Red and Green Flags of Social Media Use

Promoting Social Media Safety for Individuals with Disabilities

AUCD-SIG

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<th>Doctoral Dissertations</th>
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<td>Post, Update, Tweet, or Snap? Promoting Safe Social Media Use for Young Adults with Intellectual Disability</td>
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Agenda

Social Media - What is it?

Predators
- Making friends with online strangers

Online Consent

Keeping Private Information Private

Cyberbullying

Netiquette
- What to share online
Social Media - What is it?

- Any online service where users can create and share a variety of content
  - Most need an account
    - User has to agree to lengthy Terms and Conditions
    - Facebook, Instagram, Twitter, Zoom, Google Meet, FaceTime, Snapchat, Email, Discord, Blogs, etc.
- Are dating apps social media?
  - Yes!
What Makes Social Media Dangerous?

- Location tracking and sharing
- Private messages
- Lack of privacy settings
- ”Self-destructing” messages
  - Disappear after a certain amount of time
- Uncensored photos/videos
  - Several platforms have taken steps to prevent this
- Ability for strangers to send messages to non-friends/followers
Risks of Social Media and Dating App Use

**Victim**
- Cyberbullying
- Being threatened
- Being hacked
- Being asked for personal information
- Security
- Scams
- Predators
  - Being flirted with, asked for sexual pictures/videos/information, sent sexual pictures/videos, asked to meet in-person

**Perpetrator**
- Cyberbullying
- Being threatened
- Being hacked
- Being asked for personal information
- Security
- Scams
- Predators
Social Media Platforms: Safe vs. Dangerous

Safe for Beginners
- Facebook
- Instagram
- Pinterest
- Twitter
- YouTube

Advanced Social Media Safety Skills- Dangerous
- TikTok
- Snapchat
- Whatsapp
- Kik
- Any social media platform that uses location tracking and/or does not offer the option to disable.
Predators

Image by BBC
Spotting Predators: Predator Behavior

- Quickly try to be your friend
- Ask a lot of personal questions
- Do not talk about themselves
  - If they do, it is something that relates to you
- ALWAYS agree with you - most will never disagree with you
- Will not post publicly on your social media
- Try to make you promise not to tell anyone about them
- Try to make you turn against others
  - “They are horrible. You shouldn’t hang out with them. I wouldn’t treat you that way.”
- Groom you - Make you feel special and offer you free things
- Tend to ask for sexual favors and/or pictures
Actual Predator Messages Shared by Parents

```
without clothes
  My mom said I can't

don't tell to anyone
  ok

it's secret between us only

Lol

make some pics without t-shirt now

Do you promise to keep your mouth closed about what is said on here staying in here only and you cannot tell anyone else ok

Do you understand
  Of course I do

So are you at home now
  Yes 😊

Are you in your bedroom on your own
  Yes why?

So we can play a game do you like games
  😊
```
Posers and Catfishers

- Someone who assumes someone else’s identity online to gain something from someone else
- Always never who they say they are
- Not always predators
- Frequently scammers
- Purpose is to gain something
  - Enjoyment in embarrassing, upsetting, or harassing someone
  - Financial gain or wish fulfillment (tangible items)
Examples of poser/catfishing profiles

Profile picture looks like this

Lack of pictures/followers/posts/information

Lots of followers, but not following anyone
Example of Non-poser/catfisher
Spotting Catfishers and Posers

- **Look at the profile**
  - Are there pictures?
    - No = catfisher/poser
    - Do these pictures match what they tell you?
      - No = catfisher/poser
  - Are there posts?
    - No = catfisher/poser
  - Do they publicly post?
    - No = catfisher/poser

- **Ask questions that match what is on their profile**
  - If answers differ = catfisher/poser

- **Google Search the person**
  - Does the person exist on Google?
    - No = catfisher/poser
NEVER give personal information until you have gained trust

What does online trust look like?
- Person has talked openly about themself and it sounds similar to you
- Person has video chatted with you and shown themselves in camera several times
- You have researched the person’s social media profiles and
  - The profiles exist
  - The profiles reflect what the person has shared
  - Power of a Google Search

In dating apps: always use in-app video chat several times before meeting in person

If person refuses to video chat (or video chats without a camera on) or appears much older than they said they are - This is a RED FLAG. End contact immediately

Block and Report ANY predator, catfisher, and/or poser!!!
Making Friends with Online Strangers: Who is Safe?

- Aren’t quick to meet in person
  - Are okay with going months or years without meeting (or never want to meet in person)
- Share information equally - likes, dislikes, etc.
  - Information does not 100% match your own information
- Will not always agree with you
- Are okay with relationship staying fully online (not quick to go to personal phone /private places to chat)
- Will post publicly
- Will not pressure you to do something you do not want to do!
Meeting Online Friends In-Person

- If meeting someone in person:
  - Meet in public place
  - Never get in a car with the person
  - Tell at least three people that you are meeting someone from online
  - Have an escape plan: text someone to call with an “emergency”
    - Communicate your escape plans with others
  - Have a charged phone and know how to activate SOS on it
    - Leave phone on the entire time
Resource for Teaching Identification of Predators, Catfishers, and Posers

- CREATED RESOURCE WILL BE ADDED HERE THIS WEEKEND!!!!
Cyberbullying
Addressing Cyberbullying

- Individuals with disabilities have identified that it is hard to talk to someone about cyberbullying that has occurred.
  - Afraid of retributions
  - Ensure that there is consequences for cyberbullying
    - Banned from social media
      - If banned for more than three times, banned for life
    - Policy
    - Extreme cases- fines
  - By reporting, we are preventing the cyberbully from doing harm to others.

- Tell a Top Three Trusted individual, block, unfollow, report, unfriend, etc.
Providing a Safe Place for Conversations: Top Three Trusted

Prior to using social media and dating apps, identify the **Top Three Trusted Individuals**

- Who do you feel safe going to if something online bothers you or is questionable?
  - Teachers, Friends, Parents, Family, Relatives, Coaches, etc.

Frequently review Top Three Trusted

- Can change over time
Creating Safe Opportunities for Practice

• Spot the cyberbullying/predator card games
  • Ask what steps should be taken when a cyberbully or predator is drawn
• Create cyberbullying/predator message identification quizzes in online learning management systems (i.e., Canvas, Moodle, Blackboard, etc.)
• Practice writing posts/messages using a graphic organizer template

****As sensitive topics are often present, discuss emotions/feelings after practice situations! Be able/ready to report/investigate any cybercrimes that may be mentioned!***
Cyberbullying/Predator Game Cards

Can play variety of games
- Go Fish
- I Have, Who Has
- Memory

You are the most awesome person I know!
You are inspire me! Keep being a superstar!
We don’t want you to come to the party on Sunday. You aren’t cool enough.
You annoy me. Everyone else thinks you are annoying too. Just stop coming to school.
Free Basketball Tickets!
FreeTicketClub@vols.ukf.edu

Hey! If you click on this link, you can get free basketball tickets!
www.volsfreebasketballtickets.com

Question 1
Is this email safe or dangerous?
○ Safe
○ Dangerous

Question 2
Would you reply to this email?
○ Yes
○ No

Sylvia Letterman
If you meet me in person, I will buy you Starbucks.
Online Consent
What is Online Consent?

- A clear “yes” is exchanged between two individuals prior to exchanging any online content (words/pictures/videos/etc.) of the sexual nature.
- Required for ANY exchange that is sexual in nature.
- Must be 18-years or older!
- Any of this done with someone under 18 is a cybercrime!
  - Must be reported.
What Needs to Be Taught About Online Consent?

- Engaging in any sexual activity online with a minor is a crime
- Consent is needed in all exchanges of sexual nature
- Consent means that both parties know what they have consented to!
- Digital footprints exist!
  - Think twice before sharing any sexual images/pictures
- Pornography- must be careful with sites used. All require 18-years or older age!
How to Make Sure Consent is Given/Asked For

- CREATED RESOURCE WILL BE ADDED HERE THIS WEEKEND!!!!
Keeping Personal Information Private
What is Personal Information?

- Information that is personally identifiable to an individual
- Should NEVER be shared online-unless the page is secured (padlock is in address bar)
- Social security number
- Phone number
- Address
- Student ID
- Driver’s license
- Bank number
- Debit/credit card number
- Place of work
- School of attendance
- Birthday
<table>
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| **Too Dangerous!**  
**Do Not Reply!**  
**Talk to a Trusted Adult!** | **If one or more are checked** |
| | - I do not know the person who sent the message |
| | - The message is inappropriate |
| | - The message bothers me |
| | - The person asked for personal information  
(birthday, phone number, address, social security number, debit/credit card number, banking information, etc.) |
| **Safe to Reply!** | **If none are checked** |
| | - I do not know the person who sent the message |
| | - The message is inappropriate |
| | - The message bothers me |
| | - The person asked for personal information  
(birthday, phone number, address, social security number, debit/credit card number, banking information, etc.) |
Resource for Keeping Personal Information Private

- CREATED RESOURCE WILL BE ADDED HERE THIS WEEKEND!!!!
Netiquette
What to Share Online

• Black out personal information on pictures using photo app or markup
  ▶ Identify personal information

• Appropriate/Oversharing Posts: Grandma/parent/guardian/teacher/employer rule:
  ▶ “If you don’t want (Insert person role/name here) to see it, don’t post it!”

• Golden Rule Applies Online: Share with others what you want others to share with you.

• Keep it Positive! So much negativity is shared online. You have the power to change how you and others feel by keeping your posts/comments positive.
Someone is Harassing, Cyberbullying, Sharing Inappropriate/Bothersome Content

- Tell a Top Three Trusted individual
- Be honest with the sender
  - “You are really bothering me. Could you please stop?”
  - If not: Block/unfollow
    - Can unblock and refollow when ready
    - Facebook allows you to unfollow (stop seeing posts/content shared by person), but remain friends
- Ignore
Initiating Online Conversations

- Don’t be afraid to reach out to friends and family!
- Do not initiate conversations with strangers unless you have looked at their profiles and they appear legit!
  - If profiles do not show pictures of the individual- **RED FLAG**
  - If profile does not have any content on it- **RED FLAG**
  - If profile has inappropriate pictures or lengthy links to unidentifiable websites- **RED FLAG**

- Wait for replies! Person will reply when able/ready!
- If person doesn’t reply, that’s okay!!
### Graphic Organizers

**VISUAL ORGANIZERS FOR FORMING POSTS, EMAILS, ETC.**

**Who**
- Person, business, animal, or object

**What**
- What is happening?

**Where**
- Where does/did it take place?

**When**
- When does/did it happen?

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**Can create for dating profiles!**

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Writing a social media post graphic organizer
Panel
How/Why We Use Social Media
How We Stay Safe on Social Media
Our Advice
Key Resources

- **Cybersafety Resources**
  - **Thorn** - Hits the tough topics (viewing pornography, sexting, etc.)
  - **Family Online Safety Institute**
  - **iGuardians** (Department of Homeland Security) - hits on cybercrimes, including predators
  - **NetSmartz**
BE ON THE LOOK OUT! EXCITING THINGS ARE COMING!

- New website resource coming- **Digital Citizenship 4 All**
  - Hold all resources created for teaching digital literacy to individuals with disabilities
    - Parent(s)/guardian(s)/caregiver(s)
    - Educator(s)
    - Student(s)
    - Advocate(s)

- Want access when it is released to public? Send email to maryjo.krile@eku.edu and your name will be put on the listserv!
Questions?

- Email: maryjo.krile@eku.edu