

Staying Safe with Social Technology

Alyson Lee & Rachel Crook Lyon, PhD - Women's Conference 2011, Friday, April 29, 11:00am-Noon

Included below are a variety of resources with links to corresponding websites. These resources may be helpful in learning how to take advantage of the many benefits of social media, while still staying safe and avoiding some of the potential dangers. This is not meant to be an exhaustive list and not every resource may be applicable to your situation. We encourage you to thoughtfully consider the material and make informed decisions on what will be best for you and your family.

Gospel Principles and Social Media

Resource	Website
"Sharing the Gospel Using the Internet" by Elder M. Russell Ballard	lds.org/ensign/2008/07/sharing-the-gospel-using-the-internet
Sharing your testimony through social media	http://lds.org/church/share/sharing-the-gospel-via-social-media
Sharing your testimony through blogs	lds.org/church/share/sharing-via-blogs
"Let Our Voices Be Heard" by Elder Ballard	lds.org/general-conference/2003/10/let-our-voices-be-heard
How's Your Media Diet: Healthy or Harmful?	lds.org/new-era/2001/06/mixed-signals

Cyberbullying

Resource	Website
Parent Guide to Cyberbullying and Cyberthreats	www.cyberbully.org/cyberbully/docs/cbctparents.pdf
Stop Cyberbullying: a resource for children, parents, teachers, and law enforcement	www.stopcyberbullying.org
A Summary of State Bullying and Cyberbullying Laws	www.cyberbullying.us/Bullying_and_Cyberbullying_Laws.pdf
Cyberbullying Video: NetSmart Teens	www.nsteens.org/videos/cyberbullying

Texting and Instant Messaging

Resource	Website
Sexting: A Brief Guide for Educators and Parents	www.cyberbullying.us/Sexting_Fact_Sheet.pdf
The Complete Parent's Guide to Teenage Texting	www.mymobilewatchdog.com/parentsguide.pdf

Social Networking

Resource	Website
Federal Trade Commission, <i>Social Networking Sites: Safety Tips for Teens and Tweens</i> (2006)	www.ftc.gov/bcp/edu/pubs/consumer/tech/tec14.pdf
How to Navigate Facebook Settings	blog.zonealarm.com/facebook-security/
10 Privacy Settings Facebook Users Should Know	www.allfacebook.com/facebook-privacy-2009-02

General Online Safety

Resource	Website
Tools for Adults to Help Kids Connect Safely	www.bnetsavvy.org
Enough is Enough: Internet Safety 101	internetsafety101.org
Online Safety Tips from the National Center for Missing and Exploited Children	www.netsmartz.org
Center for Internet Addiction - recovery resources	www.netaddiction.com/
Common Sense Internet Safety Guide	www.commonsense.com/download/CommonSenseInternetSafetyGuide.pdf
Tips for Managing Screen Time	www.momeomagazine.com/parenting-101-is-mommy-spending-too-much-time-online-tips-on-managing-your-screen-time/

Privacy

Resource	Website
Digital Privacy	www.msnbc.msn.com/id/41995926/ns/technology_and_science
The Truth About Browser Cookies	lifehacker.com/#!5461114/fact-and-fiction-the-truth-about-browser-cookies
Extension that enables encrypted HTTPS browsing on Firefox web browser	www.eff.org/deeplinks/2010/06/encrypt-web-https-everywhere-firefox-extension

Filters and Monitoring Resources

Resource	Website
Cell phone parental control options	hubpages.com/hub/Cell-Phone-Parental-Control
Top 10 Review of Internet Filtering Software	internet-filter-review.toptenreviews.com/
Review of Top 10 Parental Monitoring Software	www.wellresearchedreviews.com/computer-monitoring/