Staying Safe with Social Technology

{How to be in the world but not of the world}

Alyson Lee & Rachel Crook-Lyon

Women’s Conference 2011
FROM THE HEADLINES

Town hall bans staff from using Facebook

Average teen sends 3,339 texts per month

Elder Holland’s 2009 Easter message receives 50,000 hits
“In the Church, we often state the couplet: ‘Be in the world but not of the world.’ Perhaps we should state the couplet as two separate admonitions. First, ‘Be in the world.’ Be involved; be informed. Try to be understanding and tolerant and to appreciate diversity. Make meaningful contributions to society through service and involvement. Second, ‘Be not of the world.’ Do not follow wrong paths or bend to accommodate or accept what is not right.”

-Elder M. Russell Ballard
Social Technology

- Benefits
- Risks
- Protecting yourself
- Protecting your family
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<th></th>
<th>Digital Immigrants</th>
<th>Digital Natives</th>
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<tbody>
<tr>
<td></td>
<td>Prefer to talk on phone or in person.</td>
<td>Prefer to connect via text, chat, Facebook, games, etc.</td>
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<td></td>
<td>Text sparingly.</td>
<td>Text more than call: 47% of teens can text with eyes closed.</td>
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<td></td>
<td>Prefer synchronous communication.</td>
<td>Prefer asynchronous (sequential) communication.</td>
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<td>Accustomed to and like manuals with clear steps.</td>
<td>Cannot relate to manuals — they figure it out intuitively.</td>
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<td>Digital Immigrants</td>
<td>Digital Natives</td>
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<td>Assume they will work their way up the ladder in the</td>
<td>Try many careers, want balance among family, friends, activities, work.</td>
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<td>workplace, in a linear fashion, in one career.</td>
<td>Prefer flexible hours, opportunity to make up work remotely, i.e., from a café</td>
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<td>on a weekend.</td>
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<td>Hang out in person.</td>
<td>Hang out online in chats, social networking sites and games.</td>
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<td>Value “proper” English.</td>
<td>Use texting and instant message shorthand: cu tomorrow; cu l8r; luv ya; ru going</td>
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<td>to the game?</td>
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<td>Tell friends about a trip on the phone, or with an in-</td>
<td>Tell friends about a trip by posting an album online.</td>
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<td>person slideshow.</td>
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<td>Digital Immigrants</td>
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<td>Use the Internet to gather information.</td>
<td>Use the web to socialize, play, watch videos, shows, etc.</td>
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<td>Think young people waste their lives online.</td>
<td>Many aspects of life are happening only online.</td>
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<td>Think of the Internet as not &quot;real life.&quot;</td>
<td>Internet is as real, and often more pleasurable, than offline life.</td>
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<td>One task or pleasure at a time</td>
<td>Several tasks or recreation activities at a time: watch television, text, study.</td>
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<td>Safety concerns: Physical kidnapping, assault, robbery</td>
<td>Safety concerns: Sexting, inappropriate pictures online, cyberstalking, identity theft, privacy invasions (hijacking of e-mail accounts, social networking sites).</td>
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Definitions

Chat Rooms

Instant Messaging and Texting

Blogs

Social Networking Sites
Benefits of Social Technology

- Employment opportunities
- Applying to college
- Finding and maintaining friendships
- Staying connected with family members
- Sharing information rapidly
- Sharing the gospel
“With so many social media resources and a multitude of more or less useful gadgets at our disposal, sharing the good news of the gospel is easier and the effects more far-reaching than ever before. ... My dear young friends, perhaps the Lord’s encouragement to ‘open [your] mouths’ might today include ‘use your hands’ to blog and text message the gospel to all the world! But please remember, all at the right time and at the right place.”

-President Dieter F. Uchtdorf
“Now, may I ask that you join the conversation by participating on the Internet to share the gospel and to explain in simple and clear terms the message of the Restoration. ... Do not be afraid to share with others your experiences as a follower of the Lord Jesus Christ.”

-Elder M. Russell Ballard
Sharing the Gospel
The first month the widget went "live," the LDS Philanthropies website received about 1 million hits. It took all of 2009 to get that many people to visit the website. Before the days of the Internet, it took about 20 years to get 1 million people to learn about/donate to LDS Philanthropies.
Risks of Social Technology

- Leaking personal information
- Internet addiction
- Cyberbullying
- Infidelity
- Sexting
Internet Addiction

- Preoccupation with the Internet
- Negative feelings when attempting to cut down or stop Internet usage
- Risk-taking in relationships and employment due to Internet
- Using the Internet to escape

- Failed attempts to change behavior
- Neglecting real-life relationships
- Neglecting sleep, eating or personal hygiene
- Being dishonest about Internet use
Cyberbullying

- Psychological rather than physical
- Difficult to escape
- Teens reluctant to tell adults
"I raise an apostolic voice of warning about the potentially stifling, suffocating, suppressing, and constraining impact of some kinds of cyberspace interactions and experiences upon our souls. ... If the adversary cannot entice us to misuse our physical bodies, then one of his most potent tactics is to beguile you and me as embodied spirits to disconnect gradually and physically from things as they really are. In essence, he encourages us to think and act as if we were in our premortal, unembodied state. ... Please be careful of becoming so immersed and engrossed in pixels, texting, earbuds, twittering, online social networking, and potentially addictive uses of media and the Internet that you fail to recognize the importance of your physical body and miss the richness of person-to-person communication."

-Elder David A. Bednar

"Things as They Really Are," Liahona, June 2010
“Being a guardian of virtue means you will always be modest not only in your dress but also in your speech, your actions, and your use of social media. Being a guardian of virtue means you will never text words or images to young men that may cause them to lose the Spirit, lose their priesthood power, or lose their virtue.”

- Elaine S. Dalton
Young Women General President
Protecting Self

- Protecting personal information
- Protecting time
- Protecting spirituality
Protecting Personal Information

• Resist the urge to announce your location to the world.
• Know your privacy settings.
• Surf anonymously.
• Block “Friends of Friends.”
• Block “Third Party” browser cookies.
• Write everything online as if your mother will read it.
“While fine productions on ... media are uplifting and entertaining, we need to be very selective in choosing what we see and how much of our time such an activity deserves.”

-Elder Joseph B. Wirthlin
“We must model that which is virtuous and lovely by our personal media choices. We must take care that the media we invite into our homes does not dull the sensitivity to the Spirit, harm relationships with our family and friends, or reveal personal priorities that are inconsistent with gospel principles. By example we can help our children understand that spending long periods of time using the Internet, social media, and cell phones; playing video games; or watching television keeps us from productive activities and valuable interactions with others.”

-Mary N. Cook
Protecting Spirituality

“Because the Internet is becoming so essential in school and in work situations, we need to learn to safely access and use the good things the Internet can bring to our families.”

New Era, June 2001

• Your computer has an Off switch.
• Keep the computer in a public place.
Protecting Family

“I teach them correct principles, and they govern themselves.”

-Joseph Smith

Elder Ballard emphasized the need for parents to “be prepared to appropriately adjust some rules, thus preparing children for real-world situations.”

-M. Russell Ballard

“Teenagers’ willingness to choose the Lord’s way and family values is greater when the choice comes from within than when we attempt to force those values upon them. The Lord’s way of love and acceptance is better than Satan’s way of force and coercion, especially in rearing teenagers.”

-Robert D. Hales
Tools

- Set appropriate filters.
- Consider using monitoring software, especially if you sense your child is at risk.
- Monitor your child’s online activity by viewing your browser’s history.
- Set limits and consider using time-limiting software.
- Limit your child’s instant messaging (IM) contacts to a parent-approved buddy list.
- Use safe search engines.
Monitoring Tool

Gmail

Settings

General | Labels | Accounts and Import | Filters | Forwarding and POP/MAP | Chat | Web Clips | Labs | Priority Inbox | Offline | Themes | Buzz

Forwarding:

- Add a forwarding address

Tip: You can also forward only some of your mail by creating a filter!

POP Download:

- Status: POP is enabled for all mail that has arrived since 5/29/07
  - Enable POP for all mail (even mail that's already been downloaded)
  - Enable POP for mail that arrives from now on
  - Disable POP

- When messages are accessed with POP, keep Gmail's copy in the inbox

- Configure your email client (e.g., Outlook, Eudora, Netscape Mail)
  - Configuration instructions

IMAP Access:

- Status: IMAP is enabled
  - Enable IMAP
  - Disable IMAP

- Configure your email client (e.g., Outlook, Thunderbird, IPhone)
  - Configuration instructions
Rules

• Establish an ongoing dialogue and keep lines of communication open.
• Know your child’s online activities and friends.
• Teach “Netiquette.”
Netiquette

• Am I being kind and showing respect for others and myself?
• How would I feel if someone did the same thing to me or to my best friend?
• How do I feel inside?
• What would a trusted adult, someone who is important in my life, think?
• Is this action in violation of any agreements, rules, or laws?
• How would I feel if others could see me?
• Would it be okay if I did this in my home or at school?
• How does this action reflect on me?
Personal Information

- Personal contact information
- Intimate personal information
- Personal interest information
Cyberbullying Response

- Save the Evidence
- Identify the Cyberbully
- Tell the Cyberbully to Stop
- Ignore the Cyberbully
- File a Complaint
- Contact Your School
- Contact the Cyberbully’s Parents
- Contact an Attorney
- Contact the Police
Social Media Contract

My parents and I will decide when I am allowed to use the computer, cell phone, gaming systems and the Internet. I promise not to ask or fight for more time. I will only do things and visit places that they say I can.

If anyone does anything that bothers me, I will tell my parents. I will never use bad language, say bad things about other people, or send mean messages in an e-mail, text or instant message, chat room, blog, or on a website. I will tell my parents if someone does that to me. If I use “secret” or “code” words online, I will tell my parents what they mean.

I will never, ever meet with anyone I’ve talked to online without first talking to my parents.
“Let me say again that the family is the main target of evil’s attack and must therefore be the main point of our protection and defense. As I said once before, when you stop and think about it from a diabolically tactical point of view, fighting the family makes sense to Satan. When he wants to disrupt the work of the Lord, he doesn’t poison the world’s peanut butter supply, thus bringing the Church’s missionary system to its collective knees. He doesn’t send a plague of laryngitis to afflict the Mormon Tabernacle Choir. He doesn’t legislate against green Jell-O and casseroles. When evil wants to strike out and disrupt the essence of God’s work, it attacks the family. It does so by attempting to disregard the law of chastity, to confuse gender, to desensitize violence, to make crude and blasphemous language the norm, and to make immoral and deviant behavior seem like the rule rather than the exception.”

-Elder M. Russell Ballard
“In spite of all of the wickedness in the world, and in spite of all the opposition to good that we find on every hand, we should not try to take ourselves or our children out of the world. Jesus said, ‘The kingdom of heaven is like unto leaven,’ or yeast. (Matt. 13:33.) We are to lift the world and help all to rise above the wickedness that surrounds us.”

-Elder M. Russell Ballard
“I pray not that thou shouldstest take them out of the world, but that thou shouldstest keep them from the evil.”

John 17:15