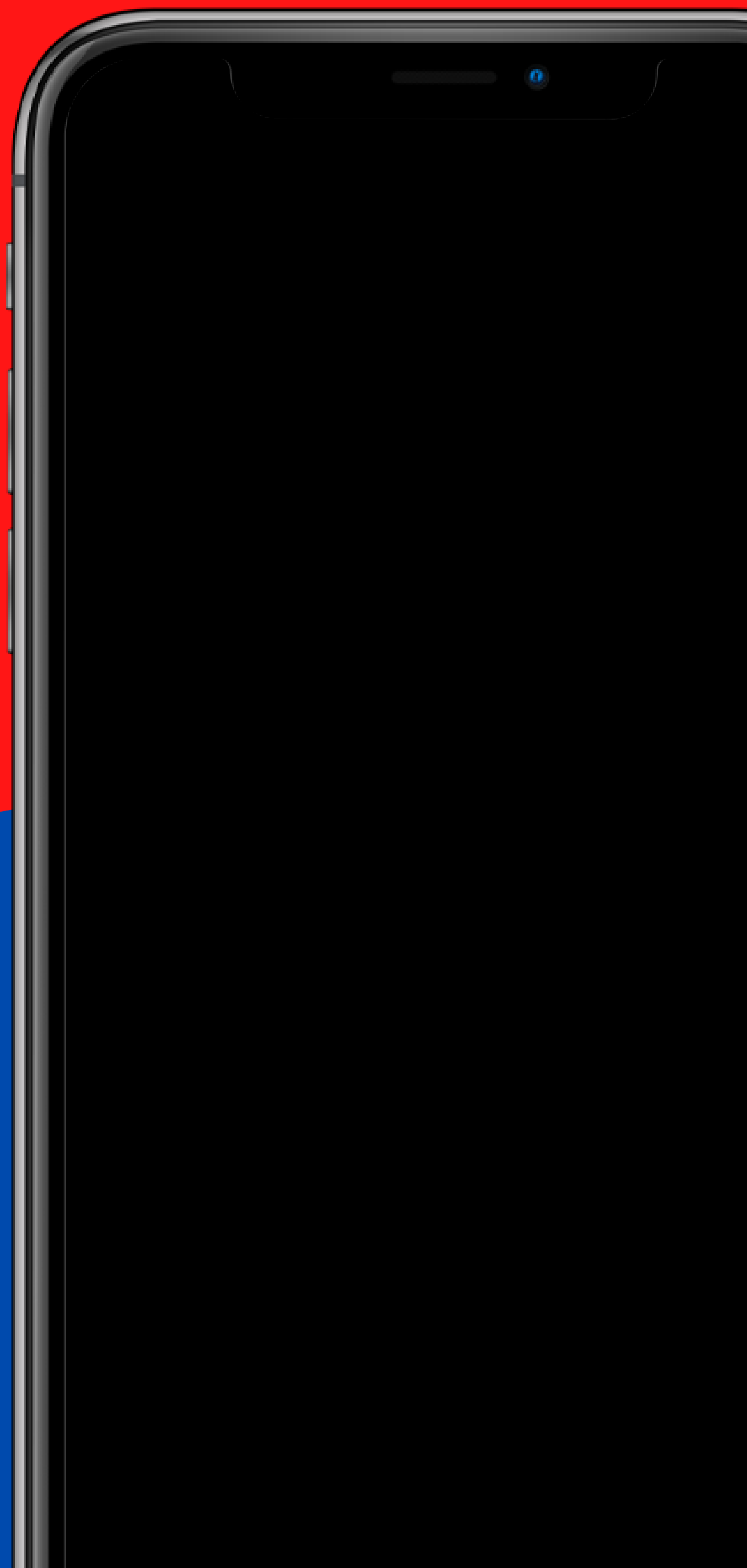# Online Safety

Resources and information
WIWMPK

Your family should talk about specific rules for going online. Decide how much time you spend online, sites you can visit and time of day you can be online. San Diego Military Family Collaborative and SAY San Diego, want to provide you with tools to better support the safety of your family.

S.D.M.F.C.
SAN DIEGO MILITARY
FAMILY COLLABORATIVE

SAY San Diego
Social Advocates
for Youth

Online Resources on Internet Safety

1. San Diego Internet Crimes Against Children (SDOCA) Task Force. Provides free internet safety guidelines, information on how to prevent cyberbullying, tips for parents, and victim resources. https://www.sandiego.gov/sdicac
2. Common Sense Media. Rates movies, TV shows, books, and more so parents can feel good about the entertainment choices they make for their kids. https://www.commonsensemedia.org/
3. Connect Safely. This organization dedicated to educating people about safety, privacy, security, and digital wellness. They provide free parent guides, research-based safety tips, advice, news, and commentary on all aspects of tech use and policy. https://www.connectsafely.org/
4. Wired Safety. Is dedicated in helping victims of cyber harassment, it now provides one-to-one help, resources and extensive information, and education to cyberspace users of all ages on a myriad of Internet and interactive technology safety, privacy, and security issues. https://www.wiredsafety.com
5. National Center for Missing & Exploited Children. The mission is to help find missing children, reduce child sexual exploitation, and prevent child victimization. NCMEC works with families, victims, private industry, law enforcement, and the public to assist with preventing child abductions, recovering missing children, and providing services to deter and combat child sexual exploitation. https://www.missingkids.org
6. Crimes Against Children Research Center. The mission of the Crimes against Children Research Center (CCRC) is to combat crimes against children by providing high-quality research and statistics to the public, policymakers, law enforcement personnel, and other child welfare practitioners. CCRC is concerned with research about the nature of crimes including child abduction, homicide, rape, assault, and physical and sexual abuse as well as their impact. http://www.unh.edu/ccrc/index.html
7. Cyber Wise. This is a resource site for BUSY grownups seeking to help youth use tech safely and wisely. https://www.cyberwise.org/
8. Facebook Safety Center. Check privacy, check security, access parents' portal, access youth portal, and information for bullying prevention. https://www.facebook.com/safety/
9. National PTA. Has been a partner to parents on digital parenting topics for over 5 years, exploring in-depth the issues that are on the minds of today's families, and connecting parents with tools, research and supports to make the best decisions for their children. https://www.pta.org/home/programs/connected/
10. Kids Health from Nemours. Provides resources to parents, youth, and educators on internet safety such as internet safety laws, online protection tools, and guides in setting family guidelines. https://kidshealth.org/en/parents/net-safety.html
11. Family Media Plan. Create a Personalized Family Media Use Plan, you can be aware of when you are using media to achieve your purpose. *https://www.healthychildren.org/English/media/Pages/default.aspx*
12. Smartphones and Teens. TEDx Talk, Can Flip Phones end our Social Media Addiction? https://www.ted.com/talks/collin_kartchner_can_flip_phones_end_our_social_media_addiction
13. Child Mind Institute. Article, "How Social Media Affects the Brain." https://childmind.org/article/how-using-social-media-affects-teenagers/
14. Mother Against Drunk Driving, Talking with your High Schooler about Alcohol, parent Handbook. https://online.flippingbook.com/view/987323/

Service Description Number/Webpage

- Child Find Hotline (parents reporting lost children)   800-I-AM-LOST (800-426-5678)
- Child Find of America – A hotline for victims (and their children) trying to escape domestic violence
- 800-A-WAY-OUT (800-292-9688)
- Child Help USA (for victims, offenders, and parents)   800-4-A-CHILD (800-422-4453)
- Covenant House Hotline (for problem teens and runaways)   800-999-9999
- CyberTipline (to report online victimization of children) www.cybertipline.com
- National Children's Alliance   www.nationalchildrensalliance.org
- National Center for Missing and Exploited Children   800-843-5678
- National Domestic Violence Hotline   800-799-SAFE (800-799-7233)
- National Resource Center on Domestic Violence/Pennsylvania Coalition Against Domestic Violence   800-537-2238, 800-553-2508 (TTY)
- National Runaway Switchboard   8800-621-4000
- National Youth Crisis Home (a referral hotline for youth in crisis)   800-HIT- HOME (800-448-4663)
- Operation Lookout, National Center for Missing Youth (for missing child emergencies and sightings)   800-782-SEEK 800-782-7335)
- The National Coalition Against Domestic Violence   303-839-1852
- Prevent Child Abuse   312-663-3520
- National Council on Child Abuse and Family Violence   www.nccafv.org
- 2-1-1 San Diego- 211
- San Diego Access & Crisis Lines-1-888-724-7249