Online Sexual Exploitation

It is essential for teens to be aware of just how vulnerable they can be to being sexually exploited online. Since 2020 due to Covid-19 and the increased amount of time people are spending online, there has been a significant increase in the number of teens self generating sexualised content which is then circulated online.

Online Sexual Predators

An online sexual predator will most likely present themselves as a person your own age or five years older. Others are not shy about telling you they are an adult. An online predator may

- Complement and flatter you
- Use manipulation to distance you from family or friends
- Offer clothes, gifts, money, even in game or app resources
- Share or ask you to share inappropriate sexual images
- May want to talk about your sexuality and sexual experience
- Send you pornography to watch
- Ask if your parents check your device
- Want you to keep the friendship secret
- May tell you they can't let you see them because their webcam, or camera is broken

What You Should Do

It is incredibly important to tell someone if you are a victim of online sexual exploitation. There will always be help available to assist you, even to help remove content from the web.

If you strongly suspect someone you know may be in contact with is a sexual predator, or may be a victim of a sexual predator, you should report it immediately to the police and/or the department of child services.

## Irish Helplines

Emergencies – Dial 999 or 112

- **Aware**

www.aware.ie   1890 303 302

- **Bodywhys** – eating disorders support

www.bodywhys.ie   1890 200 444

- **BelongTo** – LGBT youth support

www.belongto.org   01 670 6223

- **Hotline.ie –** Report illegal online content

https://hotline.ie/

- **ISPCC Childline** – listening to children

www.childline.ie   1800 66 66 66

- **LGBT Ireland** – supporting LGBT people

www.lgbt.ie   National LGBT helpline   1890 929 539

- **Living Links** – bereaved by suicide

www.spunout.ie/help/service/living-links   086 937 1030

- **Pieta House**

www.pieta.ie   1800 247 247

- **Samaritans** – someone to talk to

www.samaritans.org   116 123

- **BARNARDOS**

https://www.barnardos.ie/

- **TeenLine**

http://www.teenline.ie/

For More Online Safety Information check out our website and follow us on Social Media
Childrenofthedigitalage.org

Children of the Digital Age

Teen Online Safety Guide
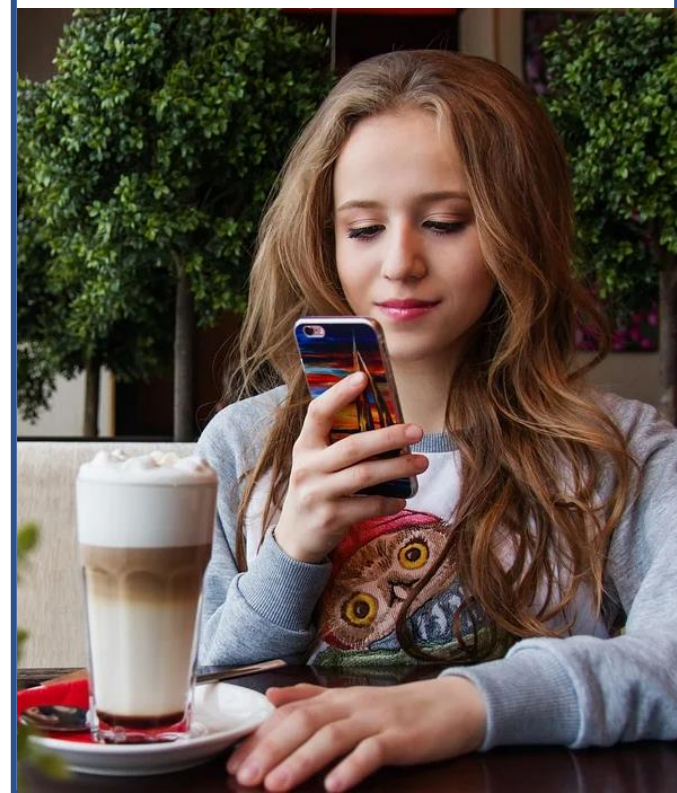
Personal Information

You should always protect you're Personal Information when active online.

This includes
- Your Name
- Age
- Address
- Phone Number
- Passwords
- Hobbies and Interests

You can keep your Personal Information safe by
- Never permitting others to use your online accounts
- Never sharing Personal Information with people you don't know in real life

Online Friends

Now more than ever we really need to take care about who we interact with online. There are many threat actors out there who are looking to cause harm to young people. Often they will try to connect directly with young people through Social Media or Online Games.

You can protect yourself by following a few simple rules.
- Only accept a Friend or Follower request from people you know
- Follow our Rule of Touch. If you have never been able to touch the person on the shoulder in real life, or if it would be inappropriate to do so, this person is most likely a stranger.
- Never respond to messages you receive from strangers
- Never open any link you receive from people you don't know
- If you are being pressured to accept a request by another person tell a trusted adult

Protecting Your Online Accounts

Here are a list of resources to help you better protect your online accounts. Remember it is important to use good password hygiene and to maintain a strong password. To create a strong password

- Pick five random words
- Longer passwords make for stronger passwords
- Use a mixture of Capital letters, small caps, numbers and special characters
- Never reuse and old password or use the same password on more than one platform
- Never use any information which could be associated to you, in your password, like your year of birth, favourite team, song etc.
- Change your Password immediately in the event of a data breach or if your account is compromised in any way

Don't Forget About Security

Make use of 2FA (Two-Factor Authentication) to better strengthen your account

Use a Password Manager such as
- Dashlane - https://www.dashlane.com/
- 1Password - https://1password.com/

Use authentication Apps such as
- Authy - https://authy.com

Use a VPN to protect your personal information from would be hackers

Finally, make sure your device is protected with a good Anti-Virus

Norton - https://ie.norton.com/

Cyberbullying

Since December 2020, Cyberbullying is now a Criminal Offence in Ireland since the introduction of Coco's Law which was championed by Jackie Fox who lost her daughter Nicole, due to cyberbullying.

"Cyberbullying"

Refers to the use of Internet and/or mobile

technology to harass, intimidate, or cause harm

to another.

Examples of cyberbullying include

- Hurtful or abusive messages

- Creating fake accounts in someone's name to trick or humiliate people

- Spreading nasty rumours or lies about someone

- Sharing photos of someone to make fun of them or humiliate them

What to do if you are being Cyberbullied

- Be an Upstander and call Cyberbullying out

- Resist the urge to directly respond

- Screenshot evidence

- Report and block the offender

- Talk to a parent or trusted adult

Never feel like you must have a presence on Social Media. Many teens leave platforms without having a negative experience. For those who do, they often report an improvement in their own mental health and wellbeing.