Cyber & Internet Safety

Tuesday, February 21, 2023 @ 5:30 pm Virtual meeting

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Michael Alvarez, Systems & Network Engineer
Online Identity: Protecting you & your family in a digital world

Laws: Federal protections & MCCSC practices

Digital Citizenship: Helping your student safely navigate the digital world

Resources

Question & Answer
Online Identity

Protecting you and your family in a digital world

Research by the Bank of Barclays revealed that oversharing of information would likely result in up to 7.4 million cases of identity fraud by 2030.
A strong password is first line of defense against unauthorized access to your personal data:

- Loss of presentations, emails, music, etc.
- Stolen bank account information, money, or identity.
- Illegal activity.

One of the most common ways hackers break into computers & accounts is by guessing passwords. Simple and commonly used passwords make it easy to gain access & control.

Password Security

- **Password Manager**
  - Software that stores & manages passwords
  - These apps generate strong passwords

- **Multi-factor Authentication (MFA)**
  - Authentication means to “sign-in” by providing information unique to you.
  - Method that requires two or more verification factors to gain access
Online Presence: Internet of Things & Related Accounts

Understanding your own comfort level & the risks.
Your digital self is NOT separate from your physical self.

IOT & Related Accounts

● Access point to your digital network; potential access to other accounts, or devices within home.

● Ask yourself:
  ○ Does it need to be connected?
  ○ What will the impact be if somebody got control of this device/account?

The average US home has 20.2 connected devices
Top Practices - Online Identity Protection

1. Use strong passwords (8+ characters, special characters, numbers)
2. Don’t repeat or share passwords. Avoid personal information in password.
3. Use a password manager
   ○ Lastpass (free version)
   ○ 1password
   ○ iCloud Keychain
4. Use multi-factor authentication
   ○ Flexible: phone, apps, text message, back-up codes, email, key fobs
5. Only create accounts that you need
6. Only share with people you know
Law

Federal Protections & MCCSC Practices
Federal Protections for Minors

Protecting student data

- Family Educational Rights and Privacy Act (FERPA)
- Protection of Pupil Rights Amendment (PPRA)
- Children’s Online Privacy Protection Act (COPPA)
  - Data share agreements
  - Relevant data points only
  - Restrict applications that collect data for marketing, sales, etc.

Beware of free software!

Protecting students from harmful content

- Children’s Internet Protection Act (CIPA)
  - ContentKeeper
  - Google Suite for Education
  - Youtube
  - Apple Classroom

Report misuse of resources!
Philosophy

Allowing students to safely engage, interact and learn from the ever-changing digital world around them.
Engaging in a Digital World

Striking a Balance

- Social Engagement
- Knowledge
- 21st Century Skills

- Privacy
- Identity protection
- Data protection
Social Media
Majorities of teens say social media provides them with a space for connection, creativity and support ...

% of U.S. teens who say that in general, what they see on social media makes them feel ...

<table>
<thead>
<tr>
<th></th>
<th>A lot</th>
<th>A little</th>
<th>NET</th>
</tr>
</thead>
<tbody>
<tr>
<td>More connected to what's going on in their friends' lives</td>
<td>33</td>
<td>47</td>
<td>80</td>
</tr>
<tr>
<td>Like they have a place where they can show their creative side</td>
<td>29</td>
<td>42</td>
<td>71</td>
</tr>
<tr>
<td>Like they have people who can support them through tough times</td>
<td>22</td>
<td>45</td>
<td>67</td>
</tr>
<tr>
<td>More accepted</td>
<td>15</td>
<td>42</td>
<td>58</td>
</tr>
</tbody>
</table>

Teen girls more likely than teen boys to say social media has made them feel overwhelmed by drama, excluded by friends or feel worse about their life

% of U.S. teens who say that in general, what they see on social media makes them feel a lot or little ...

<table>
<thead>
<tr>
<th></th>
<th>Boys</th>
<th>Girls</th>
<th>U.S. teens</th>
</tr>
</thead>
<tbody>
<tr>
<td>Overwhelmed because of all the drama</td>
<td>32</td>
<td>45</td>
<td>38</td>
</tr>
<tr>
<td>Like their friends are leaving them out of things</td>
<td>24</td>
<td>37</td>
<td>31</td>
</tr>
<tr>
<td>Pressure to post content that will get lots of comments or likes</td>
<td>27</td>
<td>32</td>
<td>29</td>
</tr>
<tr>
<td>Worse about their own life</td>
<td>18</td>
<td>28</td>
<td>23</td>
</tr>
</tbody>
</table>

Note: Teens are those ages 13 to 17. Those who did not give an answer or who gave other responses are not shown.

Source: Survey conducted April 14-May 4, 2022.
“Connection, Creativity and Drama: Teen Life on Social Media in 2022”

PEW RESEARCH CENTER
Online Presence: Social Media

Understanding your own comfort level & the risks.
Your digital self is NOT separate from your physical self.

Social Media

● Privacy settings
● Know who you are connected to
● Know who can see what
● Know who can have access
● Be thoughtful of everything in a picture
● Be thoughtful of timing
● Understand the longevity of a post

Digital Footprint
Average parent shares 1500 images of their child before the child’s 5th birthday
Digital Citizenship

Helping your child safely navigate the digital world
Digital Citizenship - School

- Every year
- All grade levels
Create phone/electronic free times
Engage with your kids and their friends
Ask them about what digital platforms & apps they are using
Talk about internet use, what to look for, and how to keep safe
Anticipate that there will be a challenge and have a plan
Identify age-appropriate conversations and ask them what they would do if…

Digital Citizenship Resources for Families
https://www.commonsense.org/education/family-resources
- Conversation starters
- Family activities
- Tips
- Other resources
Resources
What to watch for

- Cyberbullying
- Inappropriate content
- Online predators
- Sharing too much information
- Changes in behavior from their norm
- Isolation with one person or group
- Protective about anyone seeing what they are doing
- Fraud and identity theft
Resources

- NetSmartz
- National Crime Prevention Council
- Get Safe Online
- Centers for Disease Control
- Senior Net
- Kids Health
- Common Sense Media
- National Institute of Standards & Technology
Q&A

● Type questions in the chat
● End at 6:30
● Email unanswered questions, interest in further discussion
  ○ parentuniversity@mccsc.edu
  ○ We can follow-up via email or host another session, if appropriate
Thank you!