

A close-up photograph of a field of yellow dandelions. The flowers are in various stages of bloom, with some fully open and others as buds. The background is a dense carpet of green leaves and stems, with a few small purple flowers visible. The lighting is bright, suggesting a sunny day.

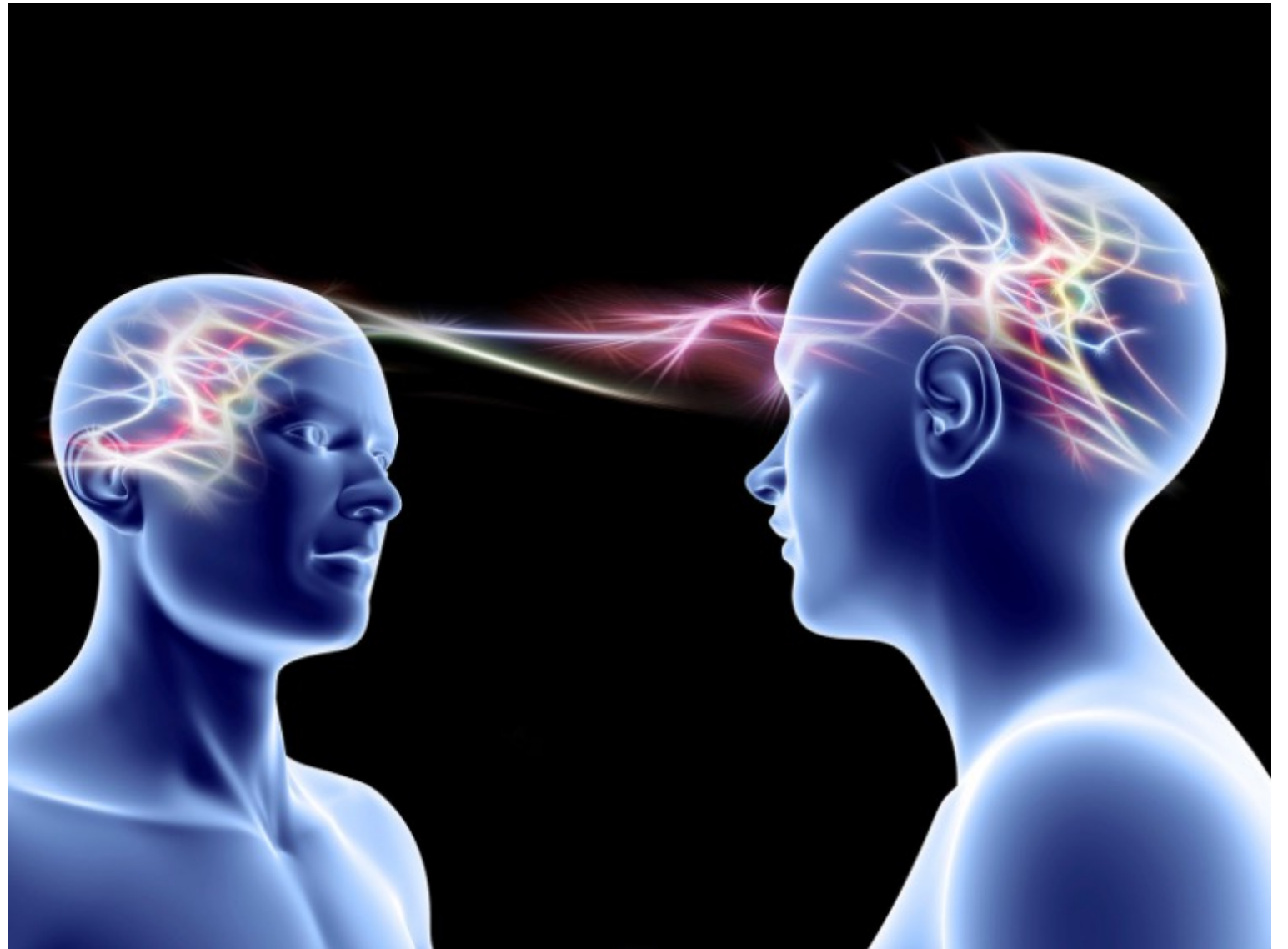
TEAM BUILDING GAME - COMMONALITIES



ZOOM PORTRAIT

- *HOW TO PIN VIDEO: Move your cursor over someone's Zoom Square. Select the 3 dots that appear at the upper right-hand corner. click on the 3 dots and select "PIN VIDEO"*

**GAME
TELEPATHIC
COUNTING**



MIME BALL





**AS A PARENT, WHAT
WORRIES YOU WHEN
YOUR CHILDREN ARE
ONLINE?**

KEEPING OUR CHILDREN SAFE ONLINE

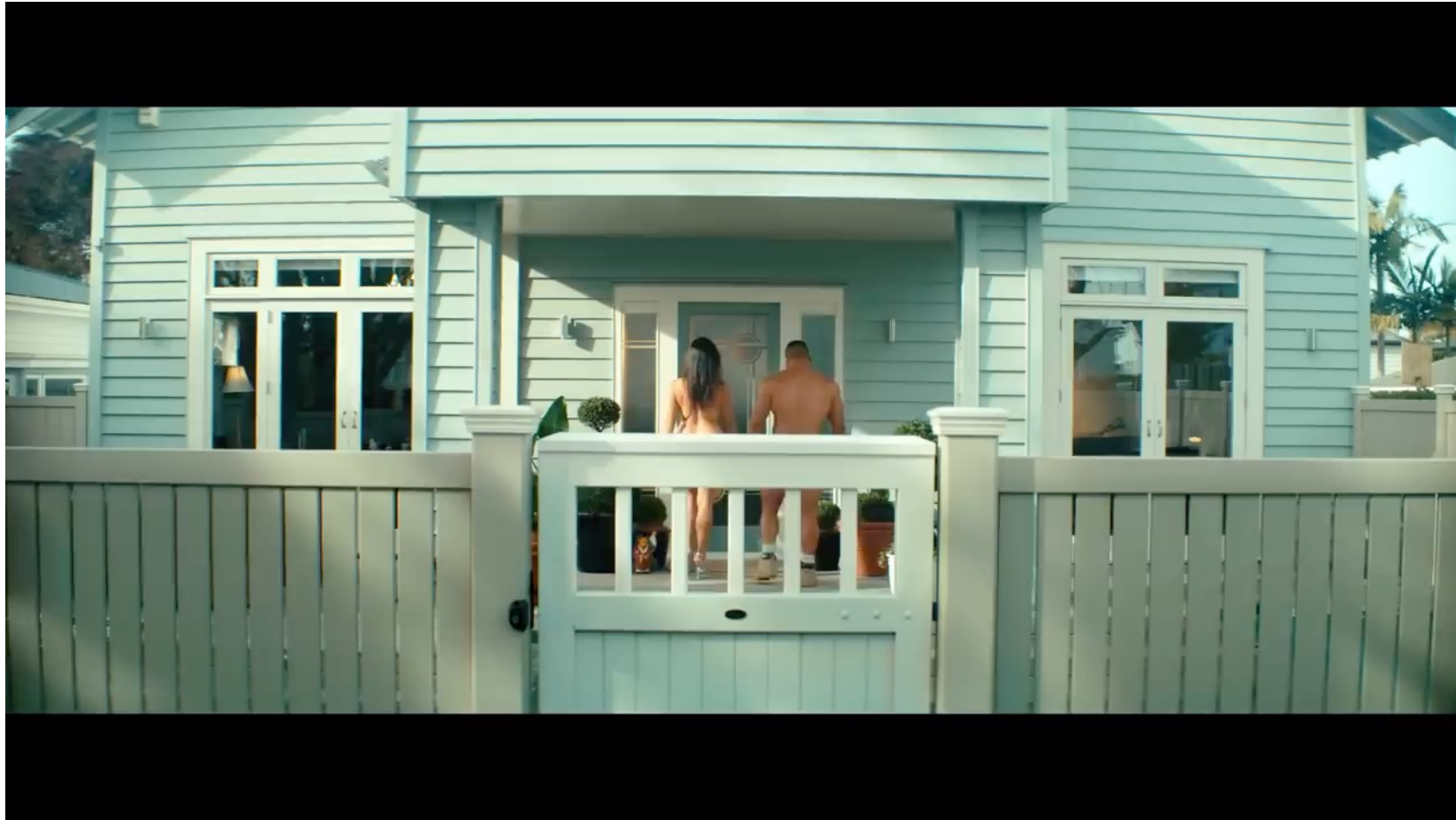
PRESENTER:

JEREMY RUBENSTEIN

@BOXOUTBULLYING

@JEREMY_RU





**HOW TO TALK TO YOUR CHILD ABOUT
ONLINE PORNOGRAPHY?**

THINGS TO TALK ABOUT TO YOUR CHILD - ONLINE PORNOGRAPHY



PORN VS REALITY

CONSENT AND RESPECT

PEER PRESSURE

LET THEM KNOW THEY CAN TALK TO YOU

**HOW TO
TALK TO
YOUR
CHILD
ABOUT
UPSETTING
ONLINE
CONTENT?**



WHAT PARENTS CAN DO IF A YOUNG ADULT IS EXPOSED TO UPSETTING CONTENT

1

Normalize their response

2

Don't overreact by taking away the technology

3

Provide comfort and reassurance



TRIVIA - YOU CAN DELETE
MEMORIES LIKE A COMPUTER FILE

DIGITAL FOOTPRINT



What's a digital footprint?



What's the risk?



WHAT CAN I DO ABOUT MY
DIGITAL FOOTPRINT?

SOCIAL
MEDIA:
RISKS AND
RECOURSE





SOCIAL MEDIA RISK

T.H.I.N.K

BEFORE YOU CLICK

T.H.I.N.K BEFORE YOU CLICK

Before you...



THINK!

- T** = Is it True?
- H** = Is it Helpful?
- I** = Is it Inspiring?
- N** = Is it Necessary?
- K** = Is it Kind?



- ¿ES **P** productivo?
- ¿ES **I** inspirador?
- ¿ES **M** empático?
- ¿ES **N** necesario?
- ¿ES **S** seguro?
- ¿ES **A** amable?



BULLYING VS CYBER "BULLYING"

WHAT IS CYBERBULLYING?

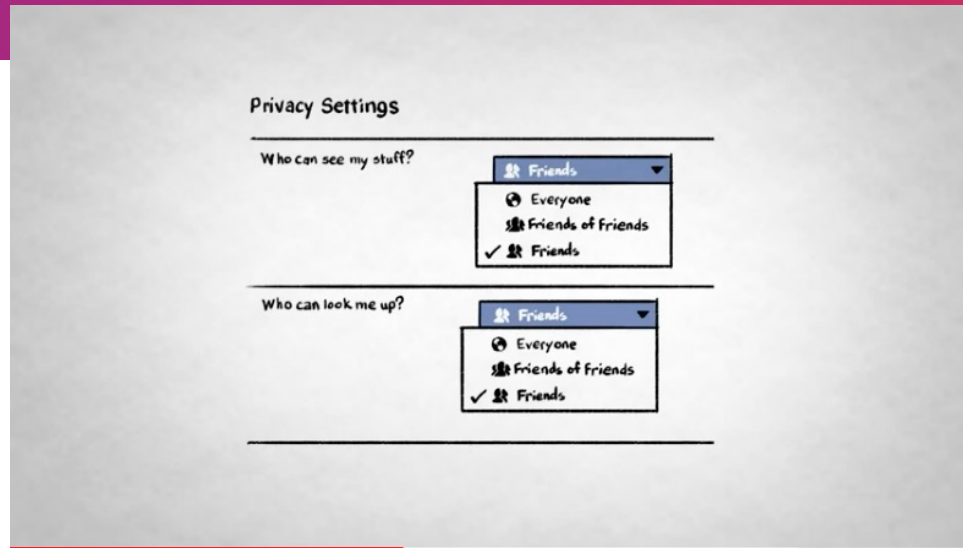


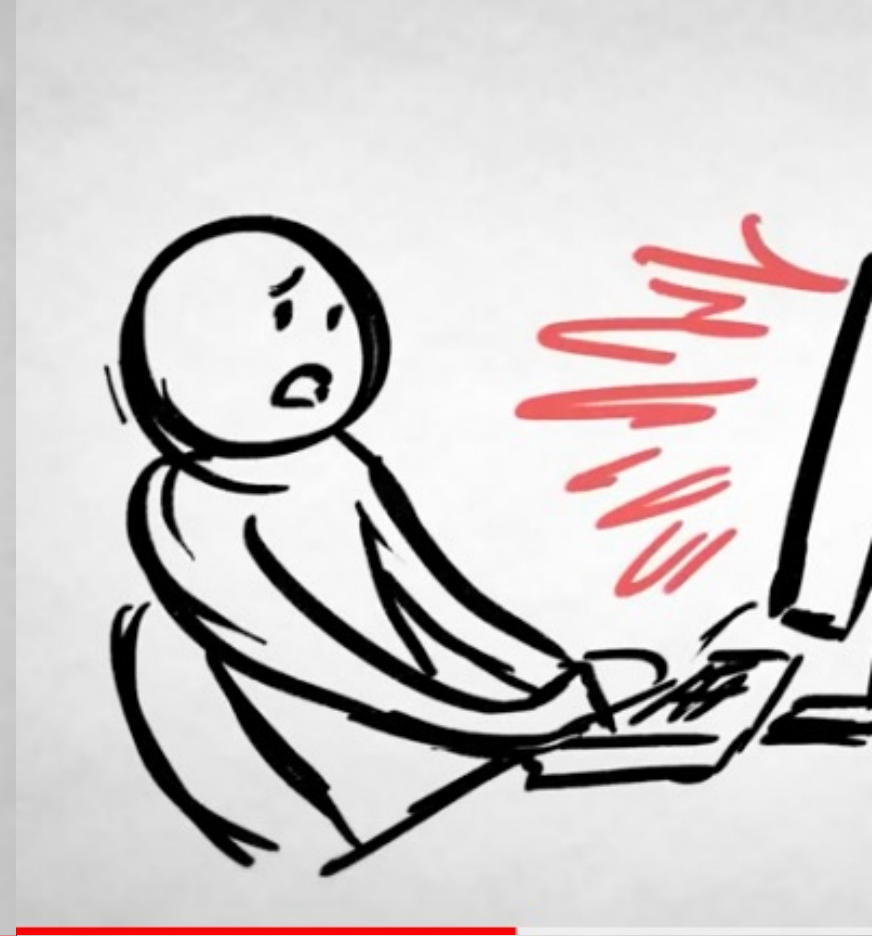
HOW TO TALK TO YOUNG ADULTS ABOUT ONLINE SAFETY



**CYBERBULLYING
INTERVENTION & POST-
VENTION**

STEP 1 PRIVACY IS PREVENTION





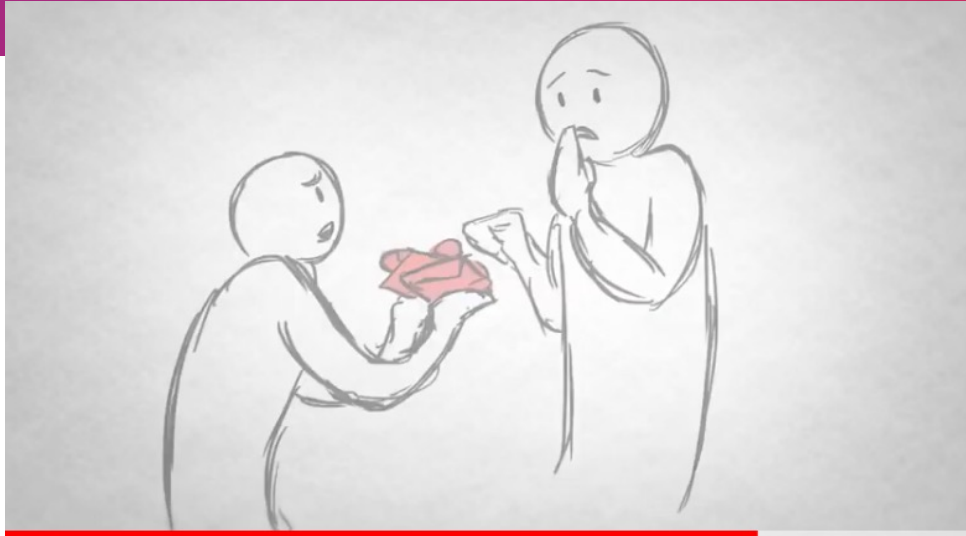
**STEP 2 DON'T RESPOND
AND DON'T RETALIATE**



STEP 3
BLOCK THE
PERSON
WHO'S
BULLYING



STEP 4 SAVE THE INFORMATION AND TELL SOMEONE



CYBERBULLYING INTERVENTION AND *POST-VENTION*

1

Step 1 - Privacy
is prevention

2

Step 2 - Don't
respond and
don't retaliate

3

Step 3 - Block
the person who
is cyberbullying

4

Step 4 - Save
the information
and tell
someone



WORKSHOP OVERVIEW - CREATING AN ONLINE SAFETY PLAN?

ONLINE SAFETY FAMILY CONTRACT

Online Safety Family Contract

It's important that everyone can have a good time using the internet and devices. Our family knows we have a responsibility to help make things safer for us all. We will agree on some guidelines so this can be done. We agree to:

1 BE KIND.

When we are online, we will think about others and communicate and post in a kind and respectful way. We will treat people how we would like to be treated even if they aren't behaving nicely.

2 BE PRIVATE.

We will keep our passwords and information about ourselves and other people safe and private. If we are not sure if it's safe to share, we will check with an adult first.

3 BE CAREFUL.

We will think carefully about what we post and share. We want to be proud of the comments and content we share and happy saying it to someone's face.

4 BE A THINKER.

We know not everything we see online is real. We know how to fact check if something is truthful and will ask an adult if we're not sure.

5 BE HONEST.

When we copy or use words, pictures and ideas from the internet, we will share these properly and follow the guidelines for content we didn't develop. This might include providing the name of the author or creator.

6 BE FAIR.

We will ask if it's okay to record someone and won't share any photos, video or information about other people without checking if it's alright to do so.

7 BE RESPONSIBLE.

We know we need to make sensible choices as our behaviour can help to make other people's time online better. We will make kind decisions and talk to an adult if we see others being hurt.

8 BE OPEN.

We will use our devices in shared spaces unless agreed to with an adult. If we ever feel unsafe, scared or sad we will speak to an adult straight away and get help.

What other guidelines are useful and what will happen if they aren't followed?

If we need help because of a problem with this Treaty we will talk to:

My signature confirms I agree to the guidelines above

Child's signature _____ Date _____

I/we agree to help manage these guidelines fairly. The use of technology deserves respect from everyone and there will be a family discussion if these guidelines are not adhered to. I/we will friend and follow, but will not stalk you online.

Parent/guardian signature _____ Date _____

BEFORE SIGNING THE ONLINE SAFETY CONTRACT

1

STEP 1. FIGURE OUT WHAT THEY KNOW ALREADY

2

STEP 2. LET THEM KNOW THAT YOU WILL SUPPORT THEM NO MATTER WHAT

3

STEP 3. TALK ABOUT WHO THEY CAN REACH OUT TO IF THEY NEED HELP

4

STEP 4. DISCUSS WAYS TO REPORT OR REMOVE HARMFUL CONTENT

5

STEP 5. HAVE EMERGENCY CONTACT DETAILS ON HAND IN CASE YOU NEED IT

THANK YOU

Jeremy@boxoutbullying.com

(cell) 717.538.1235

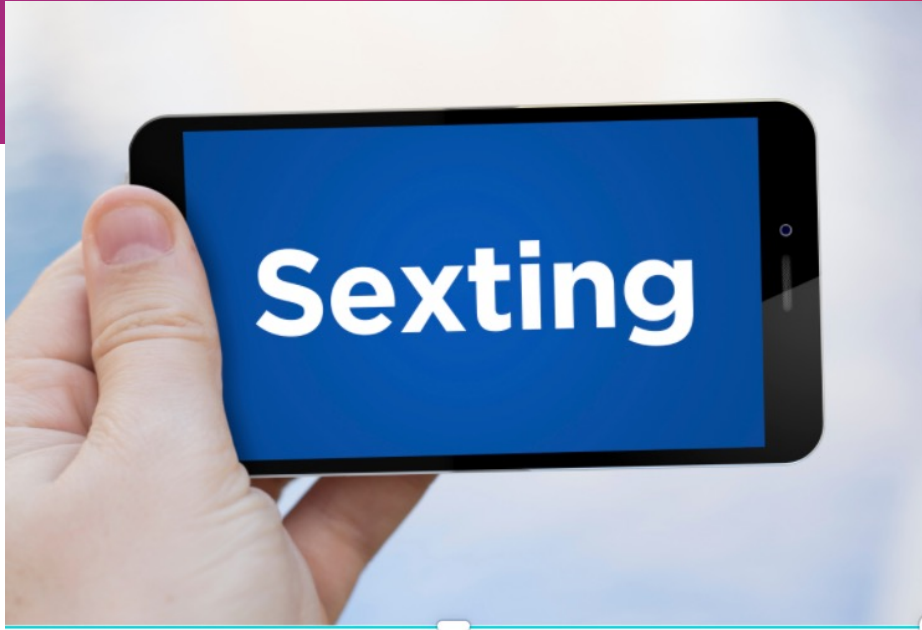
(office) 866.242.6185

- BOXOUTBULLYING.COM
- @BOXOUTBULLYING

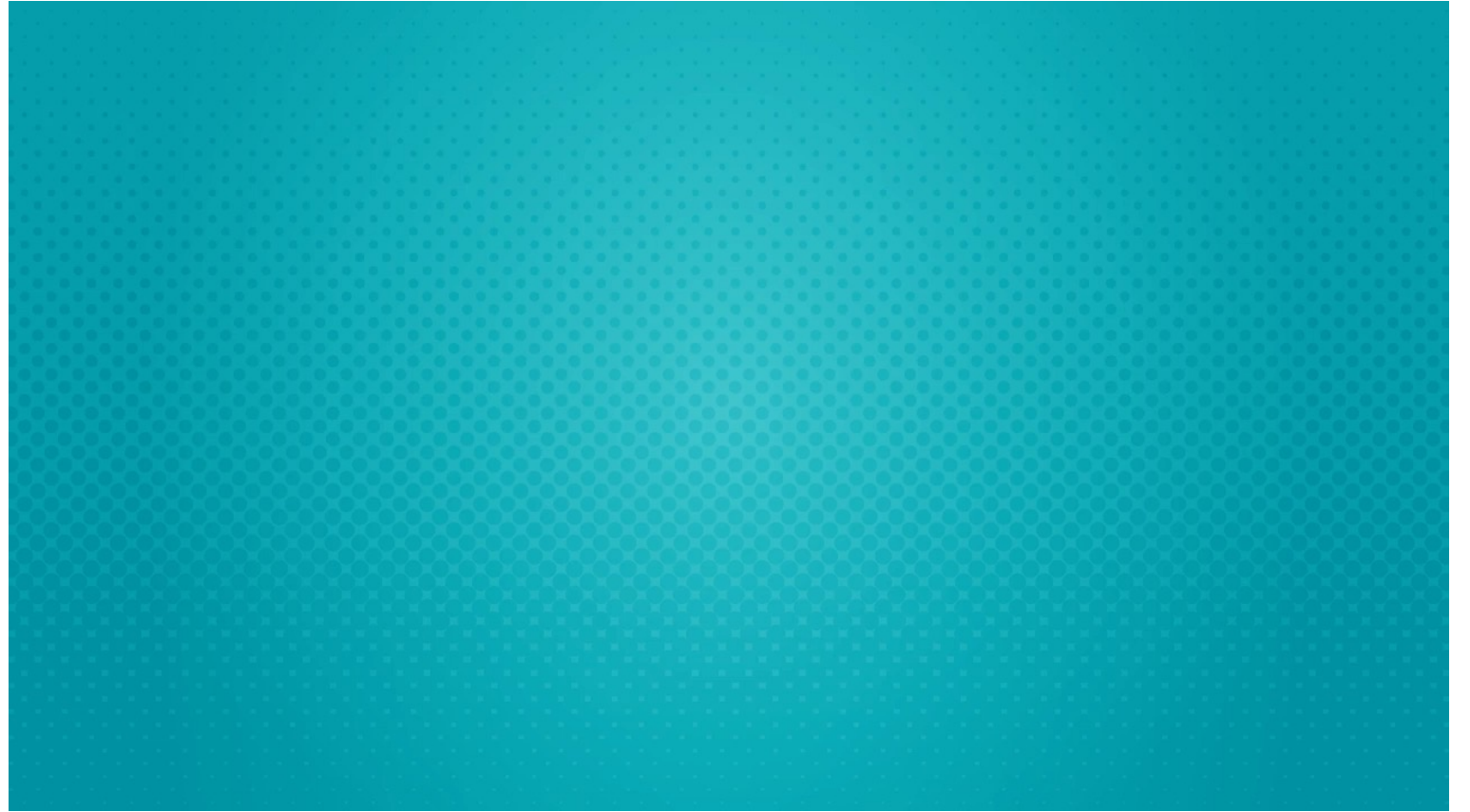




SCREEN TIME ADVICE FOR PARENTS



**WHAT TO DO
IF YOUR
CHILD WAS
SENT A NON-
CONSENSUAL
NUDE**



WHAT TO DO IF YOUR CHILD WAS SENT A NON-CONSENSUAL NUDE

DELETE

DELETE THE IMAGE

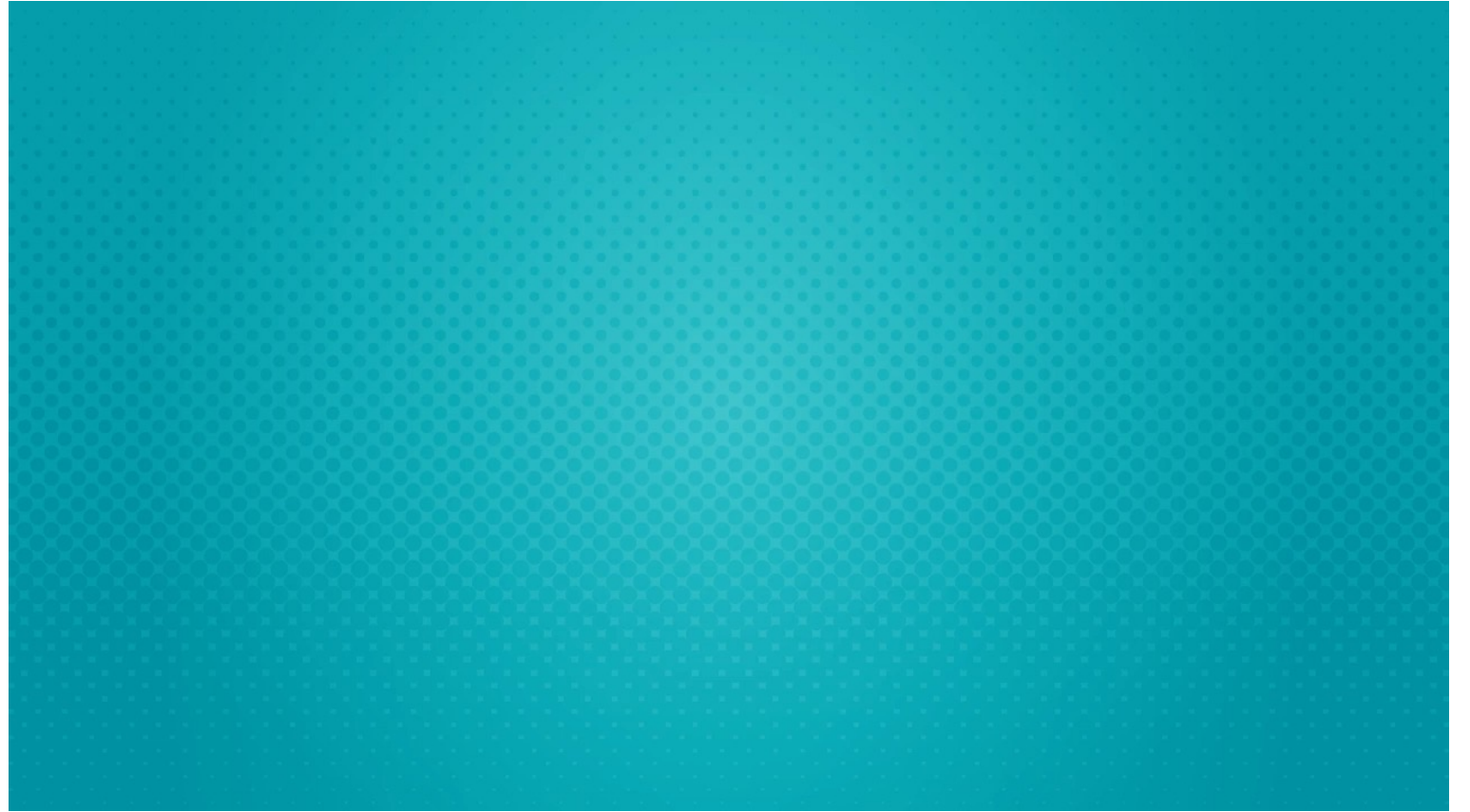
TELL

TELL THE PERSON WHO SENT YOU THE IMAGE TO DELETE IT AND STOP SHARING THE IMAGE

SPEAK OUT

SPEAK OUT AGAINST IMAGE-BASED ABUSE

**WHY DO
YOUNG
ADULTS
SEND
NUDE
IMAGES?**



WHY DO YOUNG ADULTS SEND NUDE IMAGES?

Peer Pressure

Threatened or blackmailed

Trust/Online Relationship

Pride

BEEN ASKED FOR A NUDE, BUT DON'T WANT TO SEND ONE?

