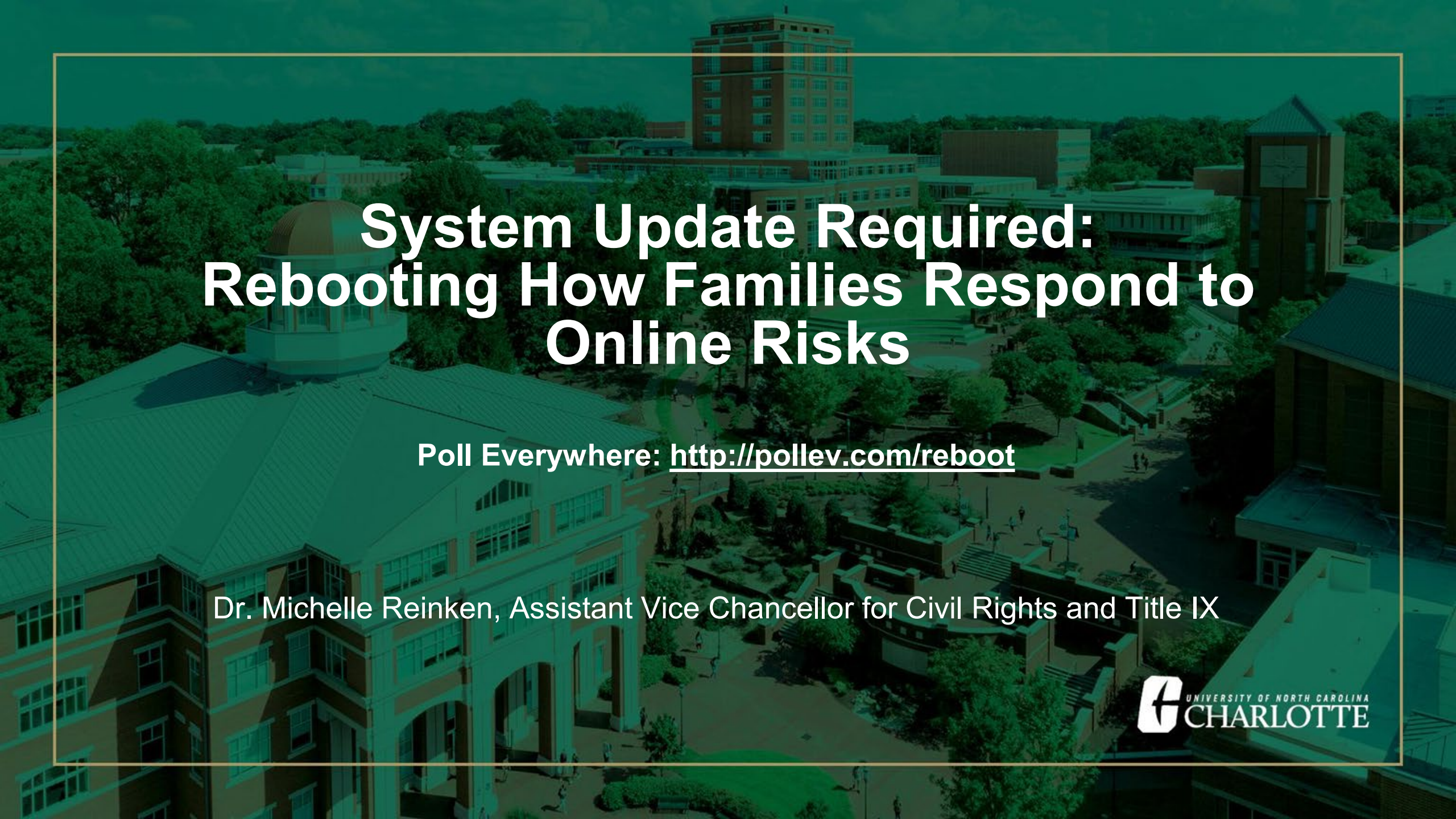

System Update Required: Rebooting How Families Respond to Online Risks

Poll Everywhere: http://pollev.com/reboot

Dr. Michelle Reinken, Assistant Vice Chancellor for Civil Rights and Title IX

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Agenda

- Understanding Today’s Digital Landscape
- Recognizing Emerging Risks
- Supporting Digital Well-Being
- Creating a Family Safety Framework
- Preparing for What’s Next

Which topic are you most interested in learning about today?

0

Social media and algorithms (A)

Cyberbullying and online misconduct (B)

AI and emerging technology (C)

Mental health and digital well-being (D)

Family communication strategies (E)

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Understanding Today's Digital Landscape

Today's youth don't go online; they live in connected environments.

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Why We Need a “System Update”

Then:

- Family desktop computer
- Limited social media
- Predominantly local interactions
- Screen time was easier to manage

Now:

- Constant connectivity
- AI-generated content
- Anonymous communication platforms
- Livestreaming and disappearing messages
- Algorithm-driven engagement
- Digital experiences shaping identity

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The Reality of Growing Up Online

- Online and offline identities are interconnected
- Friendships increasingly develop and exist digitally
- Social conflicts no longer end when school ends
- Pressure to be constantly available
- Identity development through digital spaces
- Learning and entertainment through algorithms
- Digital experiences affect mental health and well-being

What percentage of your child's social life do you think happens online?

0

0-25% (Mostly in-person) **(A)**

26-50% (A mix of online and in-person) **(B)**

51-75% (More online than in-person) **(C)**

76-100% (Primarily online) **(D)**

??? I'm probably totally wrong on what I think is the right percentage. **(E)**

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Understanding Today's Online Ecosystem

- TikTok (Burner Accounts)
- Instagram (Finstas)
- Snapchat (Multiple usernames)
- Discord
- YouTube
- Gaming communities (Roblox, Fortnite, Minecraft)
- Private group chats
- Anonymous Apps (Yik Yak, Fizz, Whisper, NGL)
- Emerging AI platforms

The Invisible Force Behind the Screen

Algorithms are designed to:

- Capture attention
- Maximize engagement
- Deliver emotionally charged content
- Learn user preferences quickly

Effects:

- Reinforce beliefs
- Increased emotional reactions
- Social comparison
- Difficulty disengaging

Recognizing Emerging Risks

Risks Families Need to Recognize

- Cyberbullying
- Harassment and discrimination
- Digital dating abuse
- Sextortion
- Online grooming
- Deepfakes and manipulated media
- AI-generated exploitation
- Identity theft

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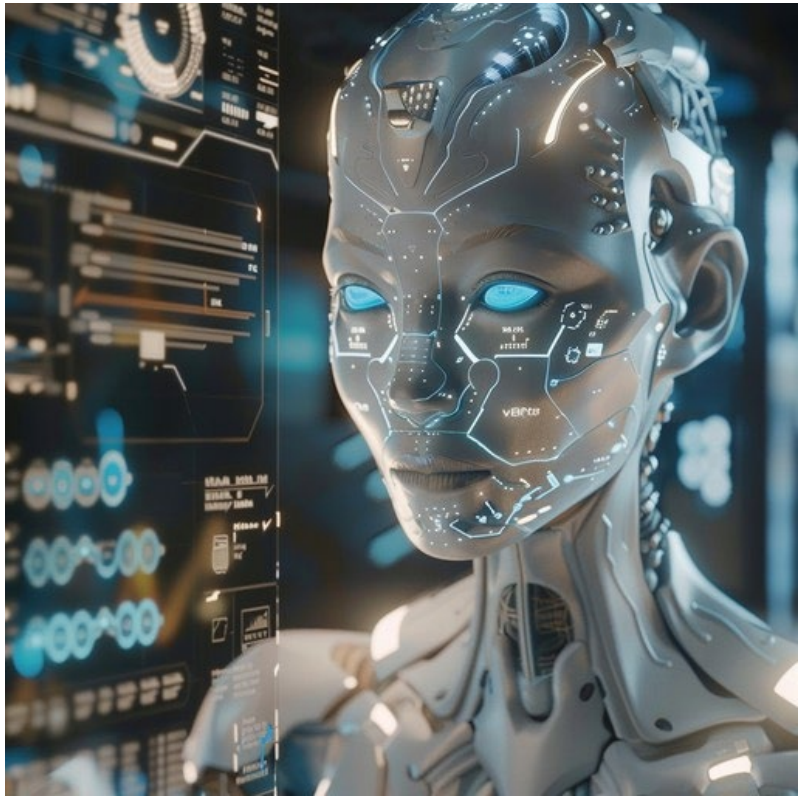
When Seeing is No Longer Believing

- Deepfake images and videos
- Voice Cloning
- AI-generated conversations
- Fake Screenshots
- Manipulated Evidence



AI Quizzes

https://www.nytimes.com/interactive/2024/01/19/technology/artificial-intelligence-image-generators-faces-quiz.html

https://britannicaeducation.com/blog/quiz-real-or-ai/

- **Anomalies and Asymmetry:** Look for distorted fingers, weirdly melting objects, asymmetrical facial features, or mismatched background details (like scrambled text or extra limbs).
- **Texture and Polish:** AI images often feature an overly smooth, glossy look ("AI sheen") or unnatural skin and hair textures with zero flaws.
- **Reflections and Shadows:** Check if light sources, shadows, and glass reflections match logically across the entire scene.

Cyberbullying & Digital Harm

Forms of Harm:

- Exclusion
- Public humiliation
- Rumor spreading
- Harassing messages
- Doxxing
- Nonconsensual sharing of images

Potential Impacts:

- Anxiety
- Depression
- Isolation
- Academic concerns
- Safety concerns

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Recognizing Warning Signs

- Sudden withdrawal
- Increased secrecy around devices
- Emotional distress after using technology
- Changes in sleep patterns
- Avoidance of school or friends
- Excessive concern about online interactions

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Supporting Digital Well-Being

Digital well-being is built through connection, communication, and trust, not simply through rules and restrictions.

Technology is Not Good or Bad

Benefits:

- Connection
- Learning
- Creativity
- Community/Belonging

Challenges:

- Social Comparison
- Fear of Missing Out/Loneliness
- Sleep Disruption
- Anxiety

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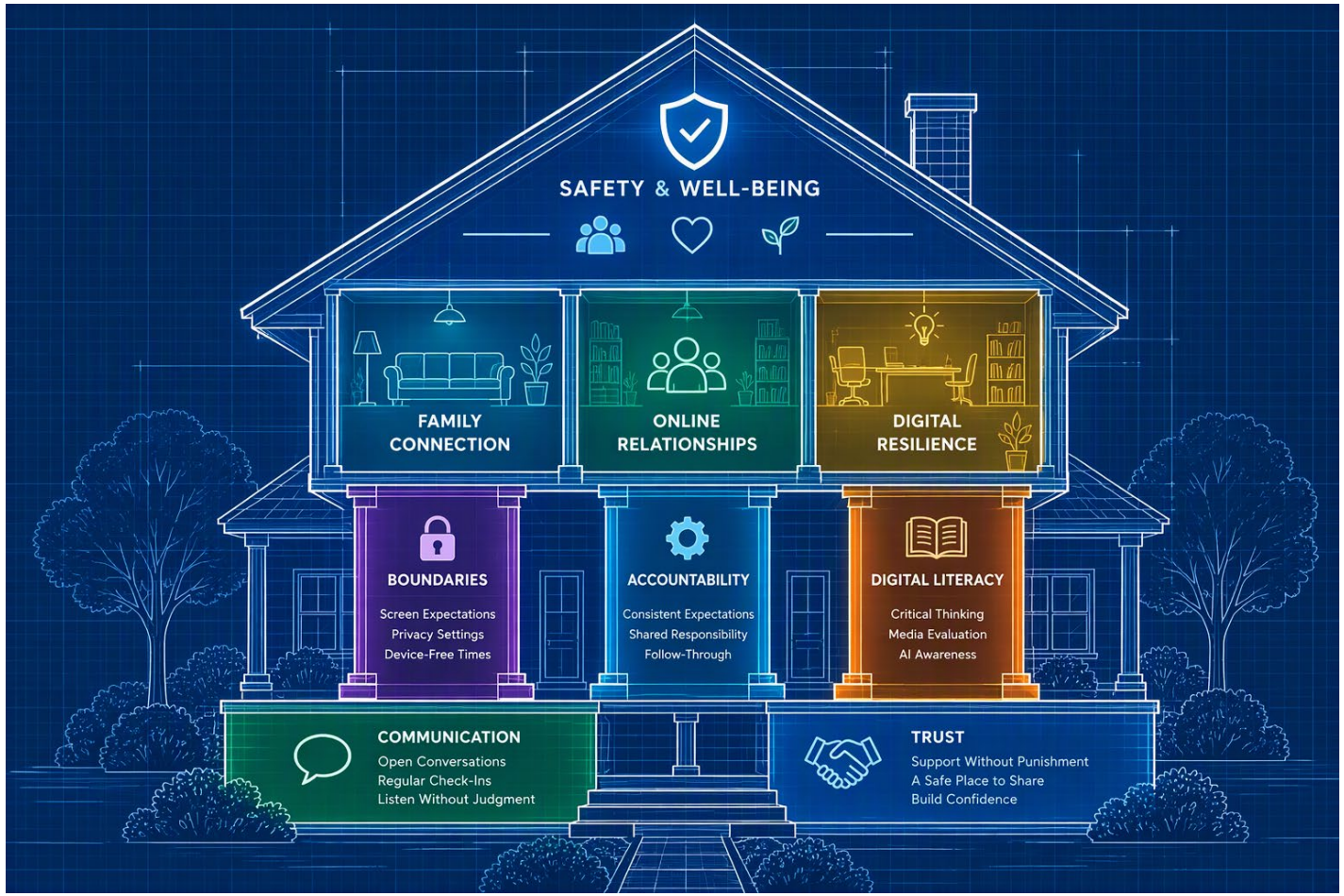
Teaching Healthy Digital Interactions

- Consent online
- Respectful communication
- Sharing personal information
- Digital permanence
- Healthy versus unhealthy online relationships

Building Digital Resilience

- Media literacy
- Critical thinking
- Problem solving
- Emotional regulation
- Help-seeking behaviors
- Digital citizenship
- Healthy skepticism

Creating a Family Safety Framework



Foundation of Digital Safety

Communication

- Open conversations
- Regular check-ins
- Listening without judgment

Trust

- Support before punishment
- Safe disclosure
- Consistent support

Practical Next Steps

- Family expectations
- Privacy settings review
- Device-free times
- Family communication norms
- Trusted adult contacts
- Reporting plans
- Technology check-ins

To Do List

Privacy Settings:

Who can see posts/stories, Who can send direct messages, Who can find the account through a phone number or email, What are the photo tagging permissions, Location-sharing settings

Location Sharing:

Snapchat Snap Map, Find My, Life360, Instagram location tagging, Device location permissions

Friend/Follower Lists:

Unknown contacts, Fake accounts, Duplicate accounts, Accounts with no profile picture, very few followers, generic usernames

To Do List (Continued)

Messaging Platforms:

Snapchat, Instagram DMs, Discord, WhatsApp, Telegram, Gaming chats

Check:

Installed Apps, Screen Time/Usage, Hidden Photos, Calculator/Vault Apps, Alternate Accounts, App Permissions

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Conversation Starters

- What apps are most popular right now?
- What app or platform do you spend the most time on right now, and why?
- What online issues are your friends talking about that adults may not be aware of?
- Have you seen anything online recently that made you uncomfortable or confused?
- What would you do if a friend was being targeted online?
- What would you do if someone shared a fake image or video of a classmate?
- What are some signs that an online conversation may not be safe?

After today's session, what is one action you are most likely to take this week?

0

- Have a conversation about online safety
- Review privacy settings together
- Create family technology expectations
- Discuss social media and online relationships
- Schedule a regular digital check-in

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Preparing for What's Next

The Digital Future is Already Here

- More advanced AI
- Deepfakes
- Augmented reality
- Wearable technology
- Virtual communities
- Personalized algorithms
- Emerging platforms
- AI Companions and AI Relationships

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Future-Proof Skills

- Communication
- Critical Thinking
- Curiosity
- Resilience
- Adaptability
- Digital Literacy

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Key Takeaways

- Online experiences are real experiences
- Connection is the strongest protective factor
- Awareness is prevention
- Digital resilience beats digital restriction
- Communication remains the best safety tool

Additional Resource/Reference Slides

Resources

- Common Sense Media
- ConnectSafely
- Cyberbullying Research Center
- National Center for Missing & Exploited Children (NCMEC)
- Thorn
- Family Online Safety Institute (FOSI)

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Conversation Starters – Cyberbullying & Online Conflict

- How do kids your age usually handle conflict that starts online?
- Have you ever seen someone treated unfairly in a group chat?
- What do you think makes it easier for people to be hurtful online than in person?
- What would you do if a friend was being targeted online?
- How would you want someone to help if you were experiencing online bullying?

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Conversation Starters – Deepfakes, Misinformation, and AI

- How do you decide whether something online is real or fake?
- Have you ever seen a video or image that looked real but turned out not to be?
- Do you think people your age can easily tell when AI has created something?
- What's the best way to check whether information online is trustworthy?
- What would you do if someone shared a fake image or video of a classmate?

Conversation Starters – Online Relationships & Grooming

- Have you ever been contacted online by someone you didn't know?
- How do people decide whether they can trust someone online?
- What are some signs that an online conversation may not be safe?
- Would you know what to do if someone online asked you to keep a conversation secret?
- Who would you talk to if someone online made you uncomfortable?

Conversation Starters – Sextortion & Image-Based Abuse

- Do you think people your age understand what can happen after an image is shared?
- What would you do if someone threatened to share a private photo of a friend?
- Why do you think some young people hesitate to ask for help when they've made a mistake online?
- If a friend was being pressured to send pictures, what advice would you give them?
- What should someone do if they're afraid an image might be shared without their permission?

View App Download History - Apple

Method 1: View Complete App Download History

1. Open the **App Store**.
2. Tap your **profile picture** in the upper-right corner.
3. Select **Apps** (or **Purchased** on some iOS versions).
4. Tap **My Apps**.
5. Tap **Not on This iPhone**.

This will show apps previously downloaded with your Apple ID that are not currently installed.

If you're wondering whether an app was ever downloaded:

1. Open the **App Store**.
2. Search for the app.
3. Look for:
    1. A **cloud icon with a down arrow** = previously downloaded.
    2. A **GET** button = never downloaded with that Apple ID.

View App Download History - Apple

The App Store purchase history is usually the most useful because it can reveal:

- Social media apps that were downloaded and later deleted
- Anonymous apps such as Fizz, Yik Yak, Tellonym, NGL, or Whisper
- Secondary messaging apps like Telegram, Discord, Signal, or WhatsApp
- Vault or private-storage apps
- Dating apps
- AI chat applications

One important caveat: if your child uses a different Apple ID than the one you're checking, those downloads will not appear in your purchase history. In that case, you'll need to review the App Store history while signed into the child's Apple ID or through Family Sharing if configured.

View App Download History - Android

Method 1: View App Download History (Google Play Store)

This shows apps downloaded with that Google account, including apps that were later deleted.

1. Open the **Google Play Store**.
2. Tap the profile icon in the upper-right corner.
3. Select **Manage apps & device**.
4. Tap **Manage**.
5. Change the filter from **Installed** to **Not Installed**.

You'll see apps previously downloaded under that Google account but not currently installed.

Method 2: View All Currently Installed Apps

Samsung

1. Open **Settings**.
2. Tap **Apps**.
3. Review the complete list.

Google Pixel

1. Open **Settings**.
2. Tap **Apps**.
3. Tap **See all apps**.

Q&A