GROWING UP IN THE DIGITAL AGE

Today’s youth are growing up in a world that encourages a deep involvement with technology, influencing their everyday, even moment to moment, activities. Yet these same children are oftentimes unsupervised and unprepared to play safely on the digital playground—where they can very easily make bad and potentially dangerous decisions.

YOU CAN HELP

Savvy Cyber Kids’ CyberHERO Volunteer Programs bring cyber security and privacy professionals like you into schools to help young children learn about personal internet safety, bully response, technology balance, digital reputation and privacy. You will help the children learn how to remain safe and be empowered to make appropriate decisions when using the technology they love.

As a Savvy Cyber Kids HERO Volunteer, you can help us reach more schools and teach children about how to stay safe online. As a cyber security and privacy professional, you are well-versed in the issues facing children growing up in the Digital Age. Use the attached presentation slides and presenter’s guide to lead school-based programs.

THE CHALLENGES OF PARENTING IN THE DIGITAL AGE

There was a time when the childhood lessons of ‘don’t talk to strangers,’ and the ‘golden rule’ was enough to keep kids safe. These lessons could be applied to more mature circumstances as the child aged and because kids learned them young, they were better equipped to make safe decisions when they got older. But times have changed. Technology happened. Today, kids have unfettered access to internet-enabled screens, likened to taking the front door off the family home and inviting strangers—potentially dangerous ones—in to play.

Savvy Cyber Kids encourages parents and caregivers to start having ‘The Tech Talk’ with children at the youngest of ages. As soon as children are holding a screen, they can be taught personal internet safety lessons like protecting personal information and understanding who are strangers in the online world (anyone they don’t know through a physical, face-to-face encounter). Once ‘The Tech Talk’ starts, it never stops. As the child gets older the cyber safety concepts expand into cyber bullying, digital reputation and technology balance. Even the adolescent sex talk requires radical new approaches in the Digital Age. Parents must have a sex talk version of ‘The Tech Talk’ that includes consent, compliance, predator grooming, pornography and sexting—and at much younger ages than ever before, in order to keep their kids safe.

Parenting has never been easy. But parenting in the Digital Age has brought with it new challenges that must be addressed to ensure the health and well-being of young people. The mistakes our youngest digital citizens can make—posting something that gets them kicked off a team or refused entry to the college of their choice or connecting with a child predator who grooms them over time—has the potential to haunt them for the rest of their lives, or worse yet, put them in a life or death situation.

The reality is that there is no one-stop prescriptive formula for keeping kids safe online. Technology changes very quickly, so the approach of merely advising on the apps or platforms to use/avoid or specific direction on parental controls is not effective enough. What works is treating the virtual world like the playground that it is and establishing safety protocols much like the ones children learn at a very young age—before they are allowed go play with neighborhood kids on the playground. And then refreshing these lessons again and again as the child ages.
SAVVY CYBER KIDS IN THE SCHOOLS

While ‘The Tech Talk’ must happen in the home, with parents setting the stage based on family values and expectations, it must also be happening in the schools, where technology continues to be a greater part of the learning process and where the social interactions of school-age children happens.

Savvy Cyber Kids has a long history of presenting at schools throughout Atlanta and beyond. Oftentimes, schools reach out based on a need for a response to a specific age-group. More ideally, Savvy Cyber Kids would be engaged to speak—proactively, before an incident occurs—to each age group and to the parent and educator community at each school. Keeping kids safe online requires the full awareness and support of the entire community.

However, most schools do not allocate significant funding for programming and instead choose a targeted, responsive approach, if any funding even exists. Yet, the dangers of growing up in the digital age requires a more systemic and comprehensive approach to cyber safety. This is especially important for upper elementary and middle school age children. Adolescence is an extremely vulnerable age and technology only magnifies the insecurities, awkwardness and missteps that can happen. Here is a look at what is happening with today’s youth:

• The average age for a child getting their first smartphone is 10-years-old.
• 64% of kids have access to the internet via their own devices.
• 39% of kids get a social media account at 11-years-old.
• The average age kids first see pornography consistently lands at between eight and eleven-years-old.

By middle school, most kids have a cell phone and a window into a world of trouble. Born into a world surrounded in every possible way by technology, pre-teens and teens are inevitably drawn to their phones. The places they can go, the people they can meet—and yes, the dangers they can get into, all from the safety of their homes and schools are limitless.

That’s a lot of responsibility and sometimes it’s not that easy to make the right choice or understand potential consequences behind a screen, with abundant seemingly grey area to navigate. Truth is, before parents know it, upper elementary and middle school turns into high school and beyond and with each year, these kids will be closer to venturing out on their own. With that freedom comes all the rights AND the responsibilities of independent living. As parents and teachers, we are doing pre-teens and teens a disservice to not prepare them for the complexities of life—particularly the complexities of making smart decisions online.

The CyberHERO program focuses on making sure every student understands what is happening when they use the technology they love so they can make informed decisions to thrive online instead of having technology control them.

As a CyberHERO volunteer, you can raise awareness and impart a sense of cyber safety and cyber ethics into the minds of children. We appreciate you being a Savvy Cyber Kids Volunteer CyberHERO at your local schools! Please let us know if we can help with any questions you may have or any suggestions for improvement at info@savvycyberkids.org.
**SLIDE 1:**
*Opening Slide*

**NOTES:**
Introduce yourself to the students, giving them an idea of your professional experience.

Based on your expertise, tell the students why you think cyber security and cyber ethics are important, especially for young people.

Share with them that you are volunteering your time with Savvy Cyber Kids to help keep kids just like them safe online.

Tell them a little bit about Savvy Cyber Kids... Savvy Cyber Kids was started by a cyber security professional to make every student understands what is happening when they use the technology they love so they can make informed decisions to thrive online instead of having technology control them.
SLIDE 2:
What Tech Do You Have?

NOTES:
Ask the students:
- How many of you have an iPad or Android tablet?
- How many of you have an iPhone or Android phone?
- How many of you have a computer in your house?
- How many of you have MANY computers in your house?
- How many of you have an XBOX, Playstation, Nintendo Switch, or other gaming platform?
What Do You Do With Tech?

**NOTES:**
Ask the students:
- Tell me what your favorite thing to do with technology is?
- Do you use apps?
- Which apps?
- Do you talk/chat/msg friends?
- Do you play games?
- Do you make movies?
- Do any of you create your own apps and/or games?
Who Is Your Favorite Superhero?

**NOTES:**

Let them tell you. Then, tell them that you have some favorites... ask if they can guess.

If they can’t guess, here are the Savvy Cyber Kids favorite superheroes:

- Ironman
- Batman
- Green Arrow
- Hawkeye

Why? Because they are superheroes that have NO SUPERPOWERS; they use technology to do good in the world!
SLIDE 5:
Technology Is Changing Our Lives For The Better!

NOTES:
Ask the students, Can someone give me an example of how technology is changing our lives for the better? Answers to suggest if not offered:
• Robotic body parts
• Space exploration
• New ways to learn
• Medical treatments
SLIDE 6: But Technology Sometimes Brings Out The Worst In People!

NOTES:
Ask the students:
• How many of you have ever seen mean comments under a YouTube video?
• How many of you have ever heard or seen mean comments in a game?
Talented And Smart People Are Often The Targets Of Bullies!

- Steve Jobs
- Taylor Swift
- Winston Churchill
- Marie Curie
- Eminem
- Selena Gomez

1. Ask the students to tell you who was/is:
   - Steve Jobs
   - Taylor Swift
   - Winston Churchill
   - Marie Curie
   - Eminem
   - Selena Gomez

2. Then ask the students to tell you why were they bullied and picked on when they were your age:
   - Steve Jobs – He liked to try new things with technology and they would not always work.
   - Taylor Swift – She liked to write songs and play different instruments all the time.
   - Winston Churchill – He was overweight and unathletic.
   - Marie Curie – She was different, from the others on this list because she was bullied as an adult. Why? Because she was a woman, working in a field dominated by men.

3. Now, share with the students that all of these people got through tough times in their lives...how? They had goals and took the steps needed to achieve their goals. The bullying didn't define them and they were able to move past it and achieve monumental achievements.
SLIDE 8:
How To Deal With Haters, Trolls, Bullies, And Jerks Online...

NOTES:
Share with the students that if someone is ever being mean, rude, or bulling you online (or off!), the steps on the slide are what you should do.

* Explain that the asterisk by “Ignore them” means you should not respond to whatever they wrote, said, or posted. Then, if possible, block them and follow the other steps.
You Are Never Alone!

- Parents
- Relatives
- Friends
- Teachers

NOTES:
Make this very important point to the students: It is so important that you understand that you are NEVER alone in this life. You have people that love and care about you. Sometimes, when you are using technology, you will feel sad, anxious, or depressed. Know that this is a NORMAL brain response to using your technology too much. If you ever start to feel this way, put down our device, or step away from the tech you are using and go talk to someone (parent, sibling, teacher, etc.) or read a book, doodle on some paper, run around... do something else and your brain will get happy again.
Respect And Empathy Are Key!

- Yourself
- Your Family
- Your Friends
- Your Teachers
- Society

NOTES:
Tell the student that whenever they are online, it is important that you act with respect and empathy. Ask them:
- Who can tell me what Respect means?
- Who can tell me what Empathy means?

Ask the students, before they post a picture or video; before they make a comment in a game; and before they comment on someone else's activity in an app of game, to think how you would feel if someone posted, shared, or said that towards you. If it would make you happy, share/post/comment. If it would make you sad or upset, don't share/post/comment.
SLIDE 11:
Never Stop Questioning How Technology Works!

NOTES:
Ask the students:

• Can someone tell me what happens the second you take a picture or video on a device (tablet or phone)? Call on a few and let them guess...and then give them the answer: When you take a picture or video, it is automatically saved to camera role (or folder on a device).

• What happens next to that picture or video that YOU DIDN’T EVEN SEND YET? Call on a few and let them guess...and then give them the answer: Saved to the cloud

• Who can tell me what the cloud is, what it looks like? Call on a few and let them guess...and then go to the next slide.
NOTES:
Share with the students, this is an actual picture of one of Google’s clouds. So, your picture or video is automatically sent (you didn’t do anything!) to a server (one of the stacked blinky boxes that are super powerful computers).

Ask the students:
• What happens to that pic/vid you didn’t send to anyone next? Let them guess...It gets copied to another server in the same building.
• What happens to that pic/vid you didn’t send to anyone next? Let them guess...It gets copied to another cloud building in another state.
• What happens to that pic/vid you didn’t send to anyone next? Let them guess...It gets copied to another server in a cloud in another country!
• Why would Apple, Google, Samsung, Instagram, Snapchat, and every other tech company what to have so many copies of your data?? Answer with a question...Have any of you ever broken a phone or setup a new device? How did you get your pictures, etc. back? You entered a username and password and all your information magically appears back on the new device. Now you know it is not magic...The companies want you to be happy using their tech. If you aren’t happy, you will buy or use another brand’s product that will make you happy.
Technology Provides Access In Good And Bad Ways!

- Phones & Tablets
- Gaming Platforms
- Blu-Ray Players
- Cars
- Amazon Alexa, Google Home, etc.
- Apple TV, Roxio, FireTV, etc.

SLIDE 13:
Technology Provides Access In Good And Bad Ways!

NOTES:
All the technology you love and use every day, at home, at school, provides access to the internet and to other people using technology, just like you are doing. The access you have to everything you are interested in online also gives other people—strangers—access to you, unless you are thoughtful with technology.
SLIDE 14:
Social Media & Game ‘Friends’...
Are They Really Your Friends?

NOTES:
Because the Internet and the technology you all love and use every day provides access for other people to contact and see what you are doing, make sure you (do the above)...because except for a few friends that you know from school or your neighborhood, these other users are not your FRIENDS. They are STRANGERS.
SLIDE 15: Strangers

NOTES:

Ask the students:
- Have any of you ever received a connection request or a request to chat from someone that you don’t go to school with, don’t play a sport with, is not your neighbor, or someone you never physically met in person before?

Tell the students:
- Well, those requests were from strangers. Some may be friends of friends and may be safe. BUT some of them are strangers who like to hurt kids just like you. And you can’t know the difference. We never want anyone to hurt you in any way. This means that anyone who is not a friend, should be treated as a stranger—ALWAYS.
How To Deal With Persistent Strangers

- Ignore them
- Block them
- Tell your parents
- Tell your friends
- Tell your teachers
- Tell your school administration
- If it does not stop, call the police

**NOTES:**
Ask the students if this list looks familiar? It is the same way you deal with people being mean or hurtful.
SLIDE 17: What Is this Screenshot?

NOTES:

• Ask the students, does anyone know what this is a screen shot of? Answer: Pokemon Go. This screenshot was taken while in a line at a post office. Pokemon Go is an AR game.

• Ask the students, who can tell me what an AR game is? Answer: Augmented Reality, which means that the virtual world is put on top of the physical world we live and walk around in.

• Ask the students, if I was STRANGER that wanted to hurt a kid just like you, and I knew kids like you played AR games, what would I do? Answer: I would go to places kids go to play the game (Pokestops in this game’s case) and try and talk to kids that were there.

Remind the students that when playing ANY AR game, DO NOT TALK TO ANYONE while you are out and about that is not part of your group and NEVER go alone.
SLIDE 18:
Keep Your Clothes On!

NOTES:
Emphasize this vital message to the students: When it comes to using technology, make sure you always keep you clothes on. Sometimes, people in apps or games, or other tech will ask you to send a picture of yourself without a shirt on or without your pants on (It may start with them asking you to put on a bathing suit and take a picture or video. Tell the students that THE ANSWER TO EVERY ONE OF THESE REQUESTS IS “NO.”

• Ask the students, if someone ever asks for picture of you without your clothes on, the answer is what? NO! The answer is what? NO!
• Then emphasize that this also means that they should NEVER ASK ANYONE TO SEND YOU A PICTURE OR VIDEO WITHOUT THEIR CLOTHES ON. It is illegal and you can get in BIG TROUBLE. This trouble comes from sharing images whether on purpose (with your friends, after an argument, after breakup), by accident, via auto sync to apps, or if your friend gets your phone or signs into your accounts and sends the pictures to another phone or posts it online.
SLIDE 19:
Should You Sleep With Your Devices?

NOTES:
Ask the students:
• How many of you take a device to bed with you at night?
• Why do you take your device to bed with you at night?
• Can someone tell me why this might not be a good idea?

They will usually know all the reasons, which are:
• Stops you from falling asleep easily
• Wakes you up (notification sounds and screen lights up)
• Can catch fire
• Can potentially cause cancer (cell radiation classified by the World Health Organization as a possible carcinogen)
• You might make a bad decision because you are tired and share or say something you would normally do because you are tired.

Tell the students that they can share with their parents that even adults should not take their devices to bed with them at night too! You can talk to your parents about that!
SLIDE 20:
The Most Likes Or The Highest Level ≠ A Great Life?

NOTES:
Ask the students:
• Does having the most likes on a picture of video or reaching the highest level in a game mean you have a great life? NO!
• Can anyone tell me what is one of the TWO things that make for a great life (and yes, this is scientifically proven!)? Answer: 1.) Relationships with people in your life (family and friends); and 2.) Setting and achieving goals.

Remind the students about the famous people previously mentioned that got through the tough times in their lives? They set goals and achieved them. Share with the students that your brain LOVES when you obtain/achieve goals. You can start setting simple goals, like brushing your teeth twice a day or studying a little more for next week’s quiz or test. Goal set, goal achieved, happy brain and happy you!
SLIDE 21: Life Is About The Future!

NOTES:
Ask the students: How many of you know what you want to do when you get older and get a job?

After seeking answers, let the students know that it’s ok if you don’t AND it will probably change many times as you get older. But whatever your current dream is, start setting small goals so you can achieve them and work towards your dream!
Helping Others...

“Life’s most persistent and urgent question is, ‘what are you doing for others?’”
– Dr. Martin Luther King, Jr.

SLIDE 22:
Helping Others...

NOTES:
Ask the students:
• Have any of you ever volunteered?
• Did you feel happy or sad when you were done volunteering?

After hearing responses, affirm that they felt happy because their brain felt happy. Remind the students that when you help other people, your brain is happy. So, if you are ever having times when you are sad, go volunteer to help someone else. Need an idea? Why not volunteer to read a book to a kindergarten class here at school. Little kids can’t read and they LOVE to be read to.
SLIDE 23:
Celebrities And Social Media

NOTES:
Ask the students:
• Does anyone know who Mark Ruffalo is?
  Answer: He is the actor that plays the HULK in Marvel movies.
• Why do you think he would post this message on his social media accounts?
  Answer: Because he was focusing on his dreams and he knew if he was distracted from social media use, he would not be able to be the best actor he could be in the next movie.

This is a great example to learn from!
SLIDE 24:
Recognize This Quote?

NOTES:
Ask the students:
• Have any of you heard this quote before?
• Do you know what year this was written in a Spiderman comic?
  Answer: 1962!

Share with the kids that with social media and video games and all of the cyber powers that come with technology, as great as it is, there comes with it great responsibility to "Use your cyber superpowers for good!"
SLIDE 25:
What Technology Rule Do You Wish Your Parents Had To Follow?

NOTES:
Let them answer...
SLIDE 26:
Be A CyberHero!

NOTES:
Share with the students:
So just like all the superheroes that don’t have actual superpowers, make sure you are always using your technology for good! Your CyberHero training is now complete!
ABOUT
SAVvy Cyber Kids

Savvy Cyber Kids (SCK), a 501(c)(3) nonprofit organization whose mission is to enable youth, families and school communities to be powered by technology, recognizes that children may be Digital Natives but are also Digital Naives, who, without intervention, completely lack an understanding of the implications of their digital actions. Founded in 2007 by Internet security expert, noted speaker and author Ben Halpert, Savvy Cyber Kids provides resources for parents and teachers to educate children as they grow up in a world surrounded by technology by teaching cyber safety and cyber ethics concepts.

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