

Social Media & Digital Citizenship

Lemon Road Principals' Coffee





Hello, we are...

Jacquelyn Argodale, School-Based Technology Specialist
AKA Technology Coach

I help teachers integrate educational technology into their lessons and activities to support the FCPSOn initiative.

Avery Straw, Advanced Academic Resource Teacher (AART), parent of 2 teenagers 😊



578



1K



5K







PROVIDE
Equitable Access
TO STUDENT LEARNING



DEVELOP
Portrait of a Graduate
ATTRIBUTES



REINFORCE
Digital Citizenship



PREPARE STUDENTS FOR
Tomorrow's Workforce



PROVIDE
Professional Learning
FOR EDUCATORS



We will discuss...

01

What Would You Do?

 578  1K  5K 

02

Internet Safety & Supervision

 578  1K  5K 

03

Hot Topics: Cyberbullying, Gaming, AI

 578  1K  5K 

04

Questions

 578  1K  5K 

❤️ 99



What Would You Do?

Digital Dilemmas



Possible Scenarios



Your child comes home and says that pictures of them and another student have been “shipped” on a Instagram page.



578



1K



5K



Possible Scenarios



A group chat your child was added to without their consent is receiving inappropriate photos of another student.



578



1K



5K



Possible Scenarios



Your child has given their personal cell phone number to a stranger they met on Instagram because this person is famous and is on a popular TV show.



578



1K



5K





Reflect:

Are you confident your child can recognize if an adult is masquerading as a child on social media?

Does your child know what information is ok to share and what is not ok to share on social media?

Can your child identify altered images and explain why some people alter images?

Does your child know what to do if they, or someone they know, is in trouble or participating in unsafe behavior on social media?

Are we modeling the behavior we hope to see from our children?

Tips from FCPS Digital Citizenship

1. Anticipate challenges
2. Keep it educational
3. Be goal-directed and intentional
4. Balance online and offline
5. Favor creation and collaboration
6. Use high quality media
7. Create routines
8. Be consistent with expectations
9. Use technology together





Internet Safety & Supervision

Monitoring vs. respecting privacy - what's the balance?



Key Themes



Privacy & Oversharing:

Encourage caution when sharing personal details or images online.

Misinformation & Online

Scams:

Verify sources before believing or sharing information to avoid scams and misinformation.

Cyberbullying & Online

Harassment:

Recognize the signs of cyberbullying and know how to report or block harmful behavior.

Screen Time & Digital

Well-Being:

Maintain a healthy balance between online and offline activities to support overall well-being.

Stranger Danger & Online

Predators:

Be cautious when interacting with strangers online and avoid meeting them in person.

Legal & Ethical

Responsibilities:

Understand the legal implications of online actions, including age restrictions and digital footprints.

Legal and Safety Considerations



Children's Online Privacy Protection Act (COPPA):

Enforces regulations to protect the privacy of children under 13, restricting the collection of personal information without parental consent.

Social Media Platform Age Restrictions:

Federal law and Virginia's compliance with age restrictions (13+) for platforms like Facebook, Instagram, and TikTok, ensuring protections for minors online.

Virginia's Anti-Cyberbullying Law:

Virginia law that addresses cyberbullying by holding perpetrators accountable and ensuring schools have anti-bullying policies in place, both in-person and online.

Online Harassment Laws (Virginia Code § 18.2-60.3):

Virginia law specifically criminalizes online harassment and stalking, offering legal protection for individuals experiencing cyberstalking or online threats.

Virginia's "Sexting" and Obscenity Laws:

Virginia law criminalizes the distribution or possession of explicit images of minors, including sexting, even if the minors involved are sharing images of themselves.

Things to think about...



Online Risks

- Conversations with strangers
- Exposure to inappropriate content
- Identity Theft/Oversharing

578 **1K** **5K**



Communication

How do you talk about tech with your child? How often do you monitor your child's activities?

578 **1K** **5K**



Family Technology Agreements

Many resources, such as [The Smart Talk](#), for safe device usage have mockups of technology agreements to start a conversation with your family.

578 **1K** **5K**



Digital Citizenship Reinforcement

When using a non-FCPS device at home, parents have the choice of what to allow or disallow. Students should use their digital citizenship skills to continue behaving responsibly on their personal devices.

578 **1K** **5K**

COPPA: Children's Online Privacy Protection Act of 1993



What is it?

This act/rule prevents companies from using unfair or deceptive means to collect, use, and/or disclose personal information from and about children (13 and under) on the internet.

578 **1K** **5K**



What does it mean?

Parents have the ultimate right and responsibility of controlling the release of private information to apps and websites by updating privacy settings OR disallowing children to create accounts.

578 **1K** **5K**



How can we make it effective?

Create the accounts with your child and make sure you have given the app permission and set up the privacy settings. Most companies do not allow children to create accounts unless they are 13!

578 **1K** **5K**



What else can I do?

Be aware of the apps your child is using. Read the [Terms of Service](#) to find out minimum age requirements. Read the COPPA [FAQ](#).

578 **1K** **5K**

Recommended Family Resources




common sense media

Provides reviews of apps, games, and social media platforms, along with guides for parents on digital citizenship and online safety.




FOSI
Family Online Safety Institute

Focuses on policy and education to help parents and policymakers understand online safety.



Connect Safely

Offers research-based safety tips and guides for parents on social media use.





Best Practices for Online Safety

1. Check Ratings
 - a. Choosing Wisely - What to Consider
 - b. Common Sense Media Reviews
 - c. ESRB Reviews
2. Make a Plan
 - a. Media and Device Agreements
(translations provided)
 - b. Family Media Plan (*Español*)
 - c. The Smart Talk
3. Choose and Set Parental Controls
 - a. Filter Content
 - b. Block Websites
 - c. Set Time Limits
 - d. See What Kids are Doing
 - e. Track Location
 - f. Turn off Wi-Fi
 - g. Control Spending
 - h. Restrict Communication





Technology overuse can impact your child in many ways. It can cause sleep disruption, symptoms of depression, expectation of immediate gratification, fear of missing out (FOMO), social isolation, fewer opportunities to experience social-emotional interactions and learn skills, body image issues, and disciplinary consequences based on usage.

It is highly recommended to set technology usage agreements and limitations at home.



578



1K



5K





Internet Safety Hot Topics

How to stay safe while using our devices and going online.




Can you answer these questions?



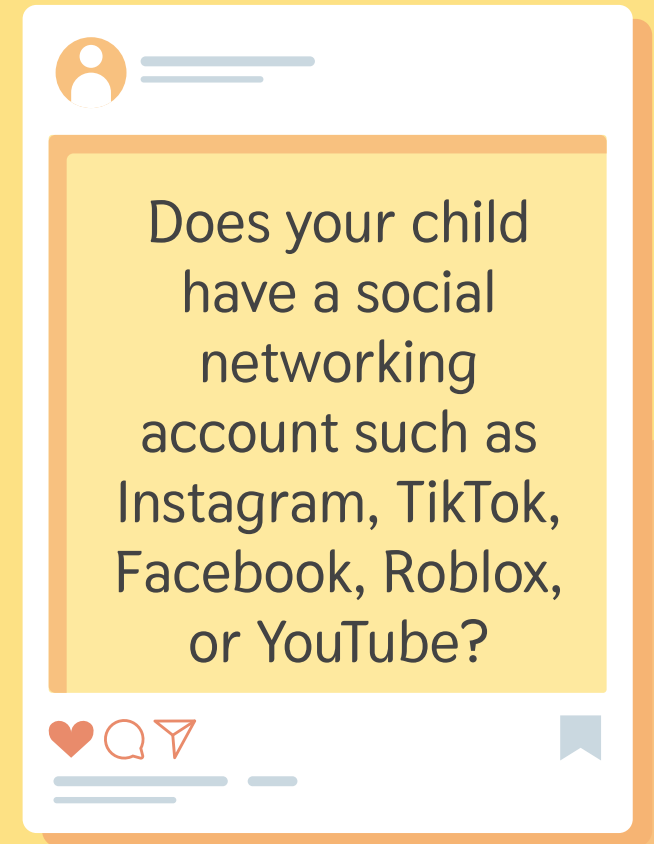
Where are the devices located in your home? Do they have parental control features that are turned on?

This mockup includes a profile icon, a name field, a text area with the question, and interaction icons (heart, comment, share, bookmark) at the bottom.



Can you supervise your child while they are online?

This mockup includes a profile icon, a name field, a text area with the question, and interaction icons (heart, comment, share, bookmark) at the bottom.



Does your child have a social networking account such as Instagram, TikTok, Facebook, Roblox, or YouTube?

This mockup includes a profile icon, a name field, a text area with the question, and interaction icons (heart, comment, share, bookmark) at the bottom.



The internet contains inappropriate information for children, such as pornography, hate speech, harmful advertising, false/misleading information, recruitment for extremist organizations, violent images, online predators, and encouragement of physically dangerous “challenges” or illegal activities.

Internet communications are often anonymous and can lead to dangerous situations for uninformed families.



578



1K



5K





FCPS Students Rights and Responsibilities

Bullying

- Any aggressive and unwanted behavior that is intended to harm, intimidate, or humiliate the victim/target
- Involves a real or perceived power imbalance between the aggressor or aggressors and victim/target
- Occurs repeatedly over time or causes severe emotional trauma

Cyberbullying

- Bullying that takes place using electronic technology
- Examples:
 - Mean text messages
 - Nasty or threatening emails
 - Rumors sent or posted
 - Embarrassing pictures/videos
 - Fake profiles



Cyberbullying

What your child has been taught to do:

Children who are approached by a stranger online should...

Tell a parent or trusted adult (teacher, school counselor, religious or community leader, etc.)

Children who are cyberbullied should...

Tell a parent or trusted adult, not respond to the message, save the message for evidence, and block the offender or set up a new account

What you should do:

Parents of children who are approached by a stranger online should...

Evaluate the message for danger, help the child block the stranger or set up a new account, notify appropriate authorities if message is extremely concerning or has been escalating

Parents of cyberbullied children should..

If school-related - notify school officials, if not school related - notify local law enforcement, save the message for evidence, and block the offender or set up a new account



Don't give out too much information!

Set up new accounts for your child

Do not include or share personal information

**Photos and videos should never be shared by children (or
publicly) online**



As part of Fairfax County Public Schools' continuing efforts to maintain safe schools, a confidential and anonymous Tipline is available to students, parents, staff, and other members of the FCPS community.

School administrators encourage students, staff and community members to report school safety issues, such as threats, unsafe or dangerous situations, illegal drug activity, theft, gang activity, existence of weapons, vandalism and concerns about student wellness. Tipline users may identify themselves or remain anonymous.

You may submit your anonymous tips using any of the following methods:

Online
fcps.edu/tipline



Text
888777
Keyword *TIP FCPS*



Call
571-423-2020



Seeking Help?

**NEED
HELP?**

MENTAL HEALTH RESOURCES
24/7 EMERGENCY NUMBERS

In case of a life threatening emergency, call 911

CrisisLink Regional Hotline: **703-527-4077**

CrisisText: Text **NEEDHELP** to **85511**

Dominion Hospital Emergency Room:
703-536-2000

Inova Emergency Services: **703-289-7560**

Mobile Crisis Unit: **1-844-627-4747**

National Suicide Prevention Lifeline:
1-800-273-TALK or **1-800-SUICIDE**

Merrifield Center Emergency Services:
703-573-5679

TTY dial **711**

- [FCPS Digital Citizenship Website](#)
- School supports
 - School Counselors
 - School Psychologist
 - School Social Worker
- Pediatrician
- Outside providers
- Emergency Services

♥ 99



Questions

Any questions for us?





Popular Platforms





Twitch (recommended for 15+)

Twitch is a social video service where a community of millions discusses Xbox One, PlayStation 4, and PC games. It also features videos and channel content based on hobbies and other topics. Requires users to be 13 years old.

Parents can restrict kids' contact with other users, such as blocking private chat-room invitations. Users can be invisible when observing a chat and see the activity of others Twitch users unless the user turns off that setting.

Children may encounter the following when dropping in on conversations happening on Twitch:

- bad language
- drug and alcohol references
- product promotions for goods and services
- streaming video of games with shooting and violence and people praising that violence

Common Sense Media Review

Ultimate Guide



Discord (recommended for 13+)

A chat app for gamers designed to help gamers talk to each other in real time as they game. Discord requires users to be 13 years old. While the app doesn't generate any iffy content, gamers may discuss mature games that include:

- sex
- violence
- substances

With location services on, users nearby can find you and invite you to chat. Users can also join Stage channels where up to 1,000 users are listening and potentially participating in a live audio broadcast.

Common Sense Media Review
Ultimate Guide



TikTok (recommended for 15+)

TikTok is a social network for sharing user-generated videos, most of which feature music and sound effects. Users can also remix others' work and browse content created by other users, including famous recording artists. Users must be 13 or older. If you are under age 18, you may only use the Services with the consent of your parent or legal guardian.

Parents can activate Family Safety mode to: link their own account to their kids', set time limits, place kids' accounts on Restricted mode, and disable direct messages.

Parents can also control who can leave comments, turn off search, and stop users from seeing which videos their children have liked.

If a kid unpairs the account, the parent gets an alert.

Common Sense Media Review

Ultimate Guide



Snapchat (recommended for 13+)

Snapchat is a popular messaging app that allows users to exchange user-generated photos, texts, videos, and calls -- both audio and video - that go “away” within a few minutes to 24 hours. No one under 13 is allowed to create an account or use the Services. If you are under 18, you may only use the Services with the prior consent of your parent or legal guardian.

Snap Maps - if users share their location, you can see friends on a map and see Snapchat Stories from other users in various locations

Memories - this section allows teens to save posts behind a passcode so others can't access them.

Discover - a feature that has curated content from media outlets and often feature harsh language, sexual content, violence and ads and there is no opt out

Snapstreaks - incentivizes trading snaps with people every day to earn charms

Spotlight - scrollable feed of short videos, and because kids can make money, they may be encouraged to post riskier stuff

[Common Sense Media Review](#)

[Ultimate Guide](#)



Kik (recommended for 17+)

App based alternative to standard texting as well as social networking app. Users must be 13 to create an account.

Features include:

- Video
- Sketch
- Bot search
- Friend or group code scanning

KikCode Function encourages kids to connect themselves to commercial brands. Connects to many 3rd party sites. Kik is a popular app for predators to groom children. Beware.

Common Sense Media Review



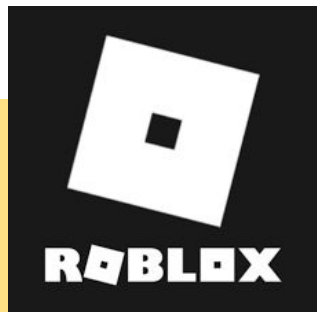
Instagram (recommended for 15+)

All in one social app for sharing, shopping and scrolling. Very popular. You must be at least 13 to create an account.

- Instantly enhances photos, and videos with cool effects
- Can share Instagram posts to other platforms
- Prohibits nudes, but does not prohibit the portrayal of violence, swearing or drugs. Users can flag photos for review if inappropriate
- Photos shared are public and may have location information unless privacy settings are adjusted.
- Direct Messages
- Green status dot shows if you are active - can turn this off
- Vanish mode - lets friends send messages that disappear after you leave the chat
- Can subscribe to others video collections
- Connects to Tinder - can disable
- Reels - similar to TikTok short style videos

Common Sense Media Review

Ultimate Guide



Roblox (recommended for 15+)

Users can create games and play games others have created. There is a social component where users can add friends to chat with and even “follow” them throughout various games. You do not have to be friends with someone to chat with them and many games have a public chat going. There are human moderators that do their best to keep everything clean and safe. There are chat filters.

This app offers in-app purchases.

One of the friendlier apps for children, but users still must be 13 or older to sign up.

Common Sense Media Review

Ultimate Guide