

Cyber Safety for Families

Gardner St Elementary

ITS | LAUSD
Information Technology Services UNIFIED



- **The Internet and cyberspace offer a world of opportunities, such as:**
 - Email, messaging, video chatting, and social media
 - Online research, virtual field trips, and instructional content
 - Videos, gaming, music, and podcasts
 - Online banking and shopping
- **Kids ages 8-12 spend almost 4 hours** and **teens ages 13-18 spend almost 6.5 hours a day online** watching videos, gaming, browsing websites, videochatting, and using social media
- It is therefore essential to learn about and understand **common online dangers to beware of** and **actions you can take to protect your family**

Have regular, open conversations about online safety practices.

Encourage your children to be cautious in cyberspace.

- Foster **open, honest communications** to discuss online risks and behaviors
- Have **regular conversations** about online safety practices, **offering guidance** rather than trying to control behavior
- Encourage children to be cautious – remind them **what is on the Internet isn't always true** and **people may not be who they seem to be**
- Talk about the **importance of a positive online identity**
- Watch for **changes in behavior** – sudden avoidance of the computer may be a sign your child is being bullied online
- **Review security settings and privacy policies** for Apps and websites
- **Protect Internet-enabled devices** like smart phones and tablets



- **Cyber Predators** look online for children, teens, and sometimes adults to exploit, control, or hurt in some way. They often try to connect through chat rooms, instant messaging, social media, and gaming communities.
- **Cyber Bullies** post mean, hurtful messages or photos about others online or through text messages or email. Common places for cyberbullying are social media, gaming communities, instant/text messaging, and email.
- Nearly **1 of every 2 teens have experienced cyberbullying**

*Don't talk to strangers
and never agree to
meet in person!*

*Only
communicate
online with people
you actually
know!*

Cyber Tips to Share with Your Children

- **Keep your personal information private:** Never share your name, address, phone number, birthday, passwords, or school you attend online.
- **Speak Up:** If you see something inappropriate, tell an adult and let the website know.
- **Don't talk to strangers and never agree to meet in person.** Tell an adult you trust if a stranger contacts you in a chat room or via email or texting.
- **Only communicate online with people you actually know in person.**
- **Think carefully before posting:** Once something is in cyberspace, it's there forever.
- **Practice the Golden Rule:** Treat others the way you want to be treated.



- **Phishing** is a scam that tries to trick you into providing your personal information or passwords and may also install malware onto your computing system.
- **Identity theft** is when someone steals and uses your personal information to get credit or financial benefits. When this happens, it can damage your credit status and cost time and money to resolve the issues.
- Almost **1 million children were the target of identity theft** (1 in 80) in 2021-2022



Cyber Tips for Families



- **Beware of requests or emails to update or confirm your personal information.** Most organizations (banks, companies, schools, etc.) don't ask for your personal information.
- **Beware of emails offering prizes or things for free.** These are tricks to get your information or get you to click on a link that installs malware or spyware.
- **Use strong passwords** with 8 or more characters including letters, symbols and numbers, and don't share your passwords with anyone.
- **Change your passwords often** and avoid using the same password on multiple sites.
- **Don't open emails from strangers** and don't click on links for unfamiliar sites.
- **Enter web addresses by hand** instead of following links.
- **Use and check your privacy settings** on social media sites.

- **Mobile device security** is needed for cell phones, tablets, and other portable devices used to play games, video chat, browse the Internet, and more. It helps protect information stored on and transmitted by your device and keeps unauthorized users from accessing your network.
- There are **four main types of threats** to beware of when using a mobile device:
 - **Applications** that steal info from your device after the app is downloaded
 - **Web-based sites** that seem OK but download malicious content when visited
 - **Public Wi-Fi networks** can enable unencrypted data to be stolen while in use
 - **Physical loss or theft of a device** can enable others to access data stored on it



Cyber Tips for Securing Mobile Devices

- **Keep a close watch on your device** and don't leave it unattended.
- **Keep your device locked** when not in use and keep it password protected so others can't access it. Don't share your password.
- **Update your mobile software** including operating system and Apps to improve your device's ability to defend against malware.
- **Know your Apps.** Discuss Apps with your children before they are downloaded and review the settings with them.
- **Only connect to the Internet if needed**, disconnect when done, and make sure devices aren't set to automatically connect to Wi-Fi. Confirm the name of any public Wi-Fi and login procedures to ensure the network is legitimate.
- **Use caution when accessing websites.**





What is **Bullying**?



Digital Citizenship



What is Bullying?



**What we are doing
here at Gardner to
encourage positive
behavior**



Pillars and Priorities

1
Academic Excellence

High Quality Instruction

Enriching Experiences

Eliminating Opportunity Gaps

College and Career Readiness

2
Joy and Wellness

Welcoming Learning Environments

Whole-Child Well-Being

Strong Social-Emotional Skills

Outstanding Attendance

3
Engagement and Collaboration

Strong Relationships

Accessible Information

Leading for Impacts

Honoring Perspectives

4
Operational Effectiveness

Data-Driven Decision-Making

Modernizing Infrastructure

Sustainable Budgeting

District of Choice

5
Investing in Staff

Diverse Workforce

Professional Learning

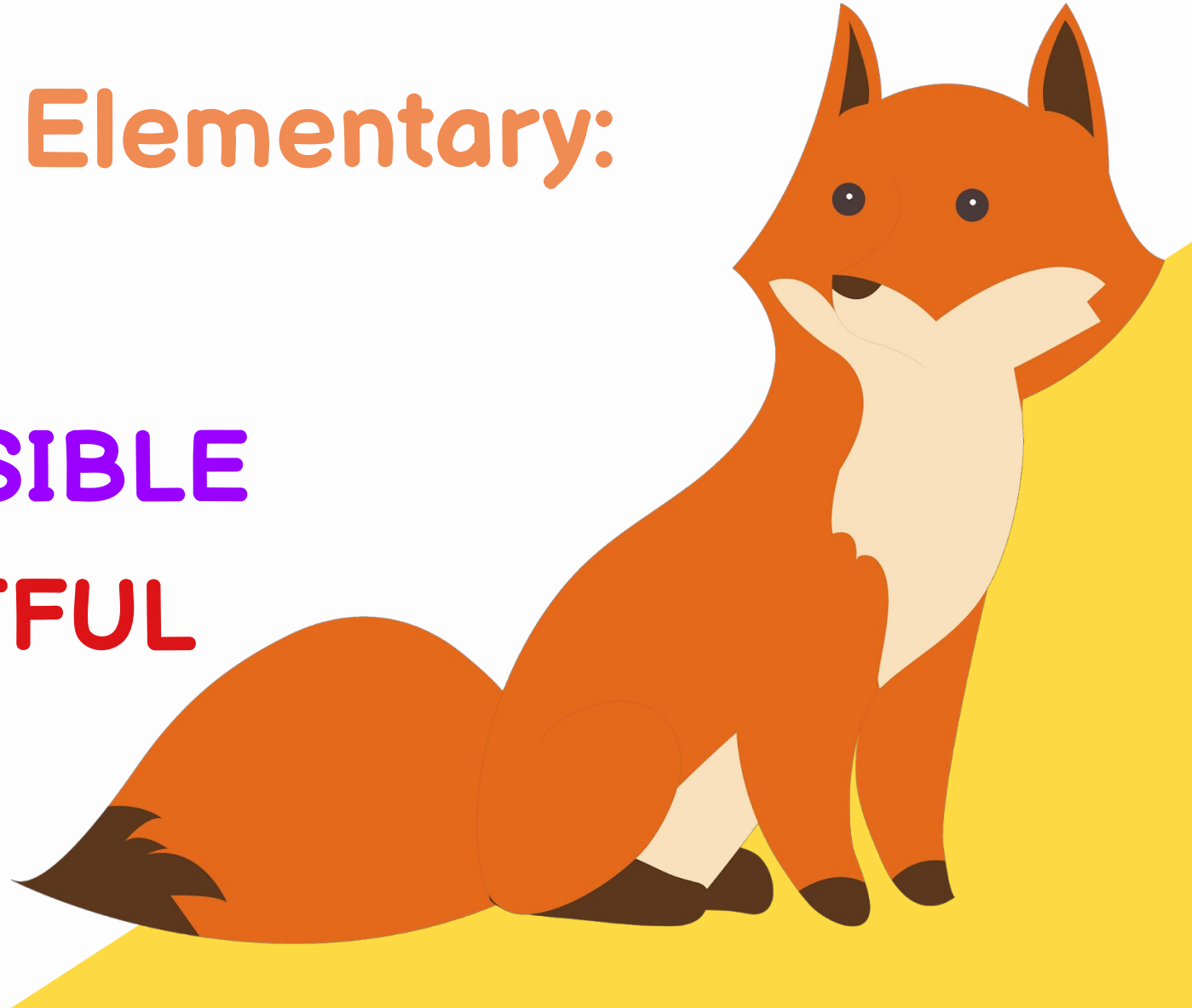
Staff Wellness

High Performance Standards

School-Wide Expectations

At Gardner Street Elementary:

-  We are **SAFE**
-  We are **RESPONSIBLE**
-  We are **RESPECTFUL**
-  We are **KIND**



What does this look like every day?

 We show we are **SAFE** by...

- Staying in areas with adult supervision
- Asking an adult for help if we have a problem

 We show we are **RESPECTFUL** by...

- Following directions
- Keeping our hands, feet and objects to ourselves
- Keeping the school clean
- Being Polite- Saying "Please" and "Thank you"

 We show we are **RESPONSIBLE** by...

- Coming to school on-time and ready to learn
- If we have a problem, we ask an adult for help

 We show we are **KIND** by...

- Using kind words and actions
- Treating other people the way you want to be treated



Step we are taking to build welcoming learning environments where students have strong social-emotional skills:

- Shout-Outs
- Way of Council
- Share & Care
- School Mentors assigned
- Second Step/SEL/PBIS Professional Development
- SWPB Assemblies
- Additional Playground Equipment/ Physical Education



**What you need to
know at home...**



Teen Voices

The Pressure to Stay Connected:

Students hear what other teens have to say about how digital media has them feeling "hooked," then think critically about their own digital media use.



When is the Right Age to Start Social Media?

Students consider that in the United States, children are required to be 13 to sign up for most social media platforms, and think about what age kids should be allowed to start using social media, in light of privacy and social development issues.

<https://www.commonsense.org/education/videos/when-is-the-right-age-to-start-social-media>



Advice for Parents

Expert Interview:

Howard Gardener

In this expert interview, Common Sense Media met with renowned educator and psychologist Howard Gardner of the Harvard Graduate School of Education.

We talked about his latest research on digital media, his views on ethics, his advice for parents, and the one issue that is the toughest to tackle.



Additional Parent Videos



Parenting In A Digital Age

Common Sense Education

4 videos Last updated on Mar 30, 2022



▶ Play all

↻ Shuffle



Parenting in a Digital Age

Common Sense Education • 1.7K views • 10 months ago



Selecting Quality Content for Your Family

Common Sense Education • 471 views • 10 months ago



Social Media Basics for Parents

Common Sense Education • 1.1K views • 9 months ago



How Parents Can Address Social Media Challenges

Common Sense Education • 353 views • 9 months ago



Family Engagement Toolkit

For kids, digital life is real life. It's where they build friendships, take a stand on issues, and do so much more. Encourage kids and their families to reflect on their media habits and build digital citizenship skills with this collection of articles, videos, printable handouts, conversation starters, ready-made workshops, and more. Covering a range of topics -- from online safety to learning with technology -- this toolkit has helpful bilingual resources that you can use in your classroom, on your school's website or social feed, or at your next family event.

To plan a school- or district-wide program for families, start with our [Engaging Families in Digital Citizenship](#) implementation guide.

Family Media Agreement

Help families set expectations and create rules around device use.

Tips by Text

Free weekly tips for families with kids age 3-11 on healthy media habits at home.

Digital Citizenship Resources

Find conversation starters, family tips, and activities aligned with the K-12 lessons.

What is Bullying?



Legal Definition of Bullying: The behavior must be **DELIBERATE**, **UNWANTED** and **SEVERE** or **PERVASIVE**. There must be a reasonable likelihood that one or more of the following effects will be evident:

- Reasonable **fear or harm to person or property**
- Substantial detrimental effect on **physical or mental health** of pupil(s)
- Substantial interference with
 - **academic performance** or
 - **ability to participate in or benefit from school services, activities, or privileges**



Types of Bullying

Physical

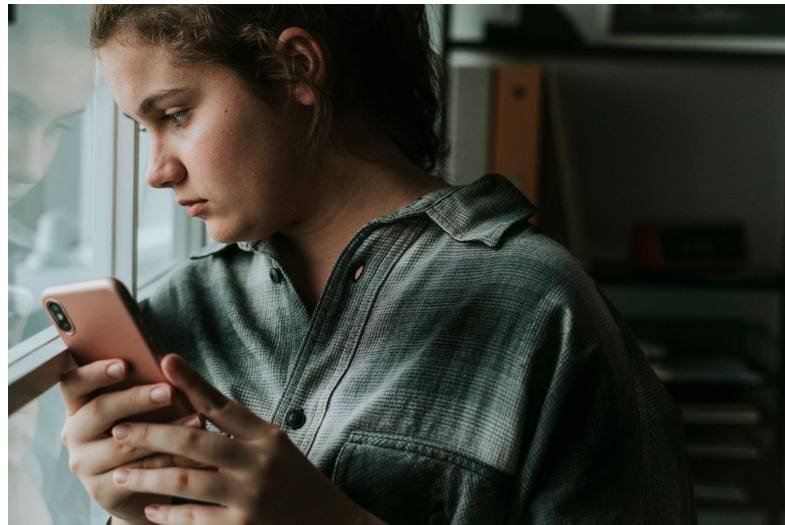


Verbal/Non-Verbal



Social/Relational

Cyber



Together We Stand Brochure



What Families can do...

We are all part of the solution.
You too can help prevent or resolve bullying.

Contact the school.
Teachers and administrators can help.

Empathize with your child.
Help them consider strategies to keep safe.

Encourage positive leadership.
Be a good role model.

Work together to find peaceful solutions.
Ask your child what they think can be done to help.

If the behavior is criminal, contact law enforcement.

Be persistent. If the bullying continues,
contact the school again. They need to know.

cyberbullying

Do not respond to or forward inappropriate messages or images. Block and report the cyberbullying by contacting your service provider.



Contact law enforcement if threats are made.

Students YOU CAN HELP CREATE A SAFE & AFFIRMING SCHOOL

BE SAFE BE RESPECTFUL BE RESPONSIBLE



LAUSD Resources

Human Relations, Diversity & Equity
(213) 241-8719
<http://achieve.lausd.net/human-relations>

Educational Equity Compliance & Project 10

Concerns regarding harassment, discrimination or bias based on actual or perceived race, religion, sexual orientation or gender
(213) 241-7682. www.eeco.lausd.net

Los Angeles School Police Department

Report criminal behavior (213) 625-6631
Anonymously report weapons on campus
(213) 742-8201
www.friendsofsafeschools.org

Additional Resources

www.stopbullying.gov www.getsmarter2020.org
www.pegsd.org www.ccsd.org
www.ccsd.org www.ccsd.org
CALIFORNIA YOUTH CRISIS HOTLINE (800) 840-0800



Los Angeles Unified School District

Student Health & Human Services

OFFICE OF HUMAN RELATIONS, DIVERSITY & EQUITY

<http://achieve.lausd.net/human-relations>
(213) 241-8719



What is Bullying?

Bullying is deliberate, aggressive and unwanted behavior with the intention to inflict physical or psychological harm. The behavior must be severe or pervasive, and interfere with access to education.

Bullying can be:

Verbal: Hurtful, derogatory comments, mean teasing or name calling

Physical: Hitting, kicking, punching, spitting or shoving

Sexual: Harassing someone due to their actual or perceived sex, gender, gender identity, gender expression, or sexual orientation

Social: Spreading rumors, isolation, exclusion, leaving people out, or forcing people to do things they don't want to do

Cyber: Mean or embarrassing messages, images, rumors, videos or fake profiles that are texted, emailed or posted on social media

Hazing: Humiliating, degrading, or dangerous activity expected of someone joining or participating in a group regardless of their willingness to participate

If you feel like you're being bullied...

Tell the person who is bullying you to STOP!

Get HELP. Talk to your parents, teacher, counselor, principal, or your school's Bullying Complaint Manager.

Be proud of who you are. Do not give your power away.

Bullying based on a protected category could be considered discrimination.

Be proactive. Wherever possible, avoid situations where bullying occurs.

- Stay in areas where there are students or teachers.
- Sit with friends at lunch.
- Take different routes through hallways and walk with friends to your classes.
- Never share your personal sign-on information or passwords!

Get involved. Join a group that promotes kindness, peace and respect.

Bullying is different than friendly teasing or a disagreement. Every relationship has conflicts. Was it an honest misunderstanding or intent to hurt? Can you talk it out with the other person?



if you witness bullying...

Speak up. Stand up. One person can start a movement together we can make a difference. If you see bullying, say, "Stop, don't bother him" or redirect the situation by saying, "Let's go!"

Don't join in. If you see someone being bullied, don't join in or encourage it by laughing.

Get help. Don't just stand there watching someone being hurt. Be a hero. Get help from an adult who is in charge. It's not tattling or snitching to keep someone safe. You can ask the adult to keep your identity private.

Stop the drama. You don't want anyone talking about you! Let the gossip end with you—don't pass it on.

Be a friend. Help the person who was bullied. Make sure they are okay. Encourage them to talk to an adult. Invite them to join you for lunch or other things.





Fentanyl

Family Engagement Toolkit



ONE PILL CAN KILL

Fentanyl

SONG
FOR
CHARLIE

What is a
"Fentapill"?

REAL TALK ABOUT FAKE PILLS



LETHAL DOSE OF FENTANYL

Homework Help / Tutoring



↓ CLICK HERE

FOR ELEMENTARY STUDENTS

FREE ON DEMAND

1-TO-1 HOMEWORK HELP/TUTORING

To support students and families, LAUSD is providing on demand homework help with a personal virtual tutor. This support is available to all LAUSD students at no cost to families in multiple languages. We have contracted with Paper to ensure 24/7 instant support for all students and families.

1 ←

SECURE ACCESS THROUGH SCHOOLLOGY

→ 4

PROVIDES HOMEWORK SUPPORT, FEEDBACK ON WRITING, STUDYING SUPPORT

2 ←

24/7 INSTANT ACCESS

→

5

LIVE CHAT AND INTERACTIVE WHITE BOARD SUPPORT

3 ←

TUTORS SUPPORT MULTIPLE LANGUAGES



FOR MORE INFORMATION PLEASE VISIT <https://paper.co/lausd>



paper.co/lausd

Paper

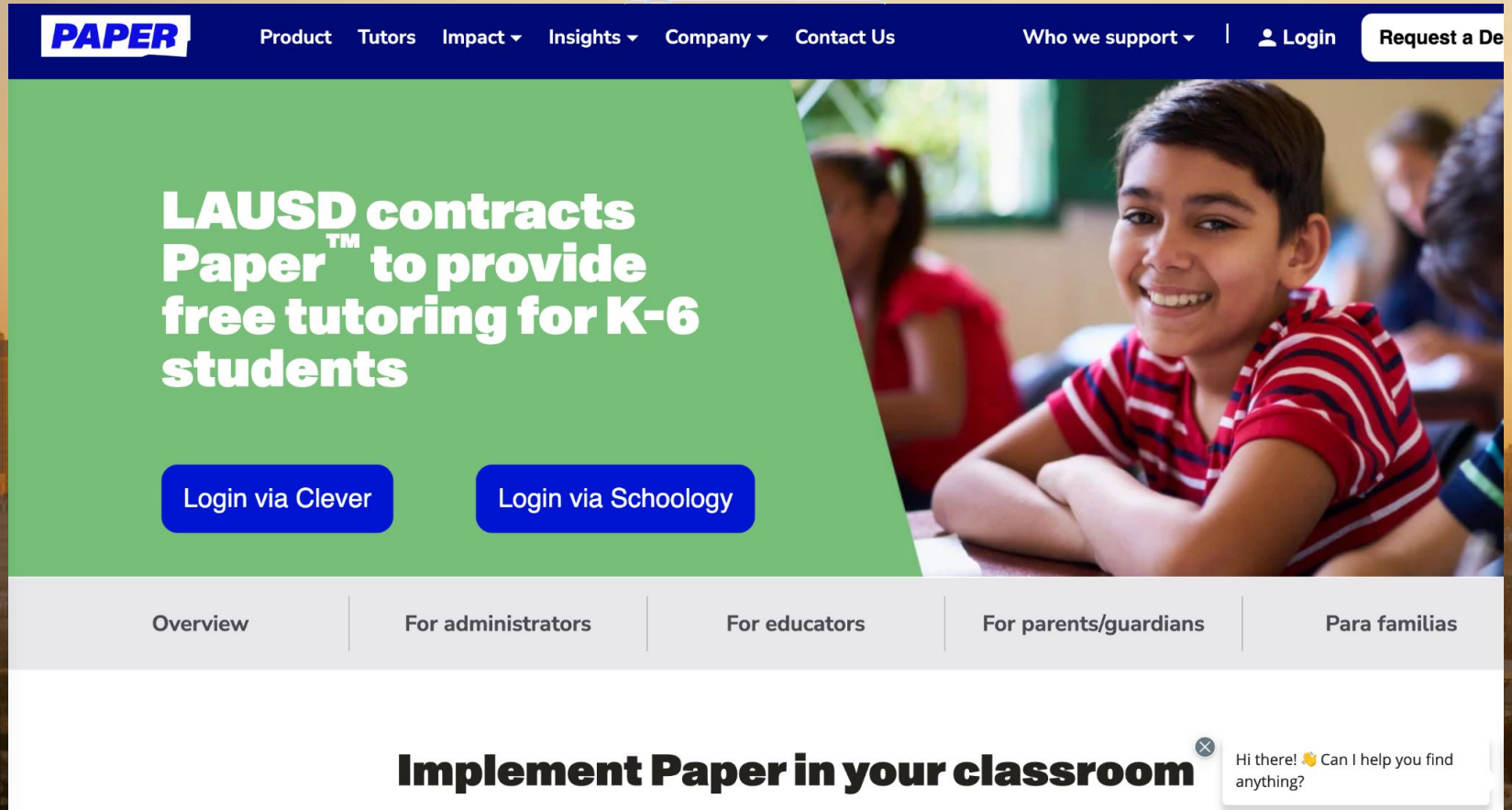
Tutoring

Elementary parents, are you ready to have a reduced workload this school year? Paper is here to help! You now have access to 24/7 academic coaches for your students, providing differentiated support on their after school assignments.

K-6

LAUSD
UNIFIED

 **CLICK HERE**



PAPER Product Tutors Impact Insights Company Contact Us Who we support Login Request a Demo

LAUSD contracts Paper™ to provide free tutoring for K-6 students

Login via Clever Login via Schoology

Overview For administrators For educators For parents/guardians Para familias

Implement Paper in your classroom Hi there! 🌟 Can I help you find anything?