson Strategy Group. Self-Generated Child Sexual Abuse Material: Attitudes and Experiences. 2022 Retrieved July 18, 2023 from https://info.thorn.org/hubfs/Research/Thorn_SG-CSAM_Monitoring_2021.pdf

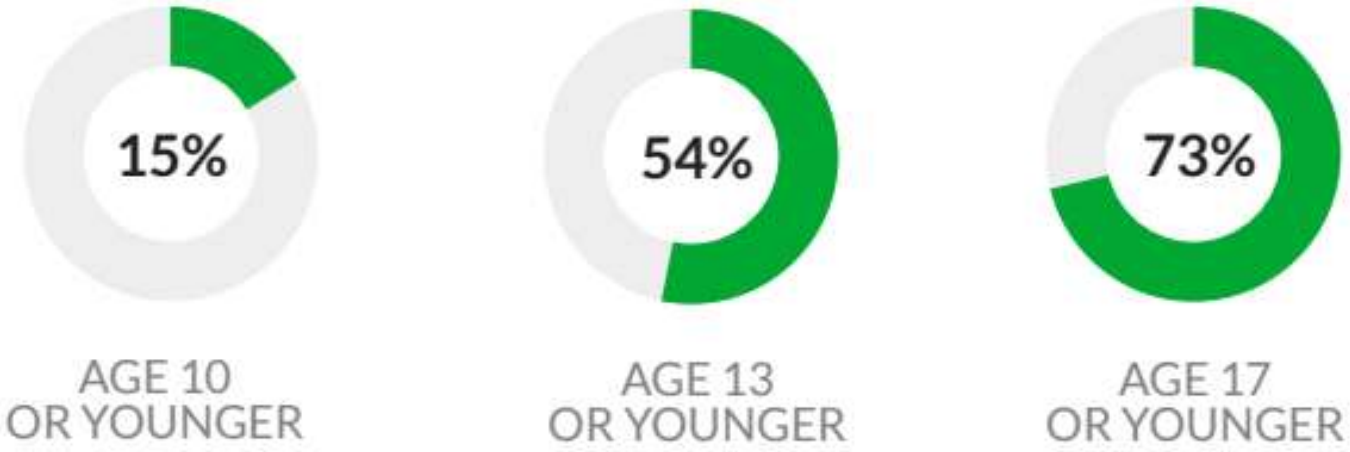
Exposure



Thorn & Benson Strategy Group. Self-Generated Child Sexual Abuse Material: Attitudes and Experiences. 2022 Retrieved July 18, 2023 from https://info.thorn.org/hubfs/Research/Thorn_SG-CSAM_Monitoring_2021.pdf

Pornography

Percent of teen respondents who have seen online pornography, by age:



12 is the average age when children first consumed pornography.

Teens and Pornography Retrieved on September 12, 2023 at: https://www.commonsensemedia.org/sites/default/files/research/report/2022-teens-and-pornography-final-web.pdf

Keep it Real Online

Sexting

Potential consequences are often unforeseen

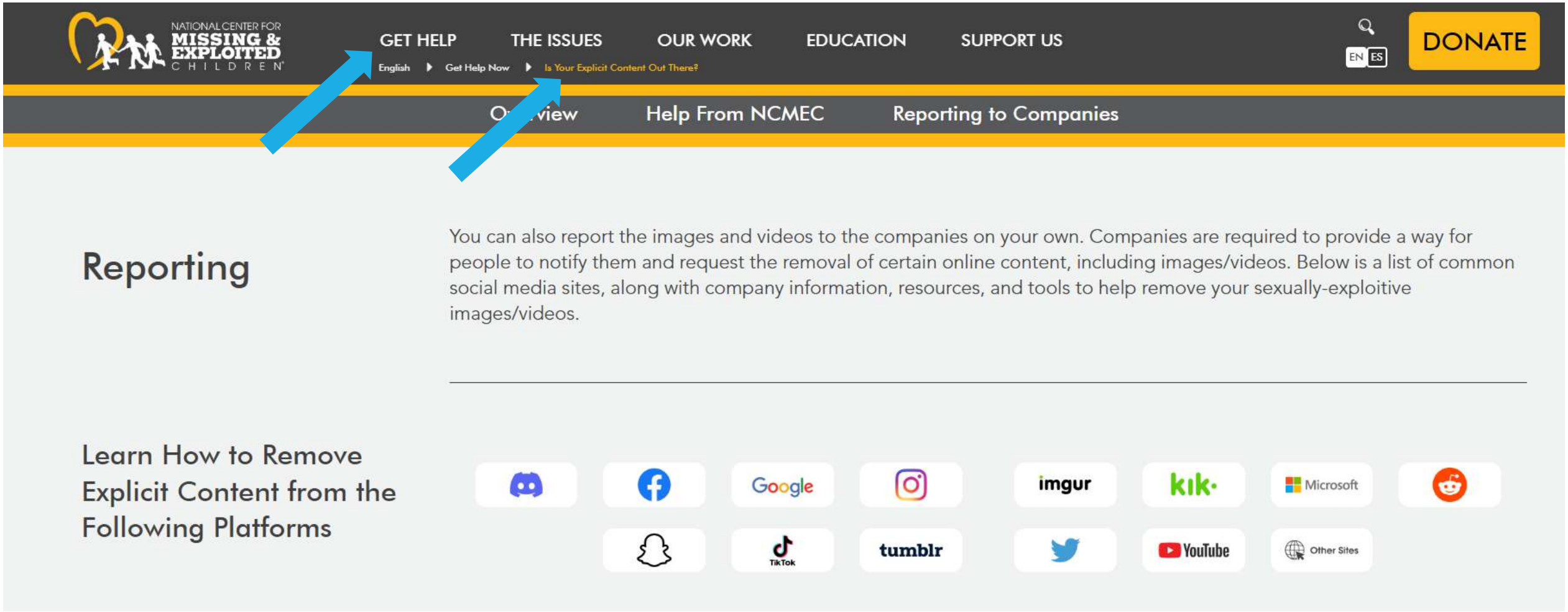
- Lose control of the image being shared
- Re-surfacing in the future
- Embarrassment/humiliation
- Bullying
- Blackmail/threats
- Discipline by school, parents, or law enforcement
- Limited resources to remove images

Take it Down

NCMEC's online tool can help remove explicit content from participating platforms

SCAN ME

National Center for Missing and Exploited Children



https://www.missingkids.org/gethelpnow/isyourexplicitcontentoutthere

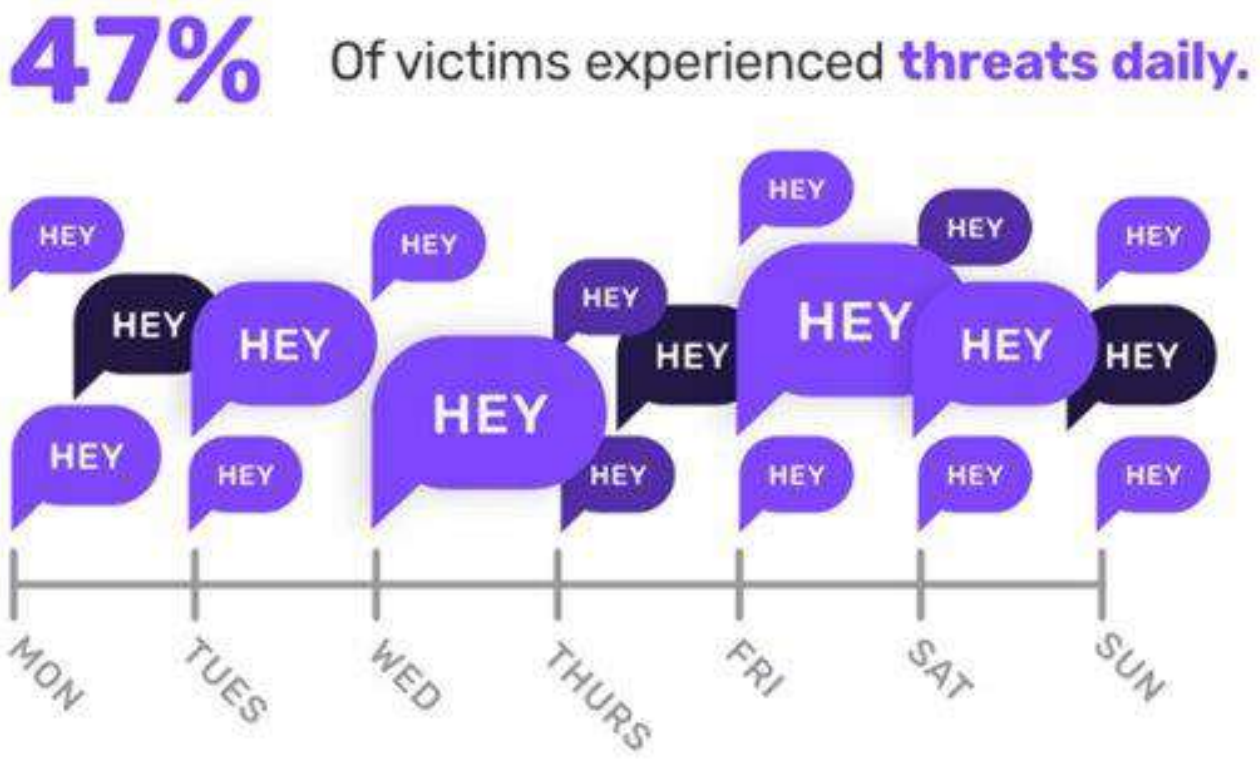
Sextortion

An individual demands explicit images, acts, money, or things of value. If the victim does not comply, they are met with threats to expose, embarrass, or harm.

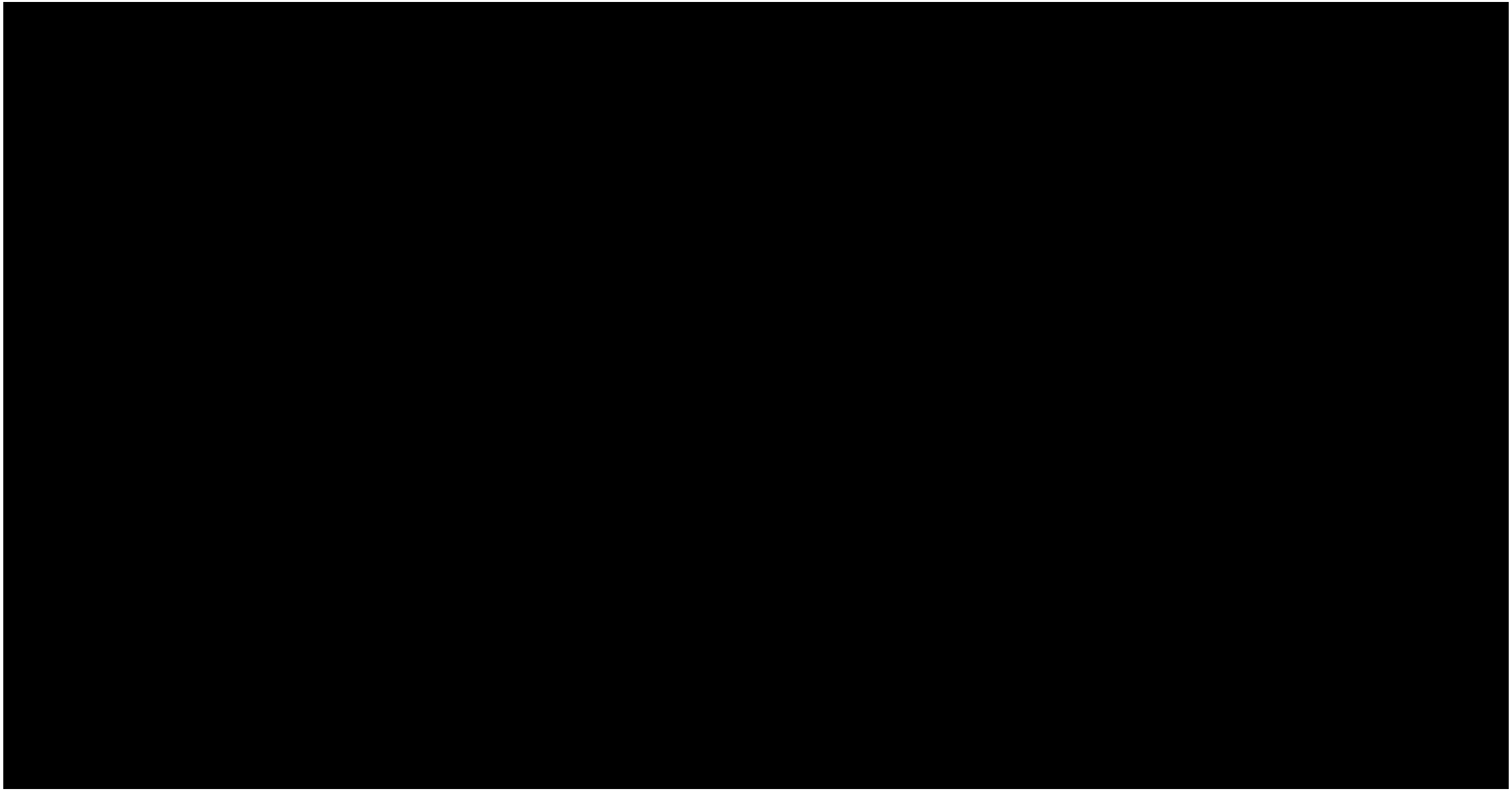
Sextortion

Know the signs

- Flatters or establishes romantic feelings
- Discusses adult (sexual) subjects
- Asks them to keep a secret
- Sends or offers gifts
- Turns victim against family and friends
- Establishes dependence
- Blackmail



Retrieved on August 31, 2023 at: https://www.thorn.org/sextortion



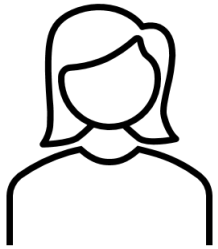
Sextortionfilm.com

Sextortion

Motivation

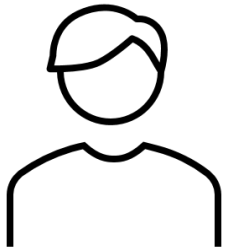
Sexual

- Offender threatens to release unless victim produces more or engages in sex
- Typical victim is a female between the ages of 10 and 17



Financial

- Offender threatens to release images unless victim sends money or gift cards
- Typical victim is a male between the ages of 13 and 17



Impact of Sextortion

"We did everything we thought we were supposed to do to be good parents." -Tamia Woods

Inside Edition

Sextortion

What to do if your child is a victim

Know the Facts

- The blackmailer is to blame, not your child
- Even if they made a choice they regret, they are not the criminal
- Do not comply with demands of the blackmailer

Report

- Report the user in the app/game/site
- Block user but don't delete account
- Report to School Resource Officer (SRO) or Local Police
- Report to CyberTipline.org

Retrieved October 12, 2022 from https://www.missingkids.org/theissues/sextortion

Proactive Parents, Empowered Kids

It starts with you

Illinois Attorney General's Office/ ICAC Task Force

Create Safe Accounts

Steps to take

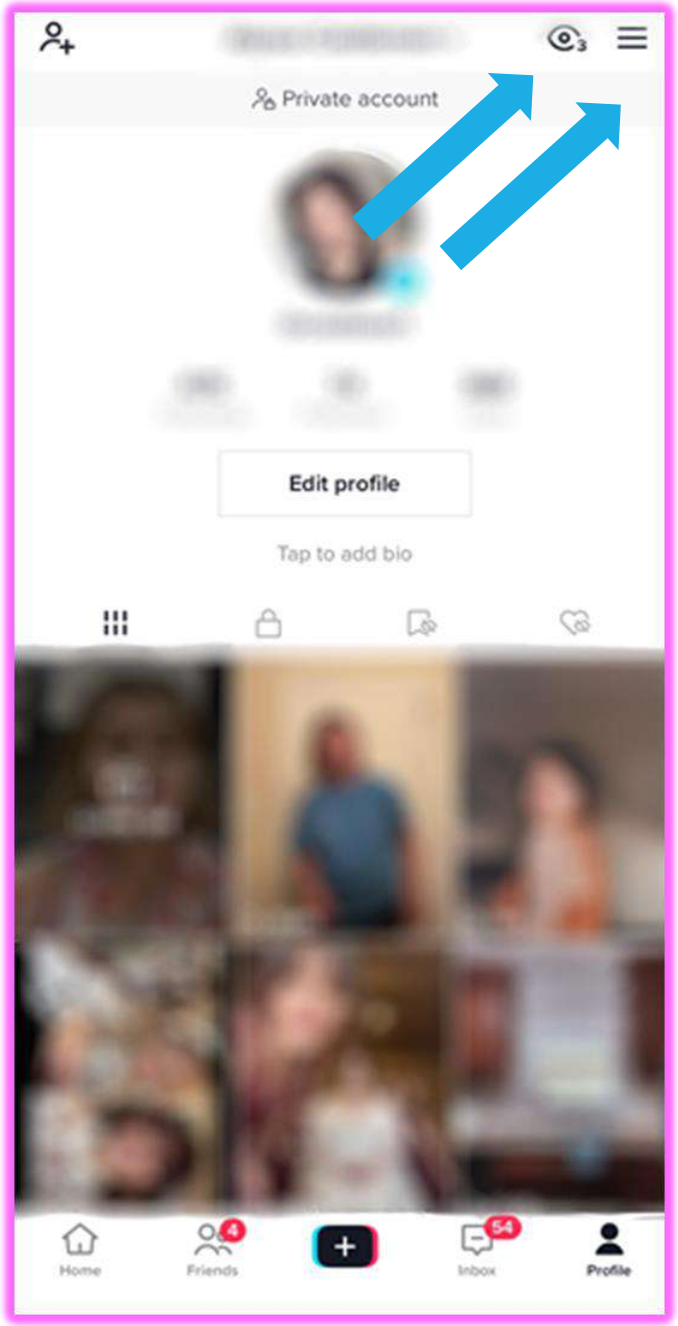
Safe Startup

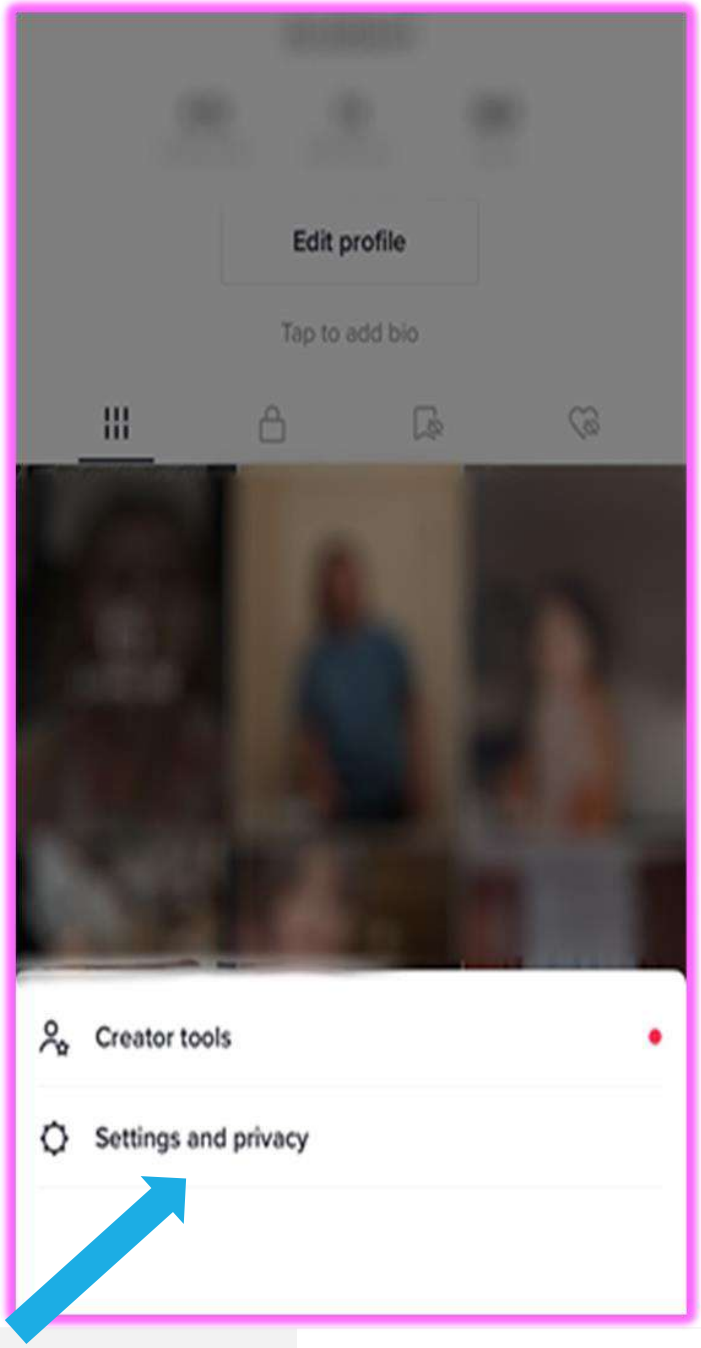
- Review apps/sites prior to downloading
- Safe profile picture
- Keep accts. private
- Enable privacy settings
- Search your kids online

Cyber Security

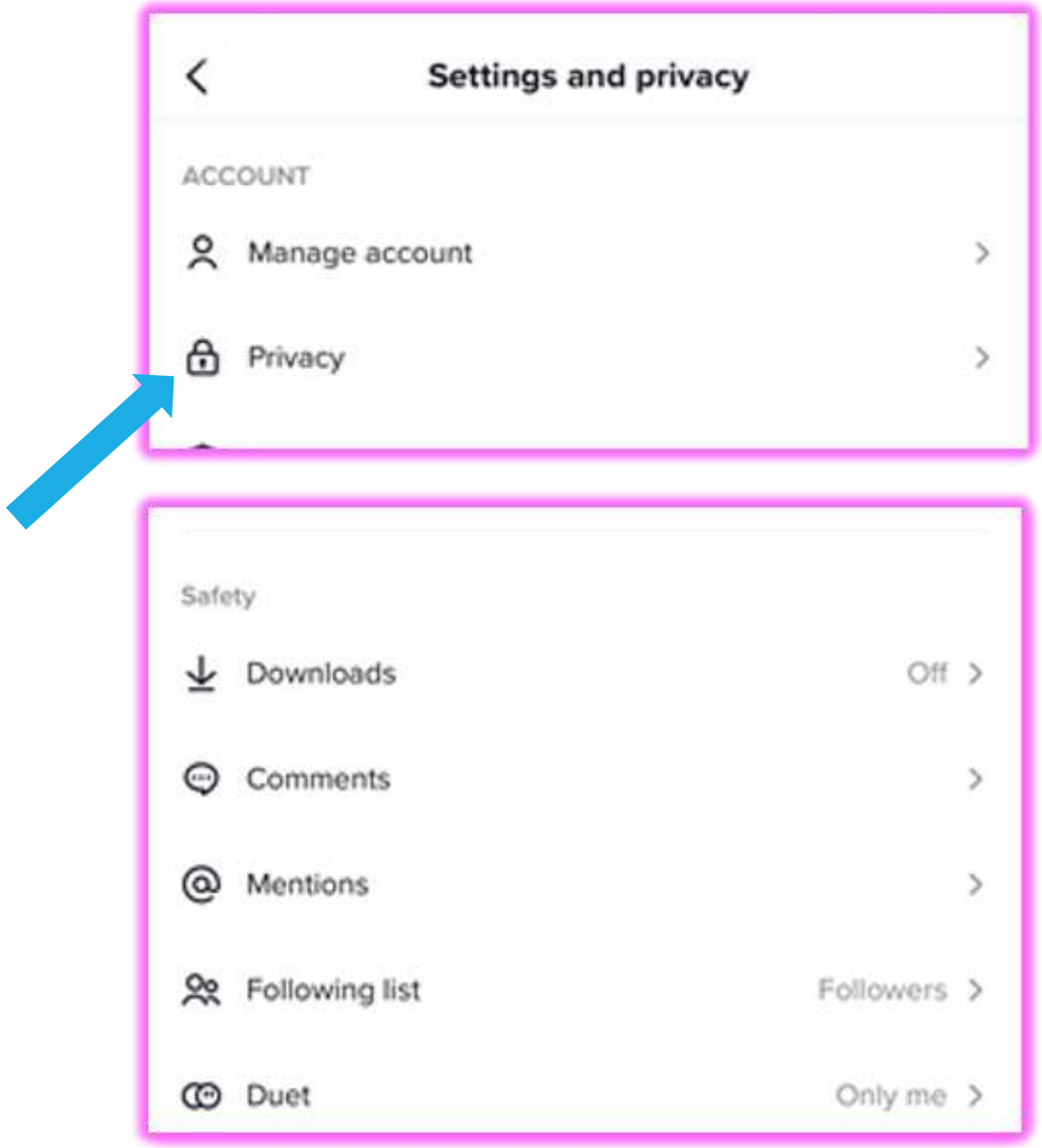
- Strong password
- Unique security questions
- Current firewall, anti-spyware, anti-virus
- Auto-update
- Log out/off

TikTok: Privacy Settings

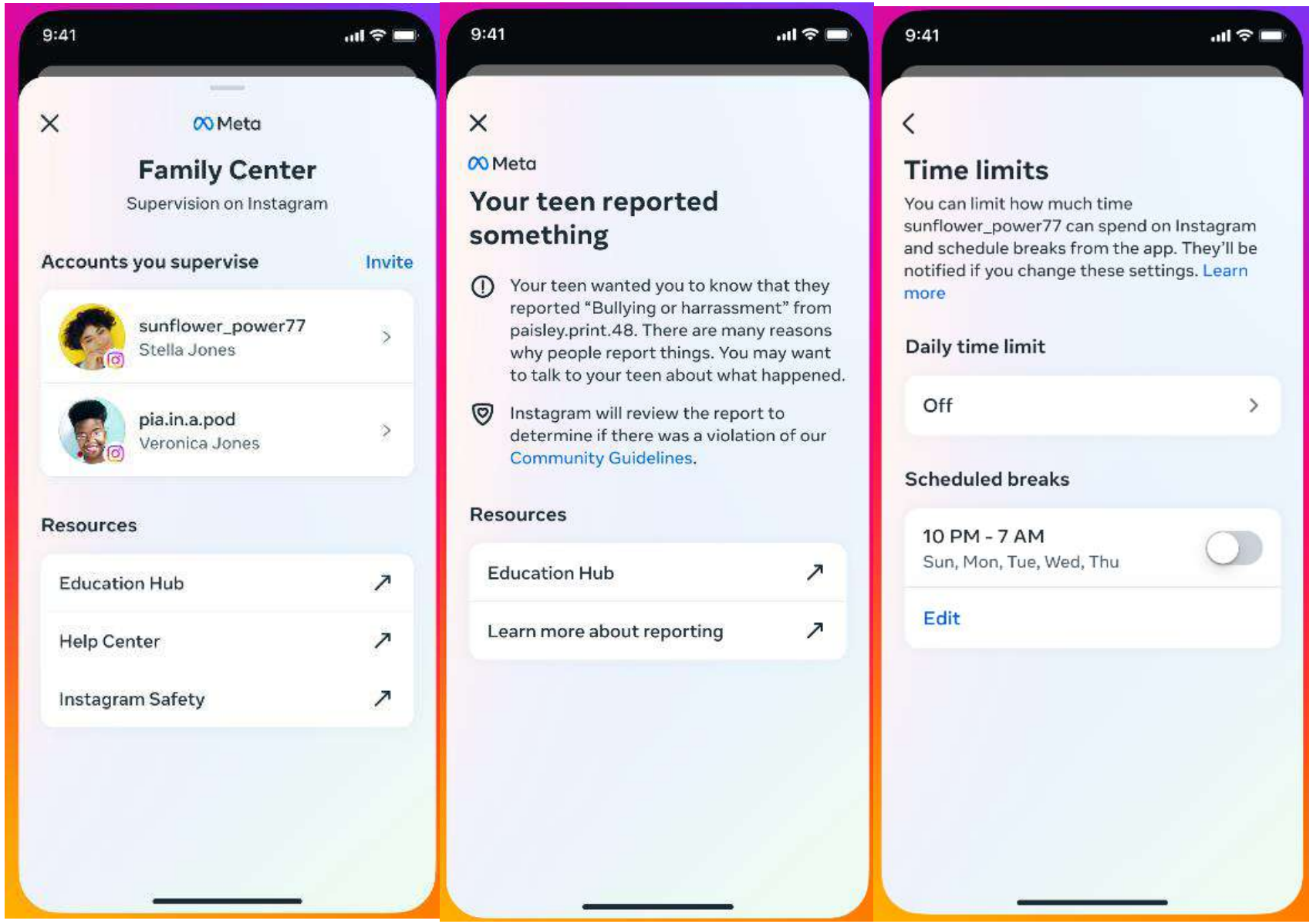




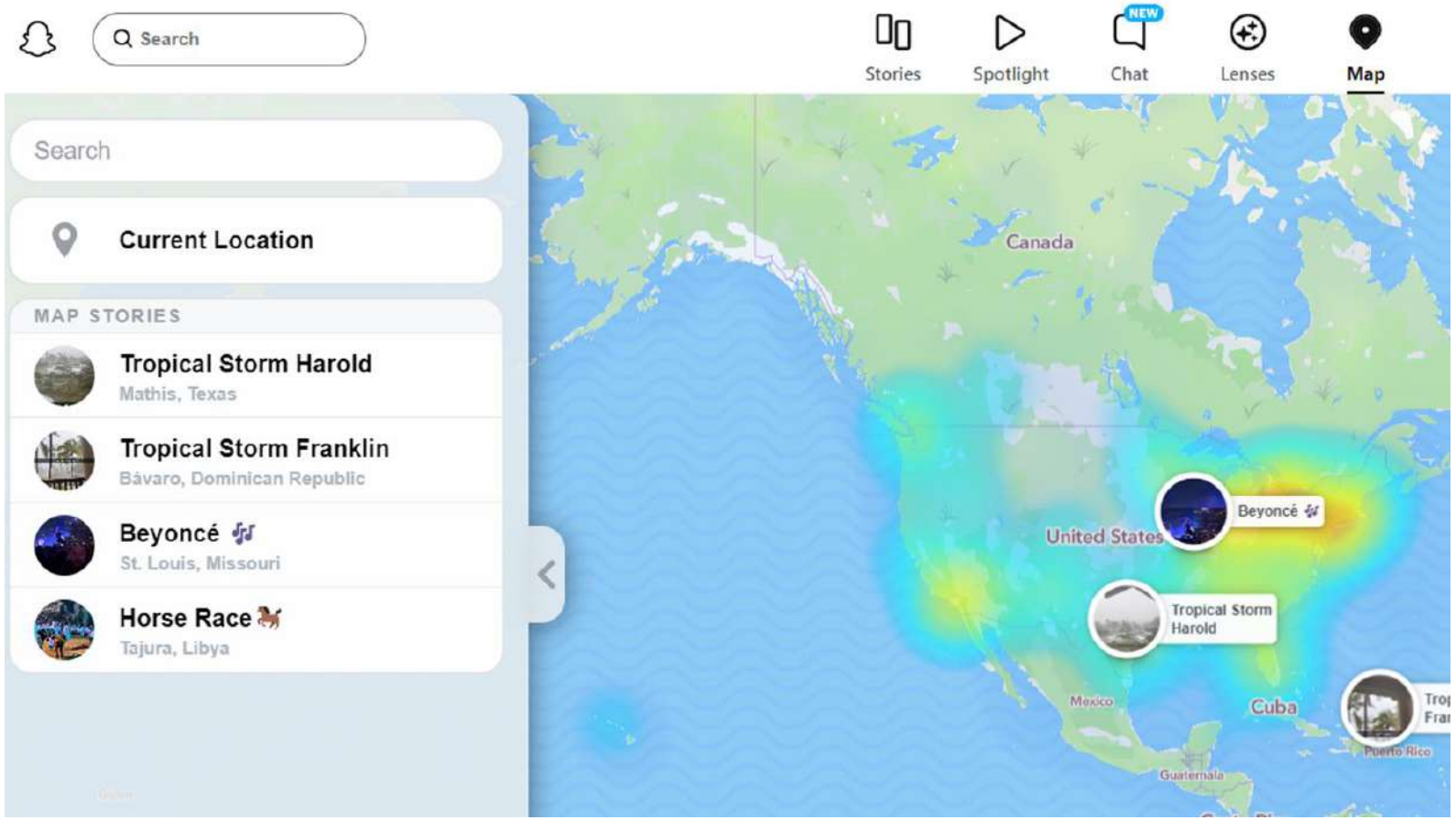
TikTok: Privacy Settings



Instagram: Privacy Settings



Snapchat: Privacy Settings



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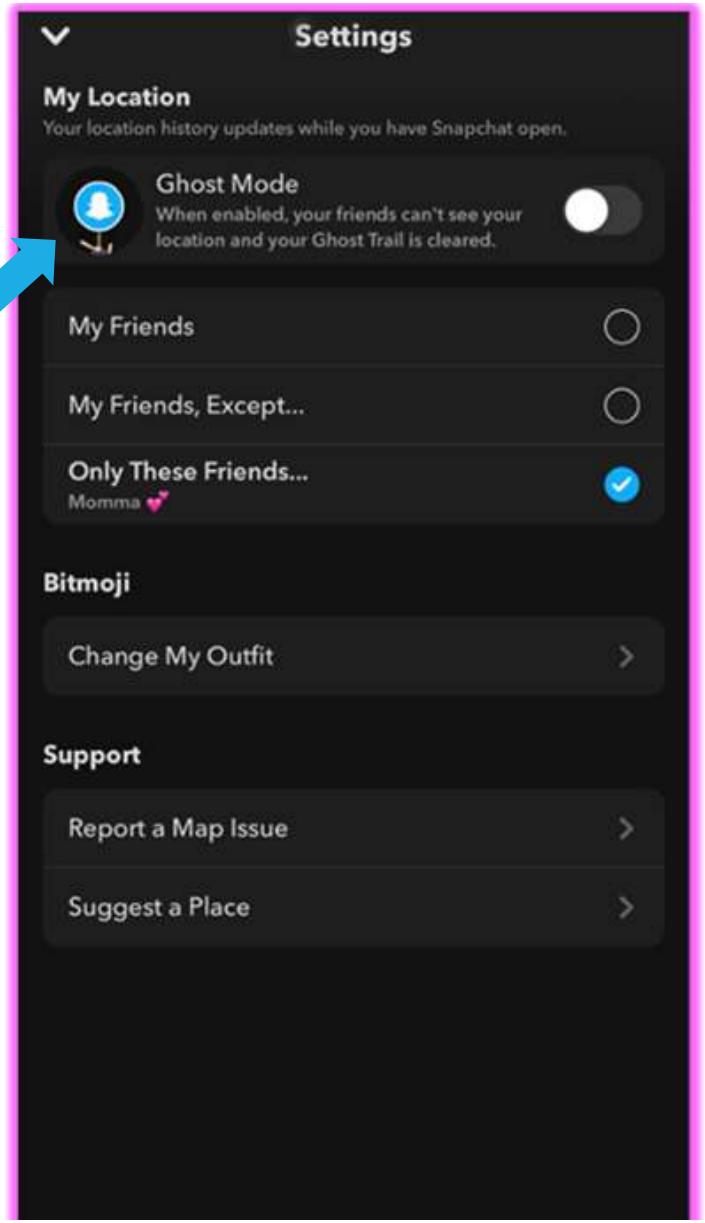
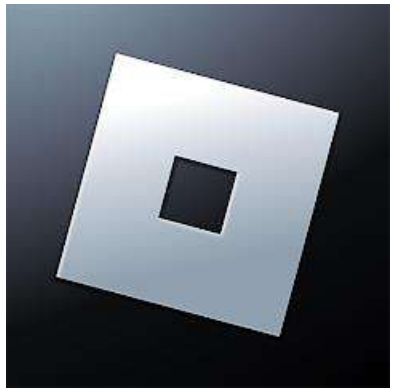
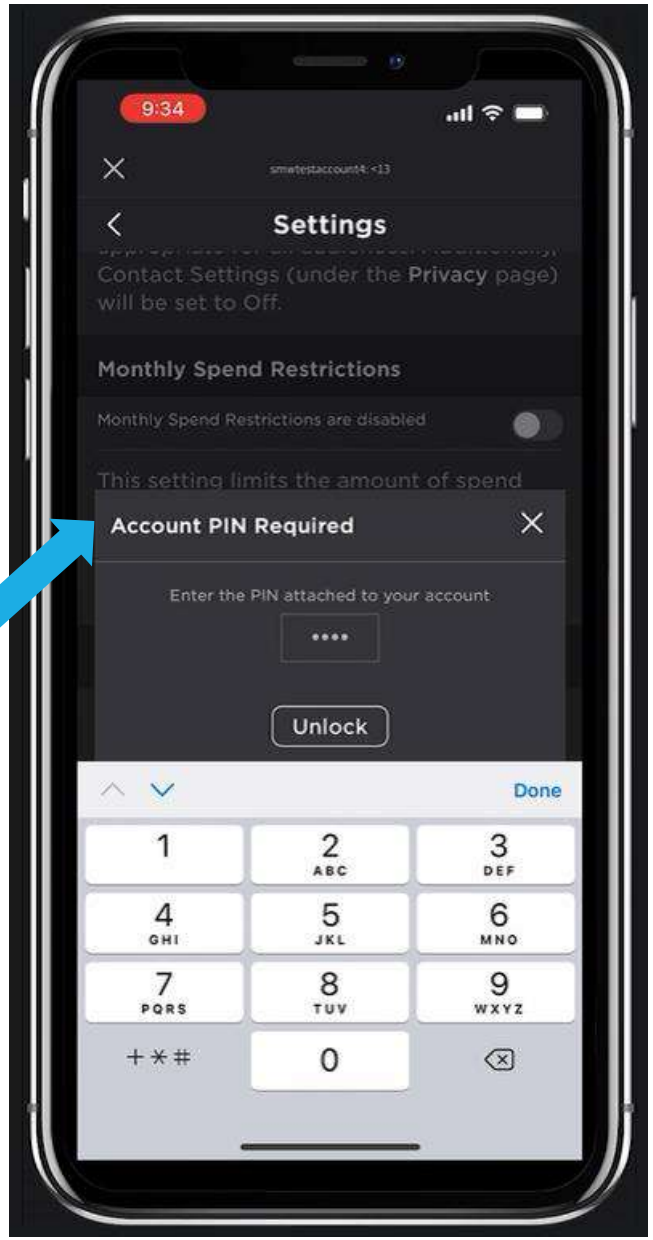


Roblox: Privacy Settings

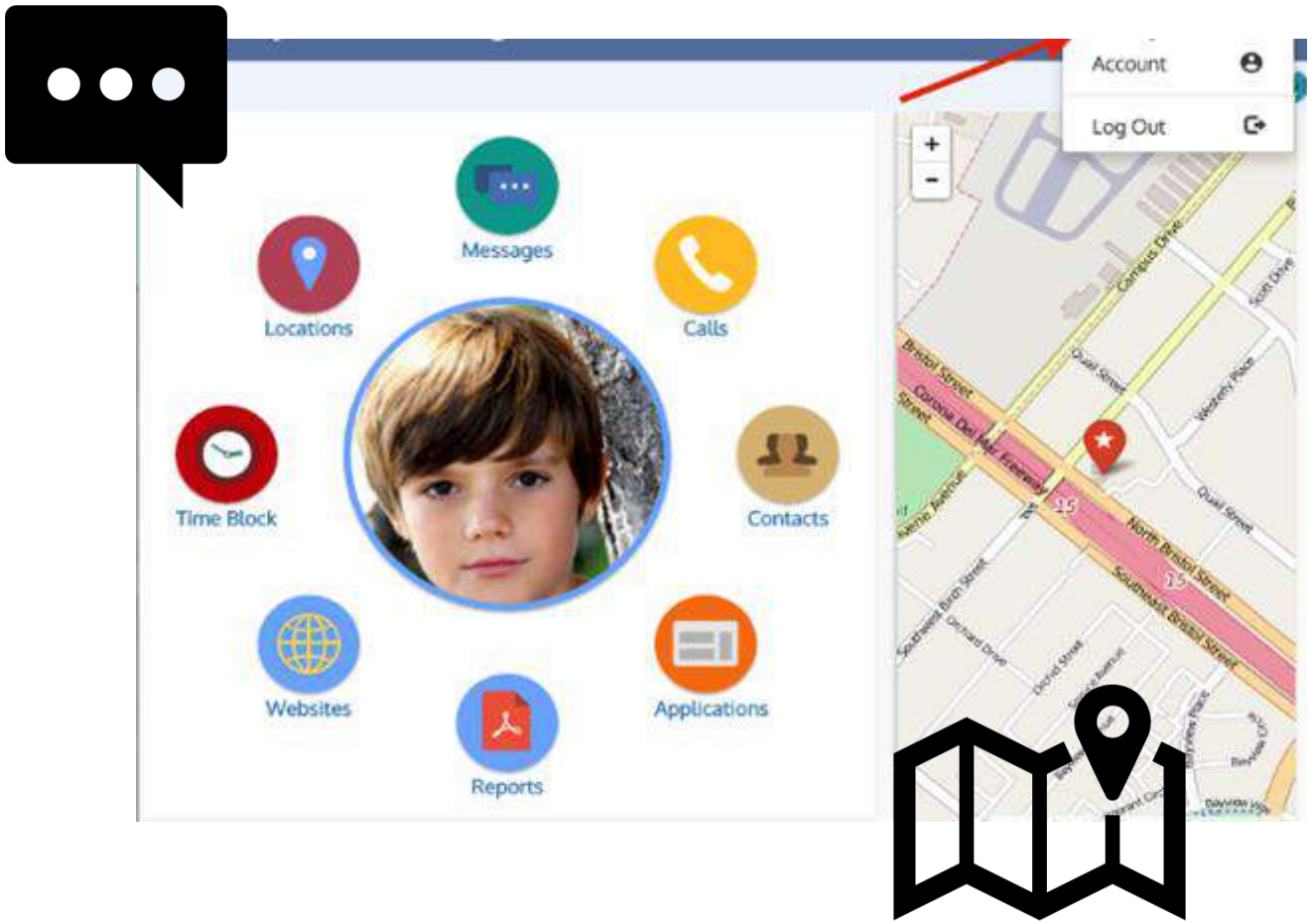




Parental Controls

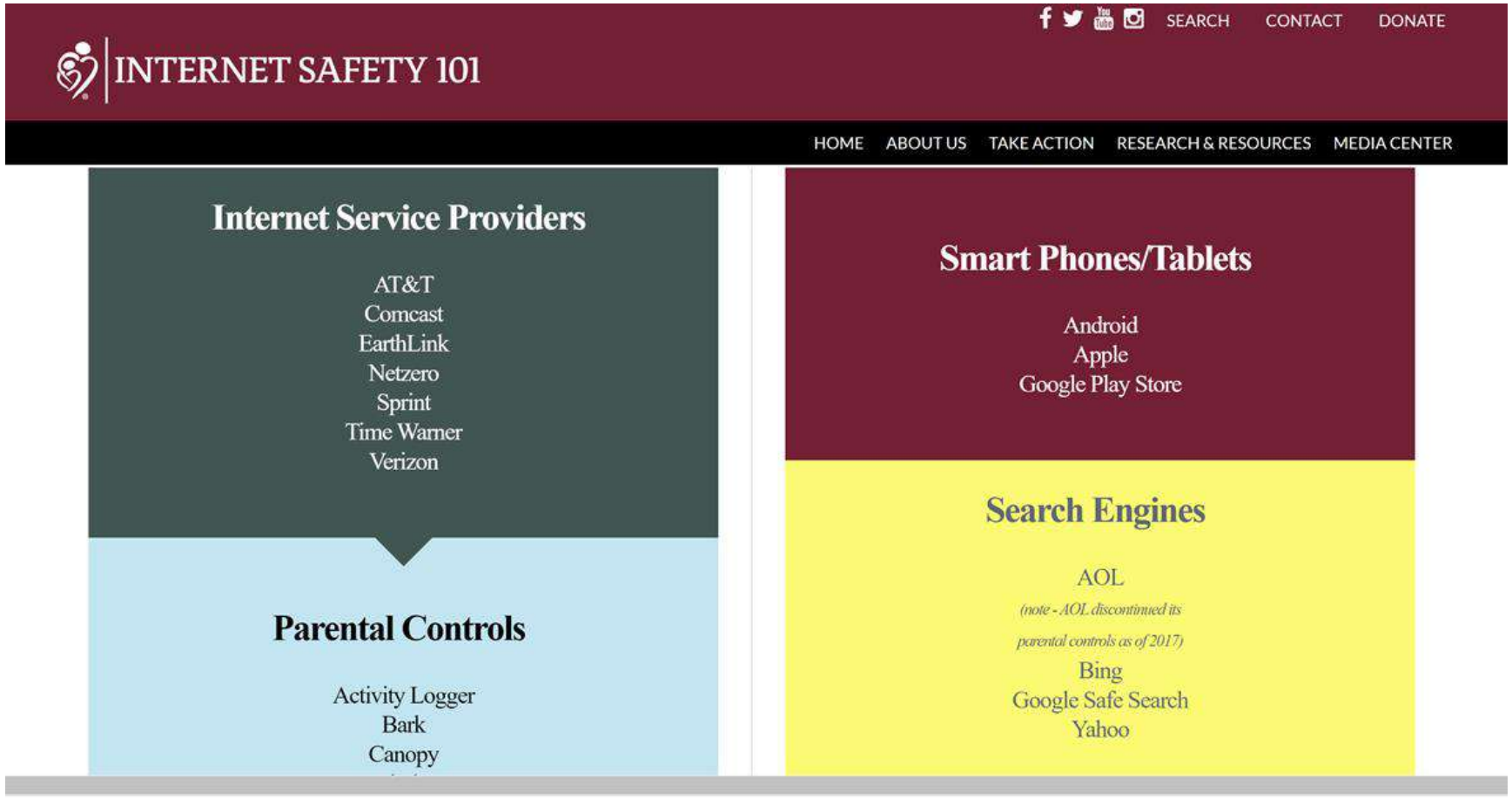
Important features

- Call Logging/Blocking
- Text Logging/ Blocking
- App Managing/Blocking
- Location Tracking/History
- Web Monitoring/Filtering
- Time Limiting



Parental Controls

Internet Safety 101

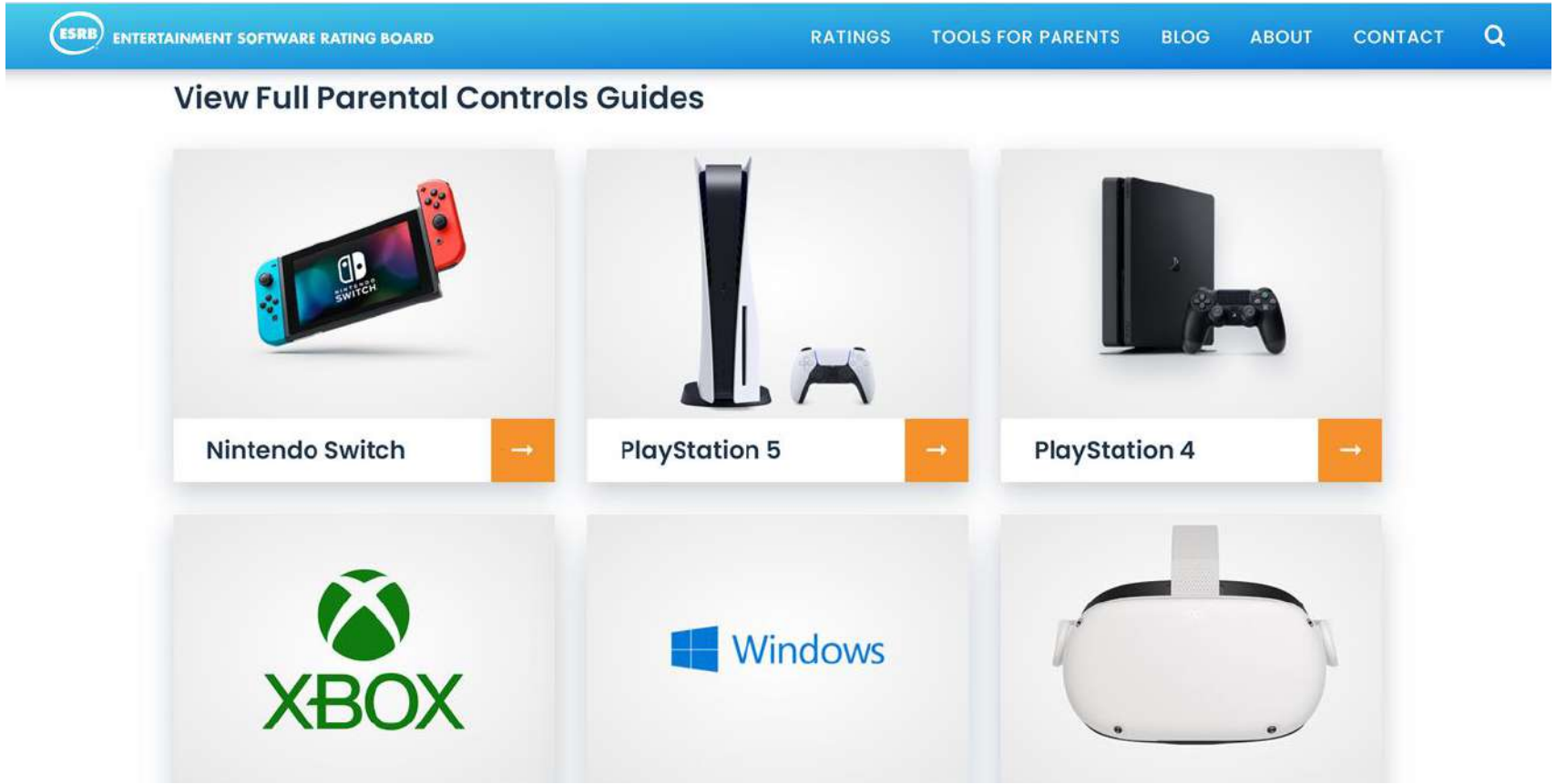


SCAN ME

https://internetsafety101.org/

Parental Controls

Entertainment Software Ratings Board



SCAN ME

https://www.esrb.org/

If a Child Comes to You

How to Respond

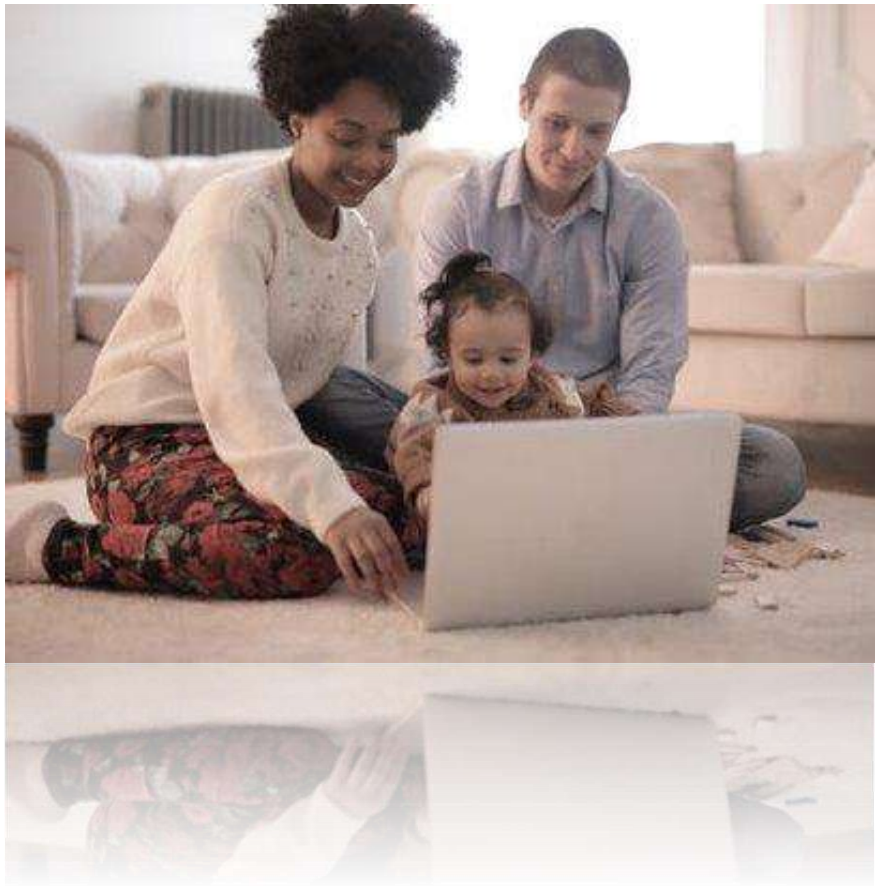
- Let them share to the extent of comfort
- Refrain from making faces (or body language) that reveal shock, terror, anger, or sadness
- Don't ask questions that imply doubt ("Are you *sure* that's how it happened?")
- Don't ask questions that imply blame ("What were *you* doing?)
- Let them know they did the right thing by telling
- Validate their experience or emotions
- Remind them it’s not their fault
- Don't take away devices
- Offer options and include them in on next steps

Retrieved on September 12, 2023 at: https://www.nctsn.org/resources/what-do-if-your-child-discloses-sexual-abuse-guide-parents-and-caregiversand https://www.nspcc.org.uk/keeping-children-safe/reporting-abuse/what-to-do-child-reveals-abuse/

Model Positive Online Behavior

Children learn from what they see

- Have conversations face to face.
- Don’t use your phone at the dinner table if you don’t want them to.
- Don’t engage in digital drama. It will become normal to them.
- Don’t post provocative selfies. Set the standard you want to see in your children.
- Be cautious about posting information about your child and ask consent to post their photos.
- Show compassion, kindness, and empathy.
- Take responsibility for your actions, so that they will too.



Resources

Create a Family Media Plan

Healthychildren.org

KWAME RAOUL
ILLINOIS ATTORNEY GENERAL

Online Safe
Online Smart
onlinesafeonlinesmart.com

HOME ABOUT US

Stay **Connected** Stay **Informed**

Kids & Teens

Parents

Educators

Illinois Attorney General's Office/ ICAC Task Force

Additional Resources

If you or someone know is in immediate crisis or danger, call 911.

Videos | **Tip Sheets**

Glossary | **Acronyms**

Online Gaming_How Parents Can Level Up.mp4

Digital Safety Education for Parents: Fostering Healthy Po...

How to Recognize, Report, & Prevent Sextortion.mp4

Digital Safety Education for Parents: Preventing Unwanted...

Digital Safety Education for Parents: Toddlers & Technolo...

Additional Resources

Visit these sites for valuable information

Family Online Safety Institute

NATIONAL CENTER FOR MISSING & EXPLOITED CHILDREN

common sense media

Thank You!

Karilyn Orr

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OnlineSafeOnlineSmart.com

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