



THE WHITE HATTER

Parent Presentation Notes

Our webpage: www.thewhitehatter.ca

Stay Updated

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Our social media channels are where we post news, perspectives, and other great resources as they happen.



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[@whitehatterteam](https://twitter.com/whitehatterteam)



[@thewhitehatter](https://www.youtube.com/thewhitehatter)

Our Blog

We do our best to provide in-depth content on particular topics. Our White Hatter blog is where that all that happens.

<https://www.thewhitehatter.ca/blog>

Free YouTube Show

Join us every Sunday for our weekly White Hatter YouTube Live Show where we discuss all things digital live online. This is a great opportunity for families to watch together and learn about new challenges with technology, but it's also a chance to learn about the cool, beneficial things. If you can't make it, the show is saved on our YouTube channel afterwards.

<https://www.youtube.com/thewhitehatter>

Book

<https://thewhitehatter.ca/online-parenting-book/>

Remember, internet safety and digital literacy is a holistic approach that encompasses: emotional, psychological, legal, physical, and technical aspects. Solely focusing on technical problems and solutions will have you miss the majority of the other concerns we all need to be aware of today.

Regardless of a few concerns that might occur with today's technology. These are tools that each individual can use for desirable and less than desirable action.



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Parental Monitoring and Filtering Product Mentioned

<https://useboomerang.com/>

<https://bark-o-matic.com/>

Kinzoo | A Messaging App For Families



<https://kinzoo.com/>

Helpful Document Downloads

When to Be Concerned As A Parent

Look for groups of these behaviors

- Your child spends a large amount of time online, especially at night (Vamping)
- Your child changes the screen or turns the monitor off quickly when you enter the room
- Your child is secretive about their Internet activities, or has a meltdown if you accidentally grab their phone
- Is always doing homework on the Internet, but getting behind in school
- May find unexplained pictures, pornography, or other questionable material on the computer or cell phone
- May find unexplained long-distance telephone charges from numbers you do not recognize
- Your child gets calls or mail from people you do not know
- Your child becomes withdrawn from your family or shows other behavioral changes

Important Concepts to Remember

Social media safety and digital literacy is about:

- Personal safety and self-injury prevention
- Psychological, emotional, social and physical wellbeing
- Academic consequences
- Employment consequences
- Renting/Living consequences
- Dating/relationship consequences
- Reputation/legal safety
- Copyright and public domain challenges
- Identity, property and community safety
- Identity theft
- Digital hygiene safety
- Time management

Terms and Definitions to Know

Health and Wellness

- Have computers and cell phones in a neutral area of home and out of bedrooms
- "blue light" has an effect on the brain and body and affecting sleep patterns
- Internet challenges are becoming more prevalent (gaming disorder; pornography dependence)

The Sonic Bomb Alarm Clock



Amazon Canada

https://www.amazon.ca/gp/product/B000OOWZUK/ref=as_li_tl?ie=UTF8&tag=thewhitehat0f-20&camp=15121&creative=330641&linkCode=as2&creativeASIN=B000OOWZUK&linkId=5e385e83691b40350ee4c1c4cb8d28ff

Amazon US

https://www.amazon.com/gp/product/B000OOWZUK/ref=as_li_tl?ie=UTF8&tag=thewhitehatter20&camp=1789&creative=9325&linkCode=as2&creativeASIN=B000OOWZUK&linkId=dbd73c982d1eff1b89ae2754cb0b06c7

Digital Hygiene Safety

Appropriately locking down your digital devices; not sharing passwords and not storing passwords on notes app but rather in a secure app designed specifically for this purpose

Digital Dossier

what you post online is public, permanent, searchable, exploitable, copiable and for sale. Colleges, universities and employers are now using a teens digital dossier as a filtering mechanism.

Viruses and malware (malicious software)

Don't click on any unknown attachments or links received. Also, at best download apps from official app stores: Windows store, Apple apps store, Steam, Amazon app store, Google Play. The #1 way hackers get into your devices is by human error

RATS

Remote Access Trojans – a type of malware that allows people to remotely control your computer and access your webcam. Place tape, yellow sticky or bandage over camera. Also, ensure that you close laptop when not in use. The likelihood of this happening is rare but increases if downloading pirated games, software, and “free” fixing programs or hacking tools.

Ransomware

Also known as "cryptoware" (among many others) it is a malicious program designed to encrypt one's computer, cell phone, or smart TV. You will not be able to access your devices or saved data without paying a ransom fee to the hacker. Often times hackers will impersonate police or government to convince this is legitimate.

Vamping

What the kids call it when they are on their digital devices between 10pm and 3am in the morning

Internet Predators

Grooming & Social Engineering: relationships will often be established in chat rooms via a social network or online gaming site

Remember

Supervision

- Monitor the time spent on the internet
- Monitor the type of use on the internet
- Learn how to monitor

Bark@matic parental control automatic guide <https://bark-o-matic.com/>

Sexting Definition and Other Term

Far too often, language and research about sexting describes very different behaviours. The list of definitions below is how The White Hatter classifies and uses technological sexual terminology. We believe these are the most accurate and clear explanations of these commonly used terms.

Sexting:

Sexual communication of any kind between technological devices. These behaviours include both sexual messages that may or may not include nude imagery depicting partially naked or fully nude genitalia.

Nude/Intimate Images:

Visual media either photograph or video that contains an individual's genitalia exposed.

Sextortion:

Threats or action of distributing *nude/intimate images* that are weaponized of purposes extortion and blackmail for financial, social, and other personal gains.

Distribution of intimate images:

Knowingly publishing, distributing, transmitting, selling, making available, or advertising an intimate image of a person knowing that the person depicted in the image did not give their consent or being reckless as to whether or not that person gave their consent.

Pornography:

Printed or visual material containing the explicit description or display of sexual organs or activity used in the entertainment industry.

Products to Assist, but Still Keep You Responsible

Password Manager:

To help manage passwords to all online platforms:

LastPass LastPass <https://lastpass.com>

Learn the Language of the Internet:

www.netlingo.com

www.noslang.com

www.emojipedia.org

www.tagdef.com

Be sure to use good security software protection for viruses

For PC's:

<https://www.mcafee.com>

<https://ca.norton.com/>

<https://www.trendmicro.com>

For MAC's:

<https://www.intego.com/>

<https://www.bitdefender.com/>

Screen time

As caregivers we need to look at the role and effect of screen time on our kids. The important question is not how much time are they spending online, but rather how are they spending their time online;.....are they just being consumers (digital bubblegum), or are they spending most of their time becoming producers/creators/social change makers. There is a difference

Social Networks have now become Digital Resumes - Protect your digital reputation. Remember, there is no such thing as privacy online: everything is public, permanent, searchable, copiable, exploitable and for sale

Be sure to lock down your Facebook and Instagram accounts

To check privacy settings, search "whitehatterteam" on both those platforms, "like" the page, send a message asking us to check the privacy status of your accounts



<https://www.facebook.com/whitehatterteam/>



<https://www.instagram.com/whitehatterteam/>

Be A Good Role Model

- If you are texting and driving guess what your kids will do when they start to drive

- If you are texting during a f-2-f conversation, guess what your kids will do when you want to have a conversation with them
- If you bring your phone to the dinner table, guess what your kids will want to do when they come to the table
- If you take your phone into your bedroom at night, guess what your kids will want in their bedroom
- If you take your phone into the bathroom, guess what your kids will do when they go into the bathroom
- If you are texting them during class, guess what your kids will do with their friends during class

Remember parents, are digital role models to kids. Digitally distracted parents often cultivates digitally distracted tweens and teens. What we do as parent with our technology matters!

Digital Road Map For Parents

- Be your child's best parent, not their best friend
- Model good behaviour (Parenting Matters !!!!!)
- Pay attention to what your child is doing online
- Impart your values and encourage positive digital citizenship (Digital Dinner once a week)
- Establish time limits online
- Encourage a balance between online and off-line activities
- Make children accountable for their actions online (both - & +)
- Explain to them what is at stake (safety and digital footprint)
- Tech is a privilege to have not a right to have (remove entitlement)
- Find ways to say "yes" rather than "no" all the time
- Learn about the technology, it's not as hard as you think
- Lighten up, embrace their world, and enjoy the cyber world together