

# Protecting Our Kids in the Digital World

Karilyn M. Orr  
Internet Safety Specialist  
ICAC Task Force



# What is ICAC?



Respond to technology-facilitated child sexual exploitation and internet crimes against children.



Forensic and Investigative



Training and Technical Assistance



Prosecution



Victim Services



Prevention and Education



# CyberTipline

CyberTipline.org • 1-800-THE-LOST®



# CyberTipline.org

Clearinghouse for online  
child sexual exploitation

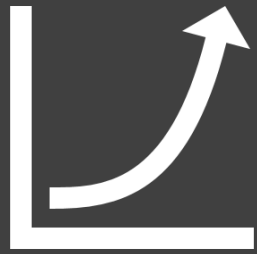
# CyberTipline

## How it works





# ILAG ICAC CyberTips



2020	2021	2022
5,184	7,359	9,280

## Breakdown of CyberTip Reports

94% classified as child pornography (possession, manufacture and distribution)

5% classified as Online Enticement of Children for Sexual Acts

# Screen Time

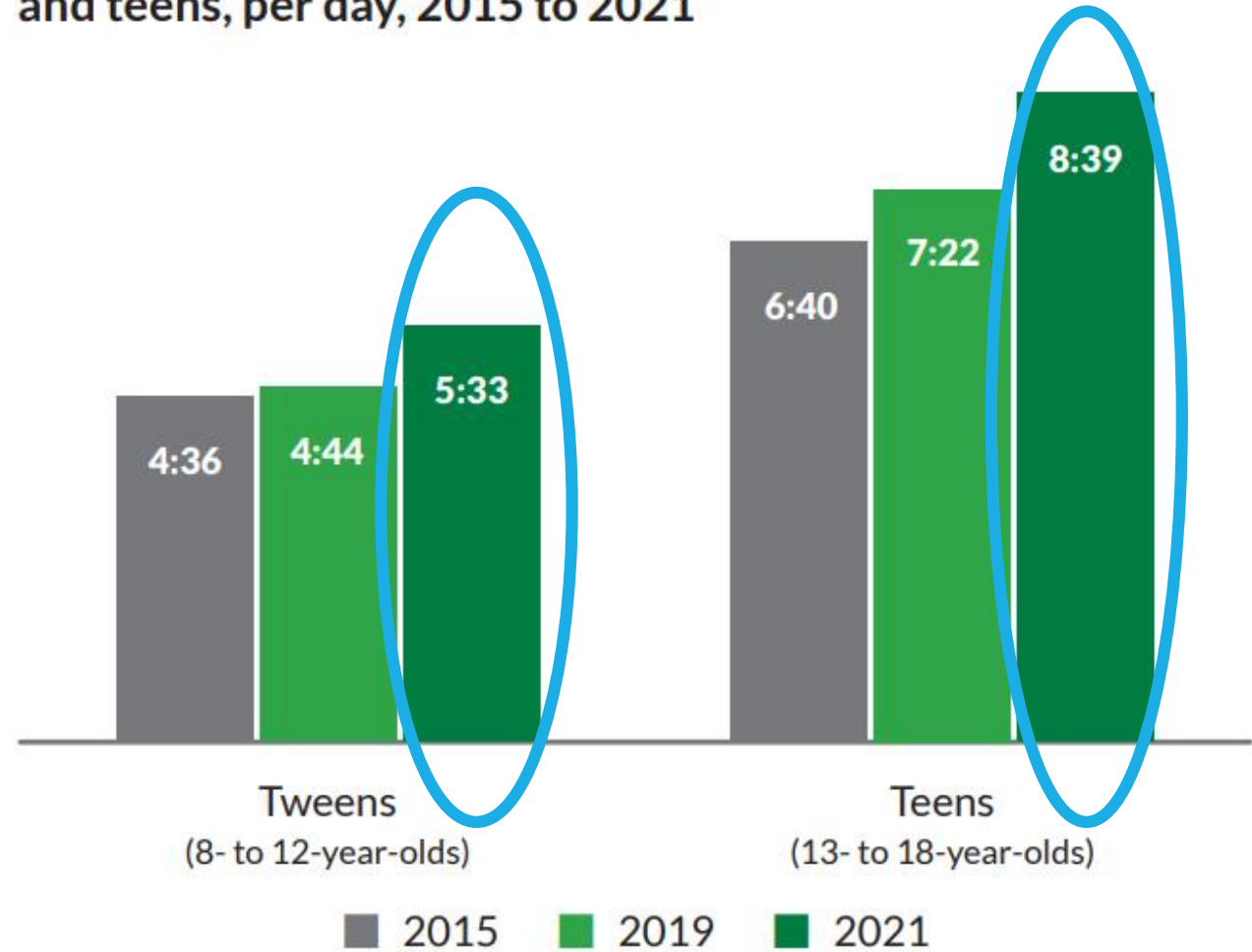
The amount of time spent engaging in screened media, including educational activities, entertainment, gaming, social media, and more



**Online Safe**  
**Online Smart**  
[OnlineSafeOnlineSmart.com](https://OnlineSafeOnlineSmart.com)

## Screen Time

FIGURE A. Total entertainment screen use among tweens and teens, per day, 2015 to 2021

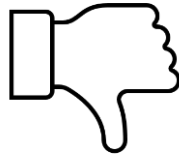


Retrieved on August 11, 2023 at: [https://www.commonsensemedia.org/sites/default/files/research/report/8-18-census-integrated-report-final-web\\_0.pdf](https://www.commonsensemedia.org/sites/default/files/research/report/8-18-census-integrated-report-final-web_0.pdf)

# Screen Time

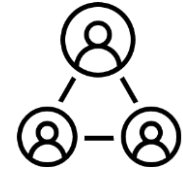
American Academy of Pediatrics

## Excessive Screen Time



- Obesity
- Lack of sleep
- School problems
- Aggression
- Anxiety

## Why Set Limits?



- Social cues/body language
- Communication skills
- Sense of self & identity
- Emotional intelligence
- Problem-solving skills
- Relationship skills

Retrieved on September 7, 2023 at: <https://www.aap.org/>



# Screen Time: Recommendations

American Academy of Child & Adolescent Psychiatry

## Recommendations



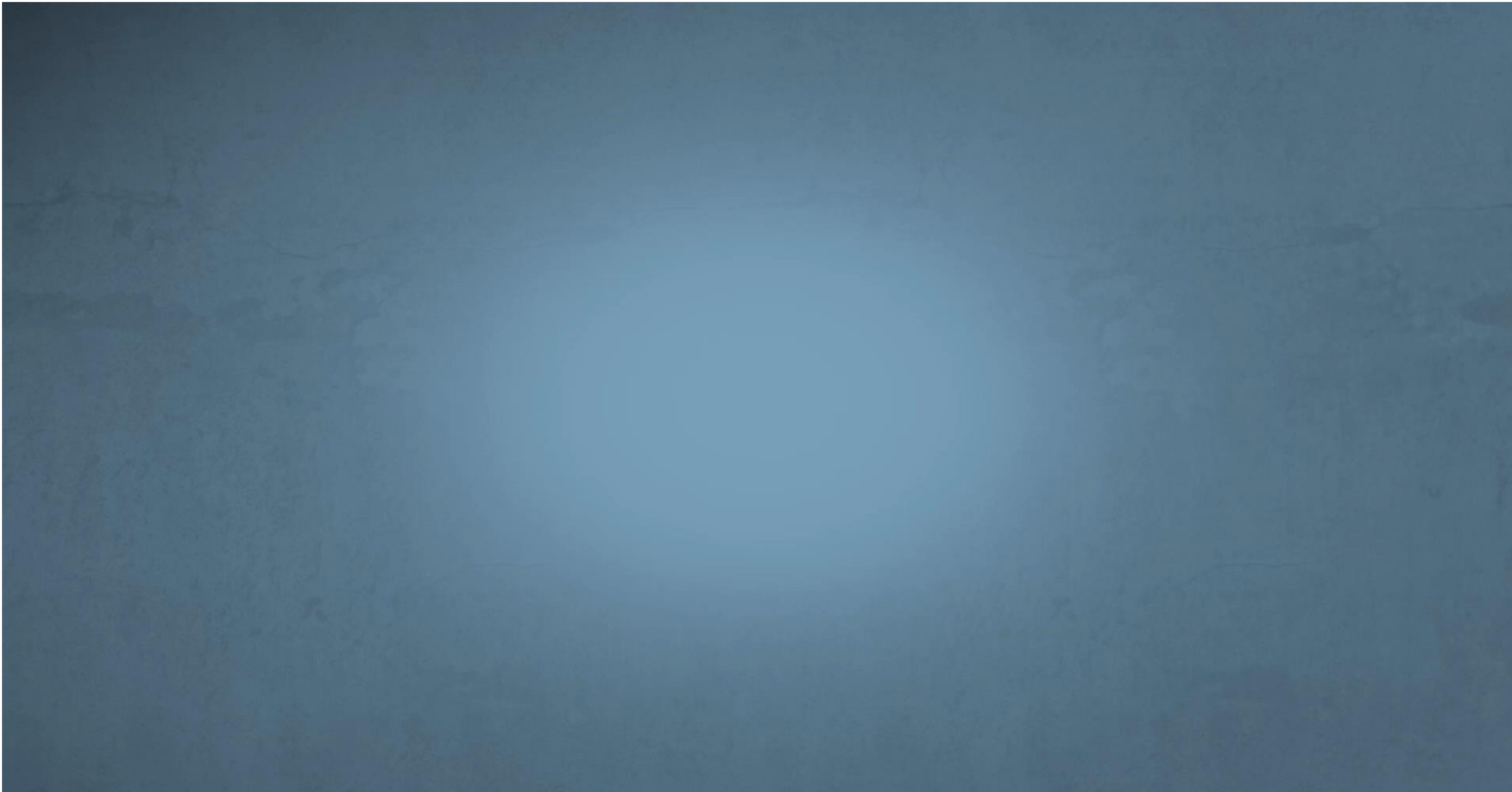
- **0-2 years old:** 0 hours per day
- **3-5 year olds:** 1 hour per day
- **6 years and up:** 2 hours per day

## Considerations



- Is my child's behavior positive during and after interaction with the game/app?
- Is my child getting a healthy amount of sleep?
- Is my child getting a healthy balance of offline activities (family time, outdoor activities, etc.)?

Retrieved on August 31, 2023 at: [https://www.aacap.org/AACAP/Families\\_and\\_Youth/Facts\\_for\\_Families/FFF-Guide/Children-And-Watching-TV-054.aspx](https://www.aacap.org/AACAP/Families_and_Youth/Facts_for_Families/FFF-Guide/Children-And-Watching-TV-054.aspx)



Common Sense Media

# Cyberbullying

Willful and repeated harm posted or shared online



# Cyberbullying

How and why it happens

## Tactics

- Using mean, hurtful, embarrassing words
- Online posts about someone's features such as body type, race, class, ability, orientation, religion, etc.
- Creating a page about someone/pretending to be someone else online
- Doxing (sharing someone's private information)
- Encourage self-harm or suicide
- Threatening to harm someone and/or something they care about
- Using mean, hurtful, embarrassing words

## Motivations

- Insecurity
- Low self-esteem
- Jealousy
- Lack of supervision
- Lack of attention/support
- Any reason

# Cyberbullying

Helping your child report

## First Steps

- Have open communication with your child
  - Listen to your child for insight of situation
  - Is your child part of the issue?
- Help child report within app or game
- Help child unfollow/block user or account online
- Talk to other parent/guardian (*if known*)
- Talk to school social worker (*if incident impacts learning environment*)

## Report to Law Enforcement

- Threats of violence and physical harm
- Child pornography and/or inappropriate messages of photos
- Photos taken where privacy is expected (locker room, bathroom, etc.)
- Stalking
- Hate crimes





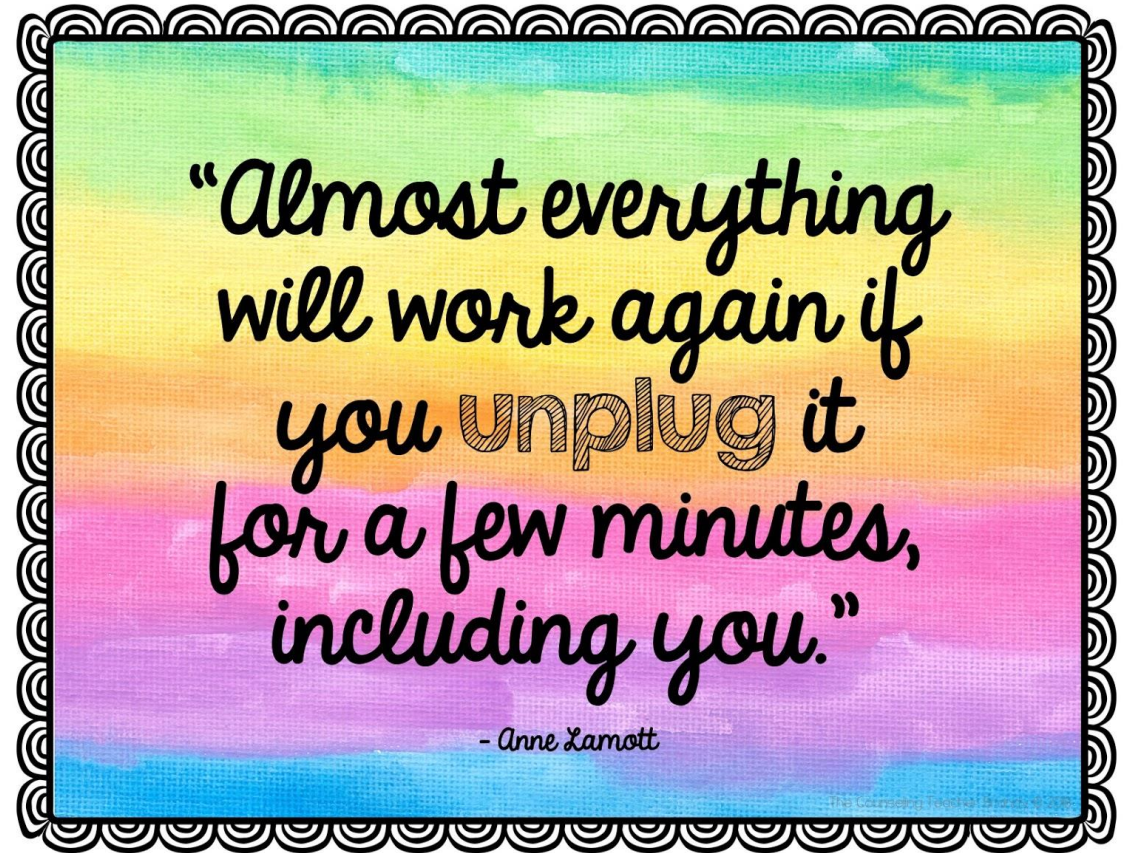


Keep it Real Online

# Digital Well-Being

## Steps to consider

- Take breaks from technology
- Unfollow negative/unhealthy users
- Follow positive/inspiring users
- Turn off notifications
- Pay attention to mood/behavior changes
- Encourage a sense of purpose



Retrieved on August 31, 2023 at: <https://theawarenesscentre.com/social-media-mental-health-tips/>

# Mental Health Resources

It's okay to ask for help

## Organization

- 988 Suicide and Crisis Lifeline
- NAMI Helpline
- Illinois Call4Calm Textline
- Illinois Warmline
- Safe2Help

## Contact

- 9-8-8, [988lifeline.org](https://988lifeline.org)
- (800) 950-NAMI, [nami.org/help](https://nami.org/help)
- Text "TALK" or "HABLAR" to 5-5-2-0-2-0
- (866) 359-7953  
[illinoismentalhealthcollaborative.com](https://illinoismentalhealthcollaborative.com)
- (844) 4-SAFEIL, [Safe2helpil.com](https://Safe2helpil.com)





# Sexting

Act of sending sexually explicit images and/or messages between electronic devices

**Online Safe**  
**Online Smart**  
[OnlineSafeOnlineSmart.com](http://OnlineSafeOnlineSmart.com)



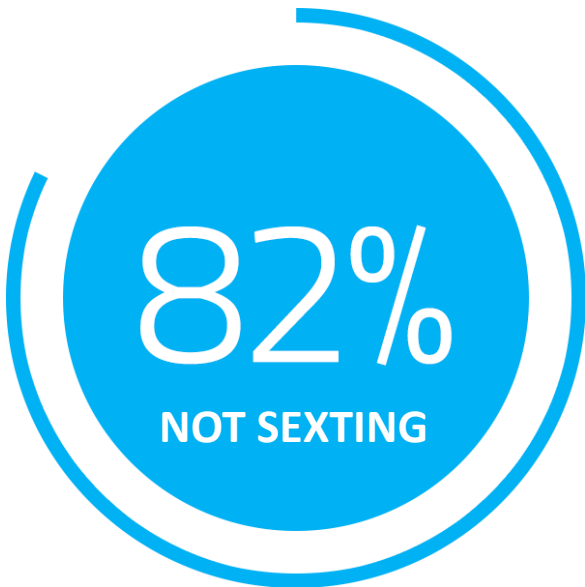
Common Sense Media



# Sexting

## Participation Data

### Good News



### Those Who Have Sexted

- **43%** shared with someone they did not know in person  
(9-12 yr. olds)
- **42%** shared with someone that was 18+  
(9-12 yr. Olds)
- **25%** received/viewed an inappropriate image without the person's consent  
(13-17 year olds)

Thorn & Benson Strategy Group. Self-Generated Child Sexual Abuse Material: Attitudes and Experiences. 2022  
Retrieved July 18, 2023 from [https://info.thorn.org/hubfs/Research/Thorn\\_SG-CSAM\\_Monitoring\\_2021.pdf](https://info.thorn.org/hubfs/Research/Thorn_SG-CSAM_Monitoring_2021.pdf)

# Sexting

## Child Sexual Abuse Material (CSAM)

### CSAM (also known as child pornography)

- **Child sexual abuse material** refers to any content that depicts sexually explicit activities, abuse and/or exploitation involving children. Visual depictions include photographs, videos, digital or computer-generated images, and live-streaming.
- **Child Pornography** is the visual depiction of a minor younger than the age of 18 (705. ILCS 405/3-40)

### Prevalence

- NCMEC's CyberTipline has received over 82 million reports
- CVIP has reviewed over 322 million images/videos
- 19,100 victims have been identified by law enforcement

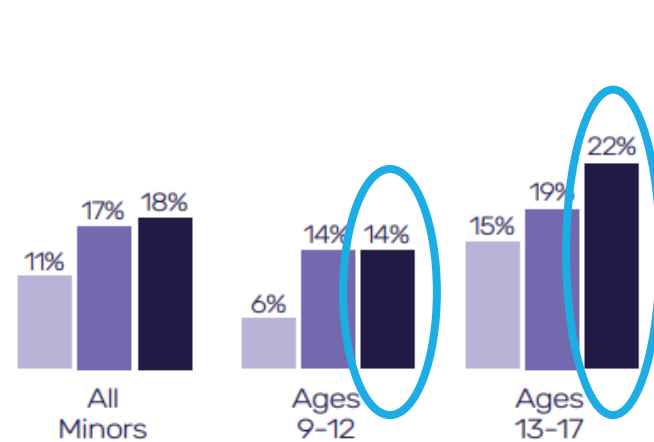
NCMEC yearend 2022 stats retrieved on April 2, 2023 at: <https://www.missingkids.org/theissues/csam#bythenumbers>

# Sharing

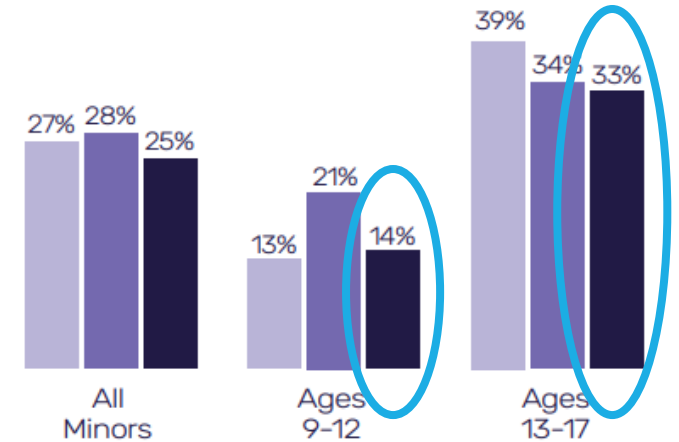
■ 2019 ■ 2020 ■ 2021

Fig 1 | **Experiences with initial shares  
and perceptions of normalcy**

% of all minors who have shared  
their own SG-CSAM

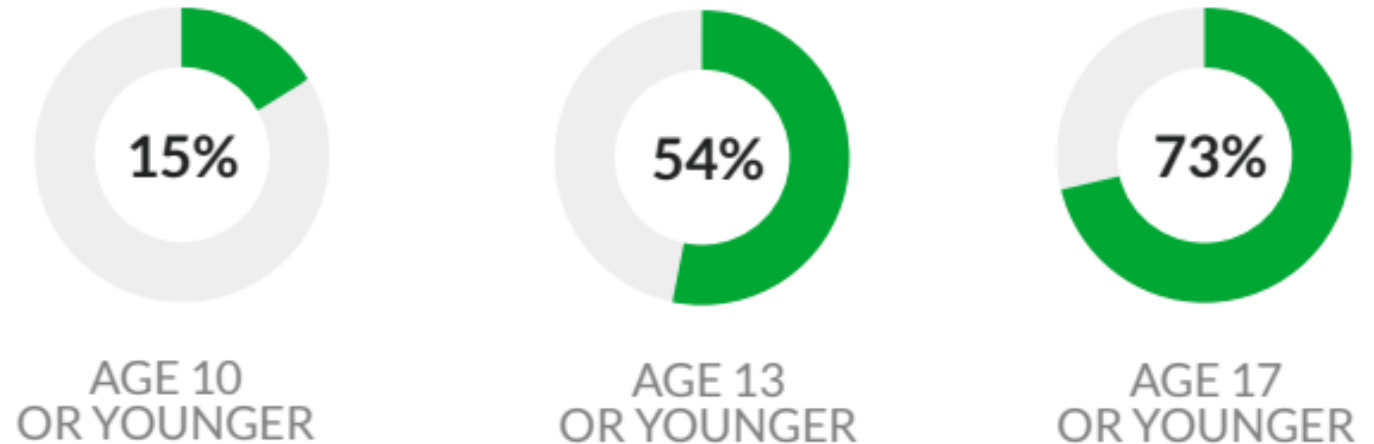


% of all minors who agreed it is  
normal for kids their age to share  
their own SG-CSAM



# Pornography

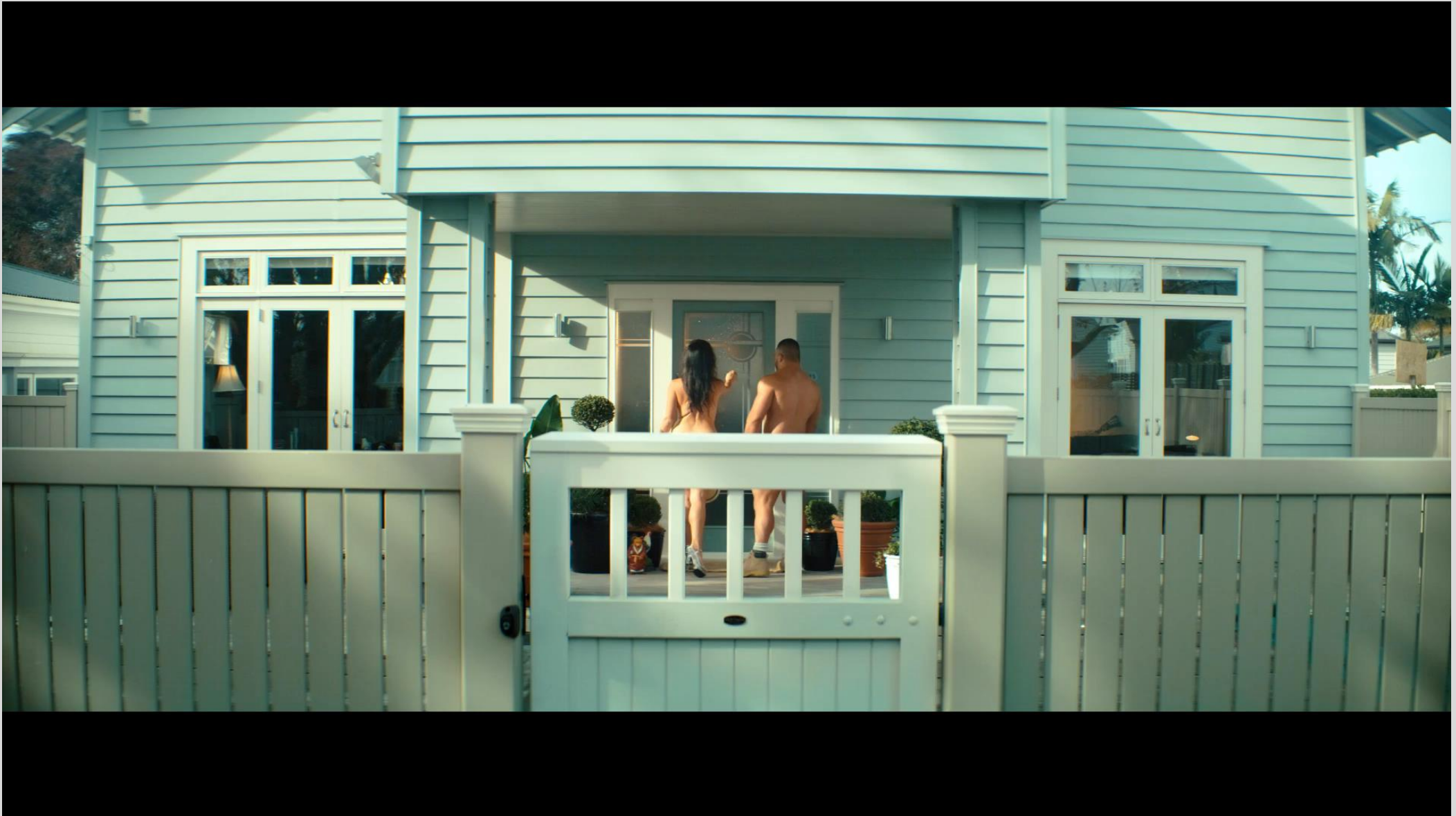
Percent of teen respondents who have seen online pornography, by age:



**12** is the average age when children first consumed pornography.



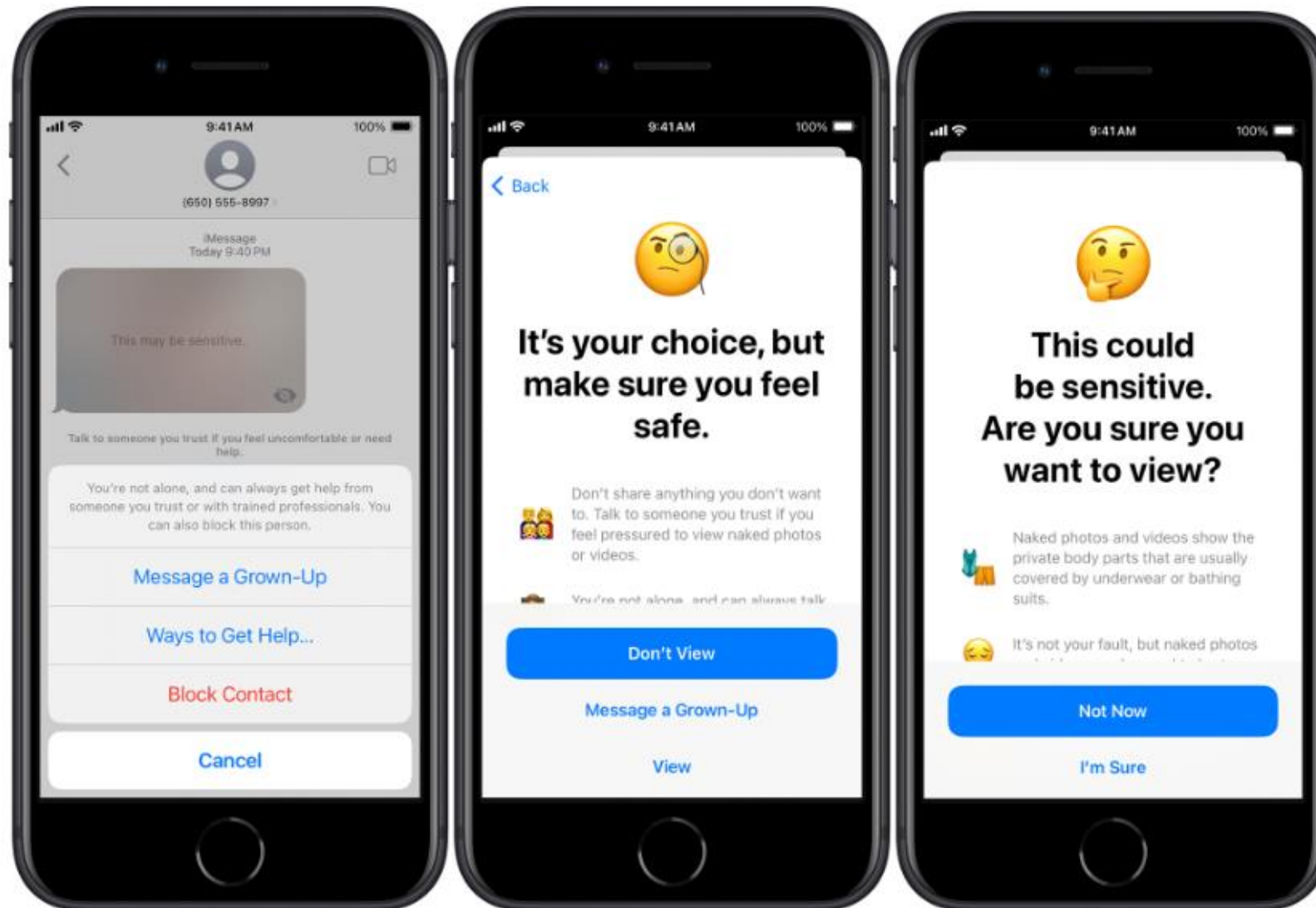
Teens and Pornography Retrieved on September 12, 2023 at: <https://www.common sense media.org/sites/default/files/research/report/2022-teens-and-pornography-final-web.pdf>



Keep it Real Online

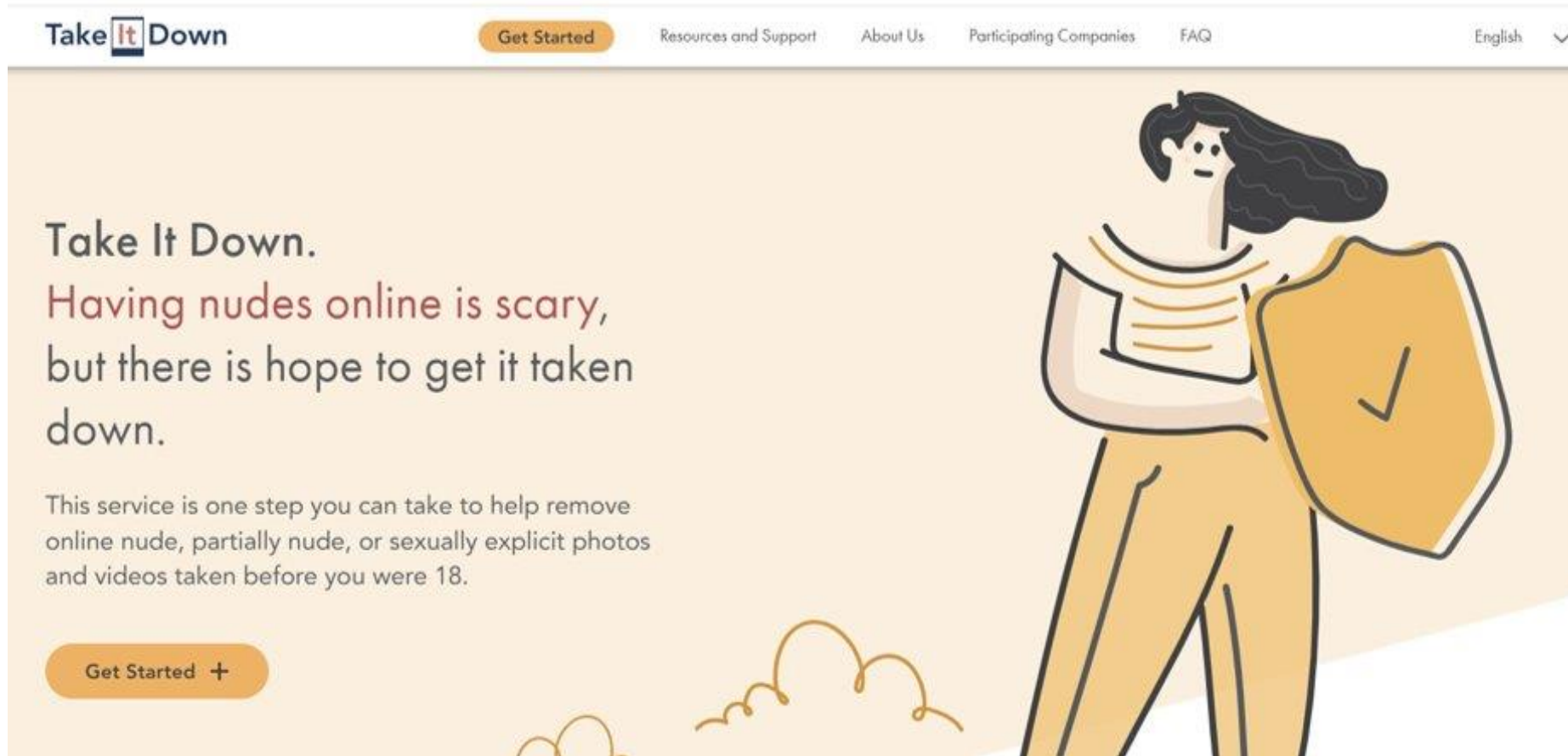


# Enable Communication Safety (Apple)



# Take it Down

NCMEC's online tool can help remove explicit content from participating platforms



The screenshot shows the homepage of the 'Take It Down' website. The header includes the logo 'Take It Down' on the left, a 'Get Started' button, and navigation links for 'Resources and Support', 'About Us', 'Participating Companies', and 'FAQ'. A language dropdown menu is set to 'English'. The main content area features a large illustration of a person with long dark hair holding a large yellow shield with a checkmark. To the left of the illustration, the text reads: 'Take It Down. Having nudes online is scary, but there is hope to get it taken down.' Below this, a paragraph states: 'This service is one step you can take to help remove online nude, partially nude, or sexually explicit photos and videos taken before you were 18.' At the bottom left, there is a 'Get Started +' button.





National Center for Missing and Exploited Children



GET HELP

THE ISSUES

OUR WORK

EDUCATION

SUPPORT US



DONATE

English ▶ Get Help Now ▶ Is Your Explicit Content Out There?

Overview

Help From NCMEC

Reporting to Companies

## Reporting

You can also report the images and videos to the companies on your own. Companies are required to provide a way for people to notify them and request the removal of certain online content, including images/videos. Below is a list of common social media sites, along with company information, resources, and tools to help remove your sexually-exploitive images/videos.

Learn How to Remove  
Explicit Content from the  
Following Platforms



Google



imgur

kik

Microsoft



tumblr



YouTube

Other Sites

<https://www.missingkids.org/gethelpnow/isyourexplicitcontentoutthere>

# Sextortion

An individual demands explicit images, acts, money, or things of value. If the victim does not comply, they are met with threats to expose, embarrass, or harm.



**Online Safe**  
**Online Smart**

[OnlineSafeOnlineSmart.com](http://OnlineSafeOnlineSmart.com)

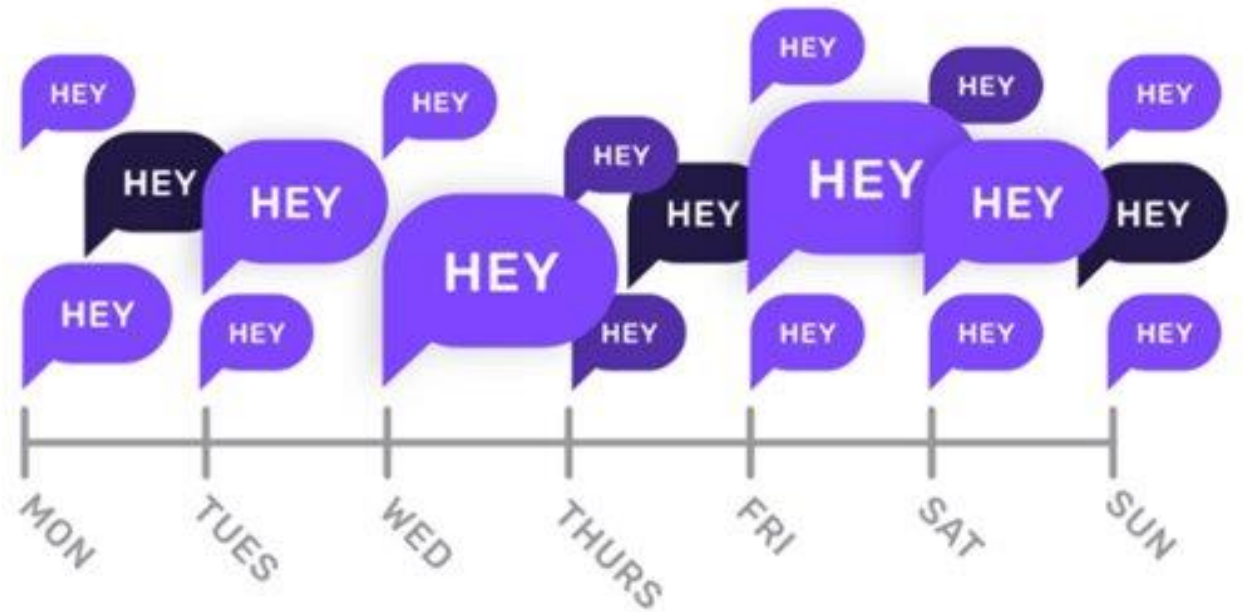


# Sextortion

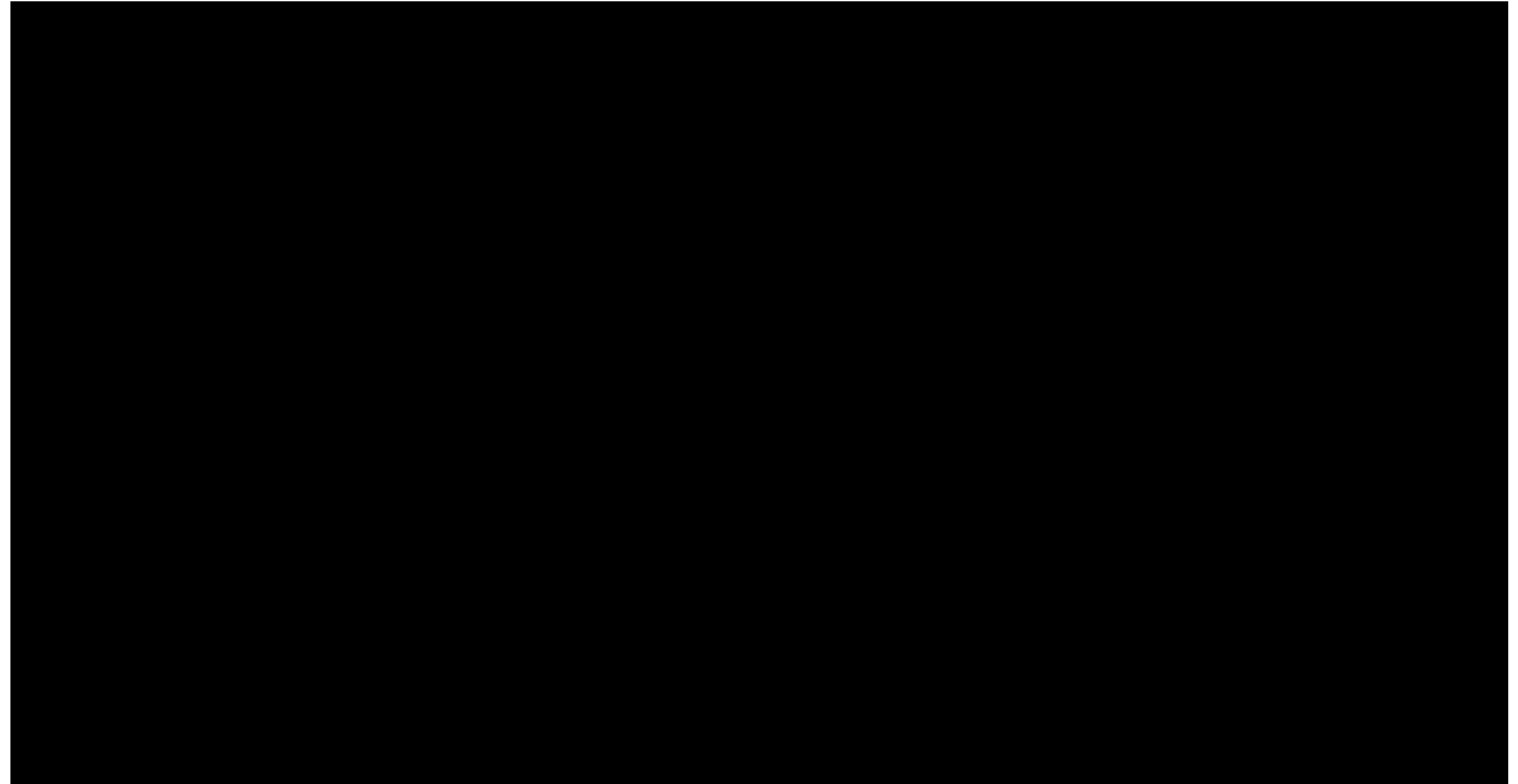
## Know the signs

- Flatters or establishes romantic feelings
- Discusses adult (sexual) subjects
- Asks them to keep a secret
- Sends or offers gifts
- Turns victim against family and friends
- Establishes dependence
- Blackmail

**47%** Of victims experienced **threats daily**.



Retrieved on August 31, 2023 at: <https://www.thorn.org/sextortion>



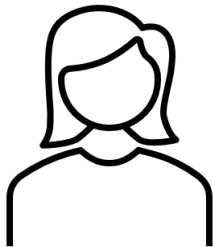
[Sextortionfilm.com](http://Sextortionfilm.com)

# Sextortion

## Motivation

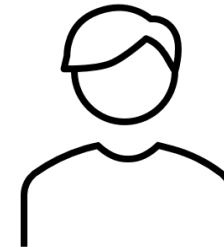
### Sexual

- Offender threatens to release unless victim produces more or engages in sex
- Typical victim is a female between the ages of 10 and 17



### Financial

- Offender threatens to release images unless victim sends money or gift cards
- Typical victim is a male between the ages of 13 and 17





# Impact of Sextortion

*“We did everything we thought we were supposed to do to be good parents.” -Tamia Woods*





Inside Edition



# Sextortion

What to do if your child is a victim

## Know the Facts

- The blackmailer is to blame, not your child
- Even if they made a choice they regret, they are not the criminal
- Do not comply with demands of the blackmailer

## Report

- Report the user in the app/game/site
- Block user but don't delete account
- Report to School Resource Officer (SRO) or Local Police
- Report to **CyberTipline.org**

Retrieved October 12, 2022 from <https://www.missingkids.org/theissues/sextortion>

# If a Child Comes to You

## How to Respond

- Let them share to the extent of comfort
- Refrain from making faces (or body language) that reveal shock, terror, anger, or sadness
- Don't ask questions that imply doubt ("Are you sure that's how it happened?")
- Don't ask questions that imply blame ("What were you doing?")
- Let them know they did the right thing by telling
- Validate their experience or emotions
- Remind them it's not their fault
- Don't take away devices
- Offer options and include them in on next steps



Retrieved on September 12, 2023 at: <https://www.nctsn.org/resources/what-do-if-your-child-discloses-sexual-abuse-guide-parents-and-caregiversand>  
<https://www.nspcc.org.uk/keeping-children-safe/reporting-abuse/what-to-do-child-reveals-abuse/>

A photograph of a man and a young boy looking at a laptop screen together. The man is leaning over the boy, who is sitting at a desk. They are both looking intently at the screen. The man is wearing a white t-shirt and the boy is wearing an orange shirt. The background is blurred, showing what appears to be a home or office setting.

# Proactive Adults, Empowered Kids

It starts with you

**Online Safe**  
**Online Smart**

[OnlineSafeOnlineSmart.com](https://OnlineSafeOnlineSmart.com)

# Create Safe Accounts

Steps to take

## Safe Startup



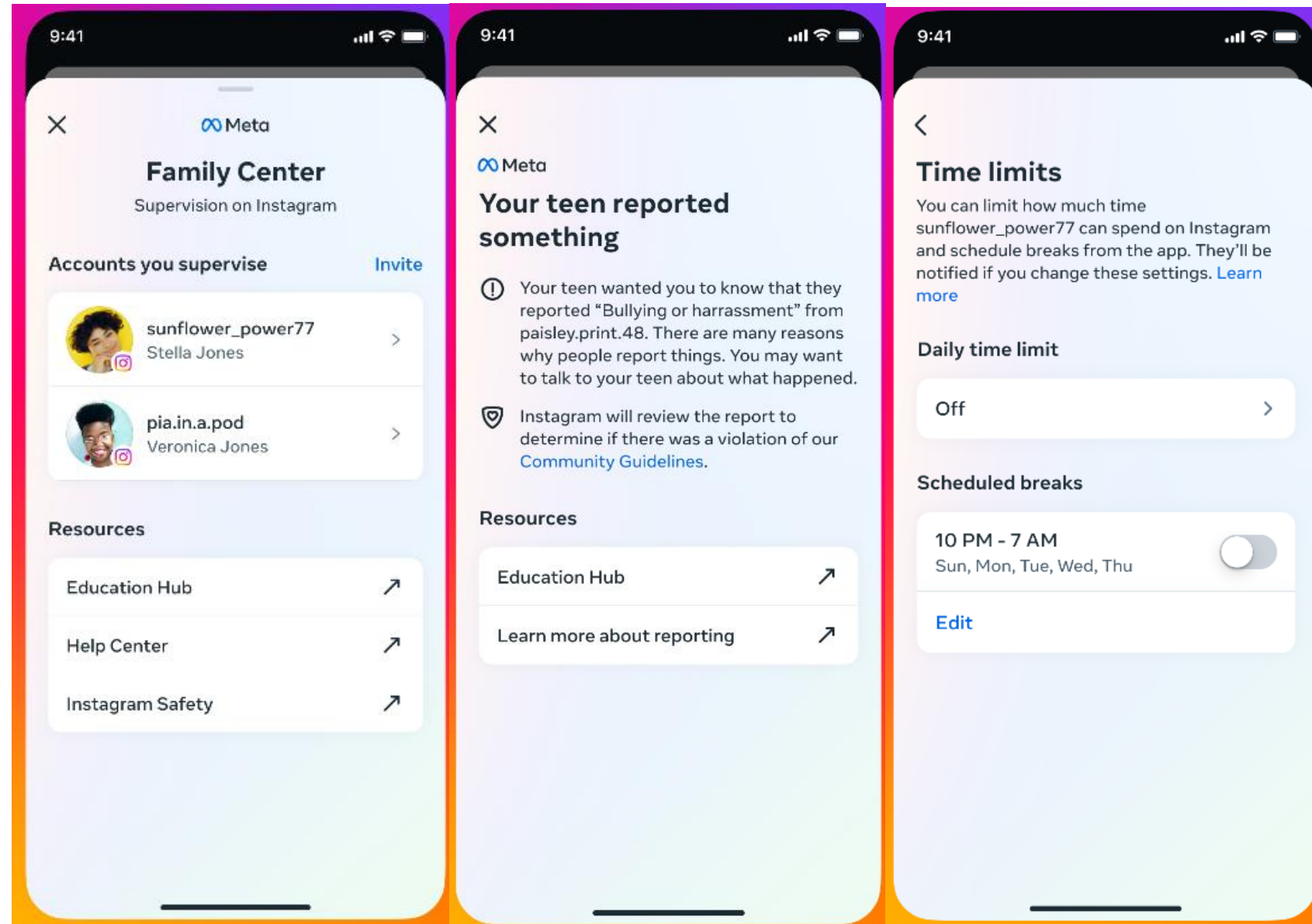
- Review apps/sites prior to downloading
- Safe profile picture
- Keep accts. private
- Enable privacy settings
- Search your kids online

## Cyber Security



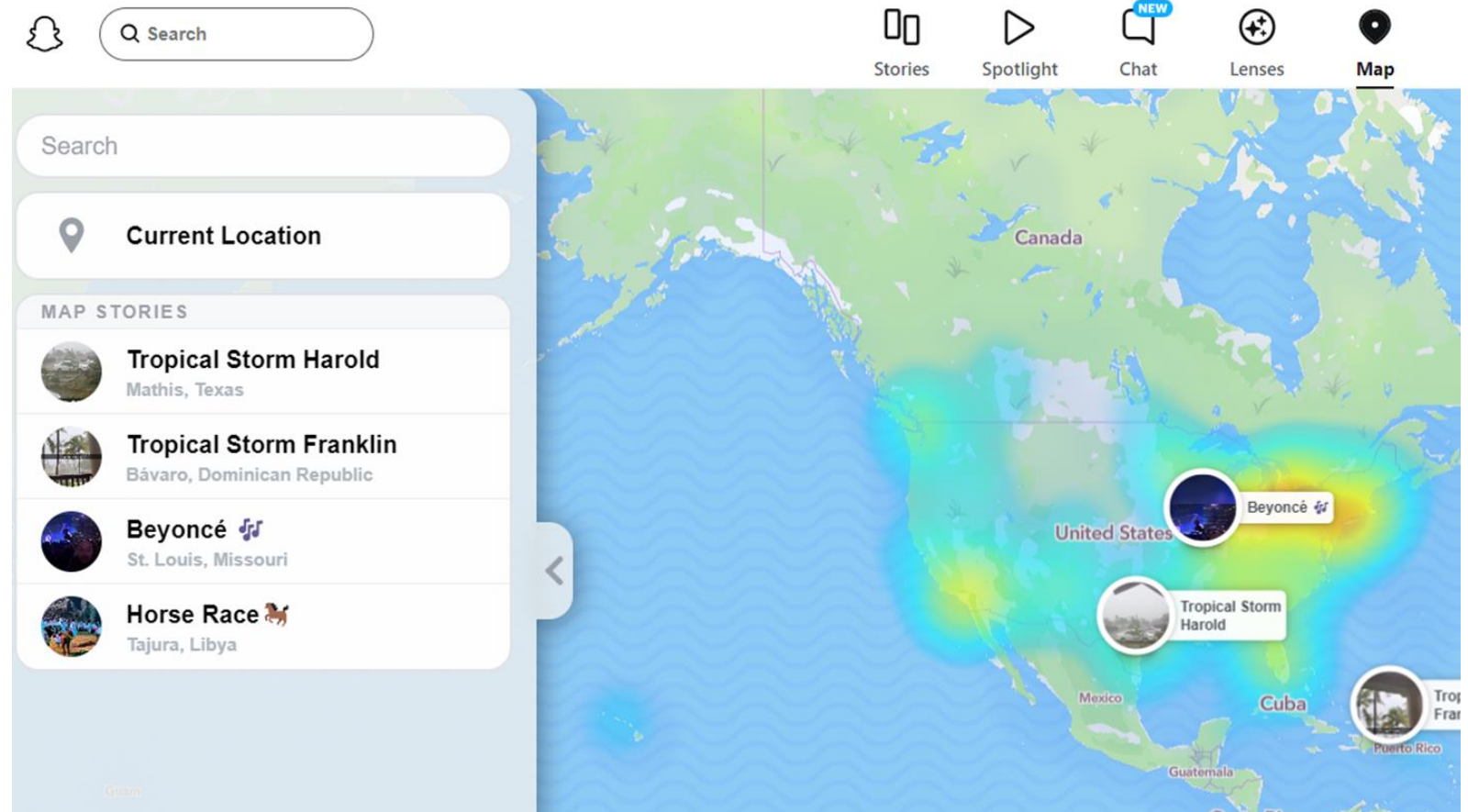
- Strong password
- Unique security questions
- Current firewall, anti-spyware, anti-virus
- Auto-update
- Log out/off

# Instagram: Privacy Settings

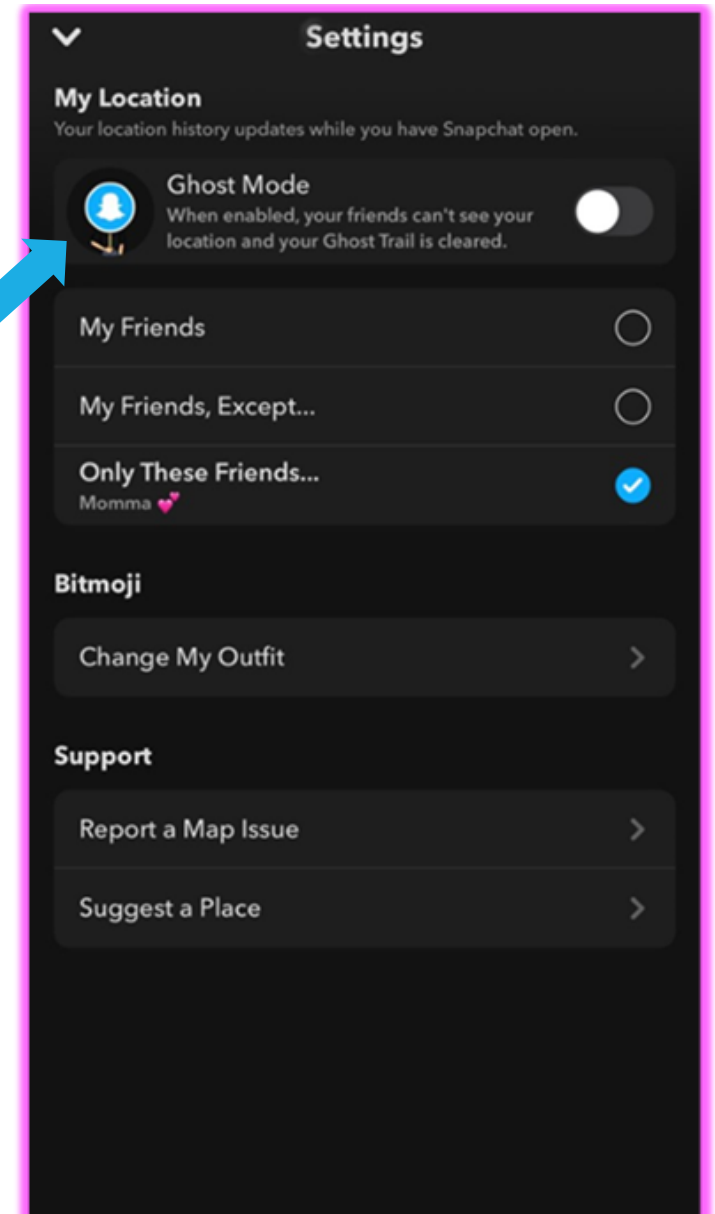
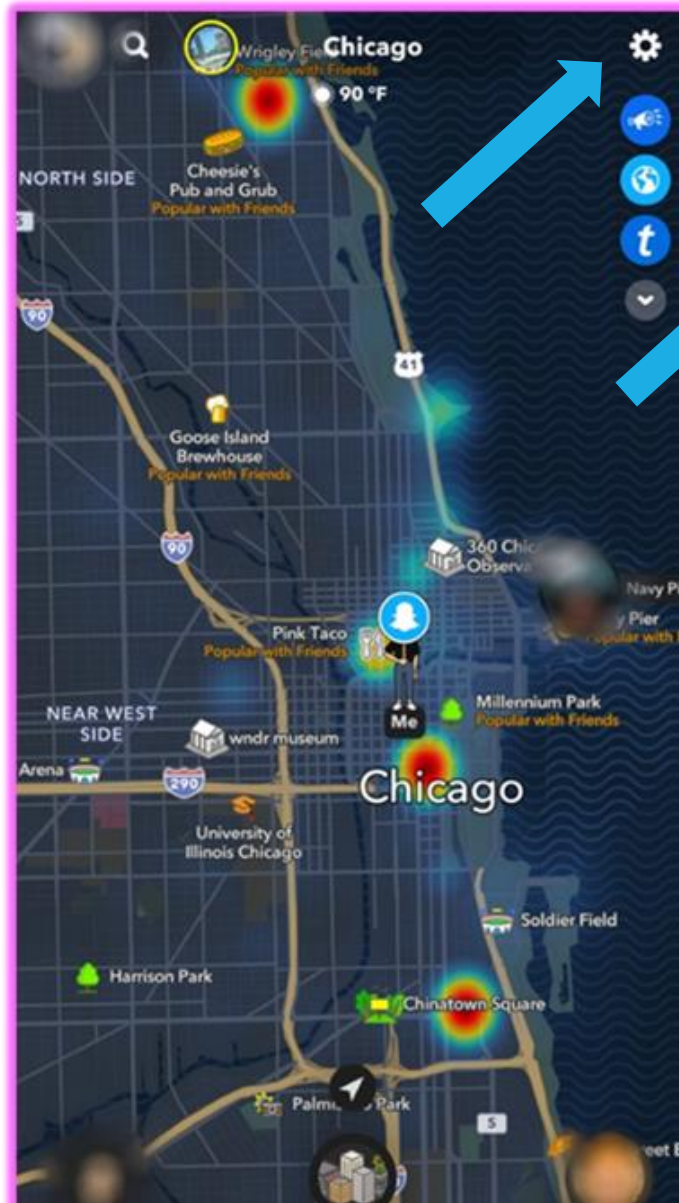




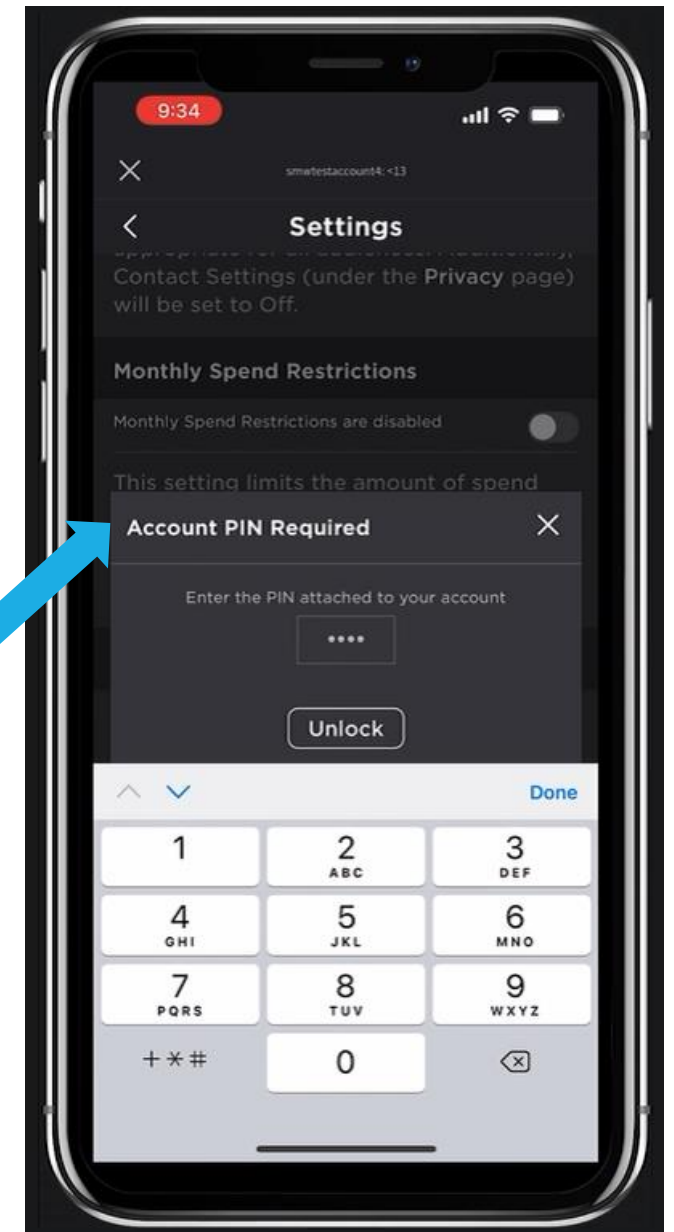
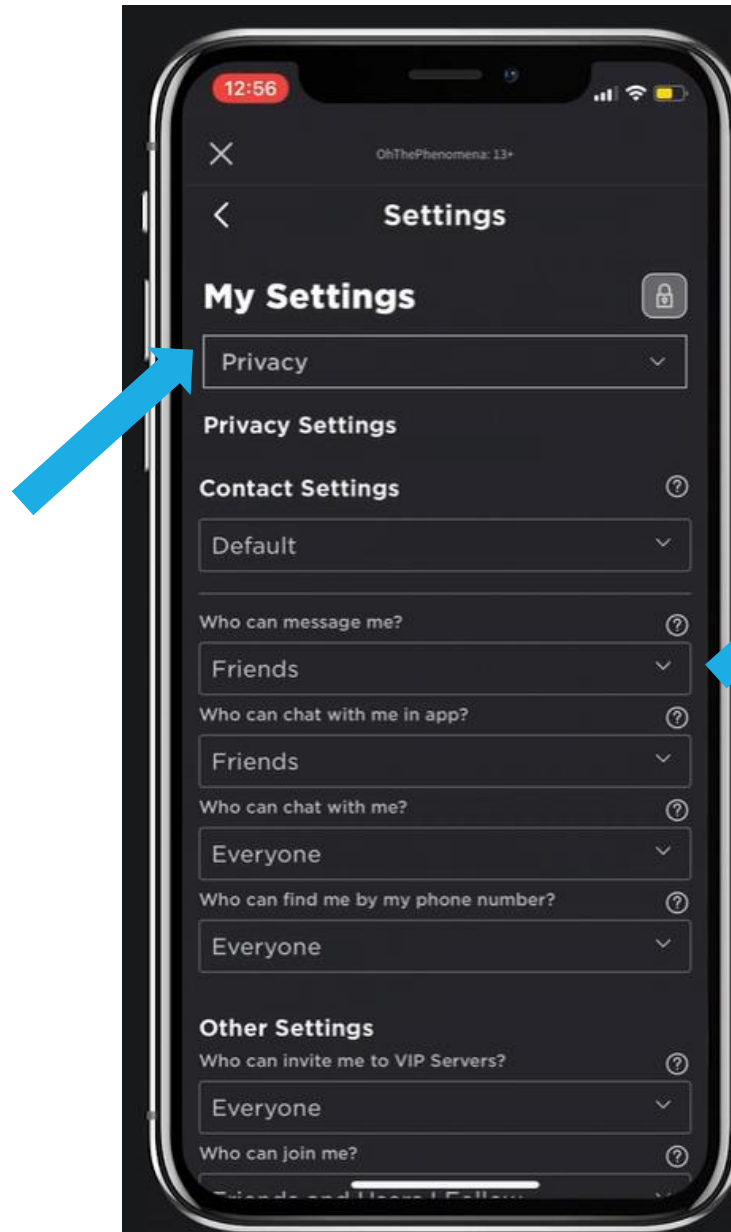
# Snapchat: Privacy Settings



# Snapchat: Privacy Settings



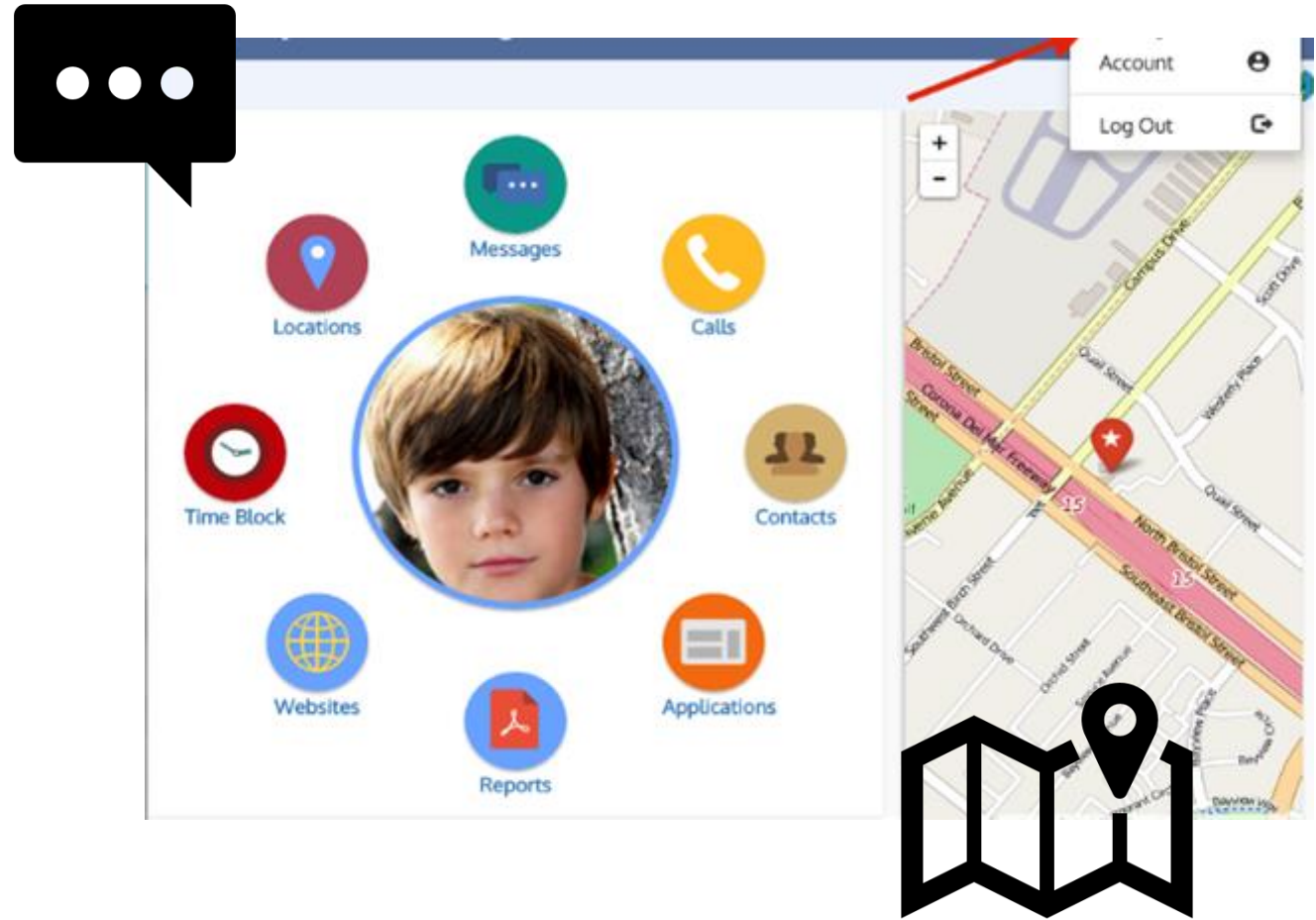
# Roblox: Privacy Settings



# Parental Controls

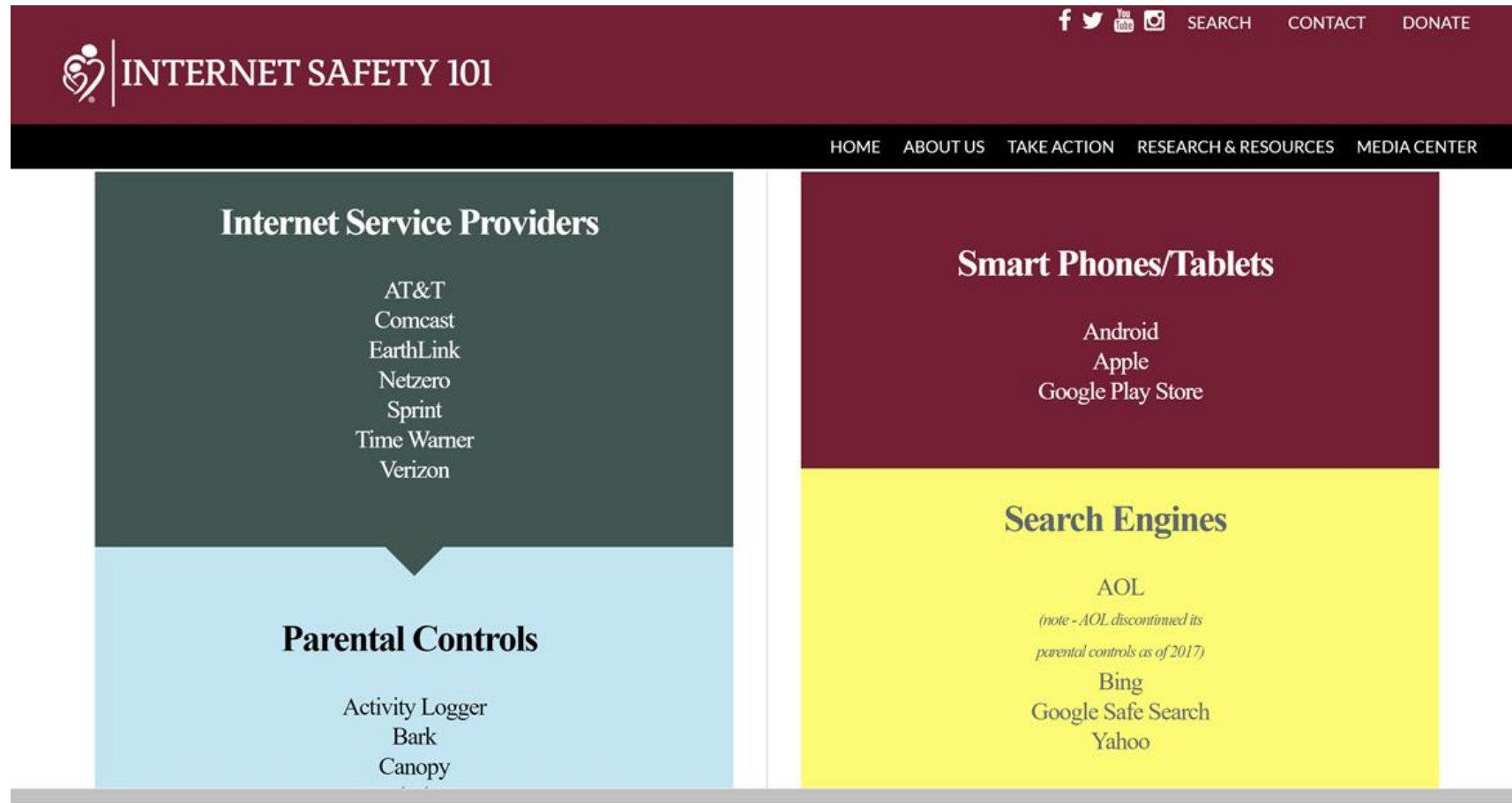
## Important features

- Call Logging/Blocking
- Text Logging/ Blocking
- App Managing/Blocking
- Location Tracking/History
- Web Monitoring/Filtering
- Time Limiting



# Parental Controls

## Internet Safety 101

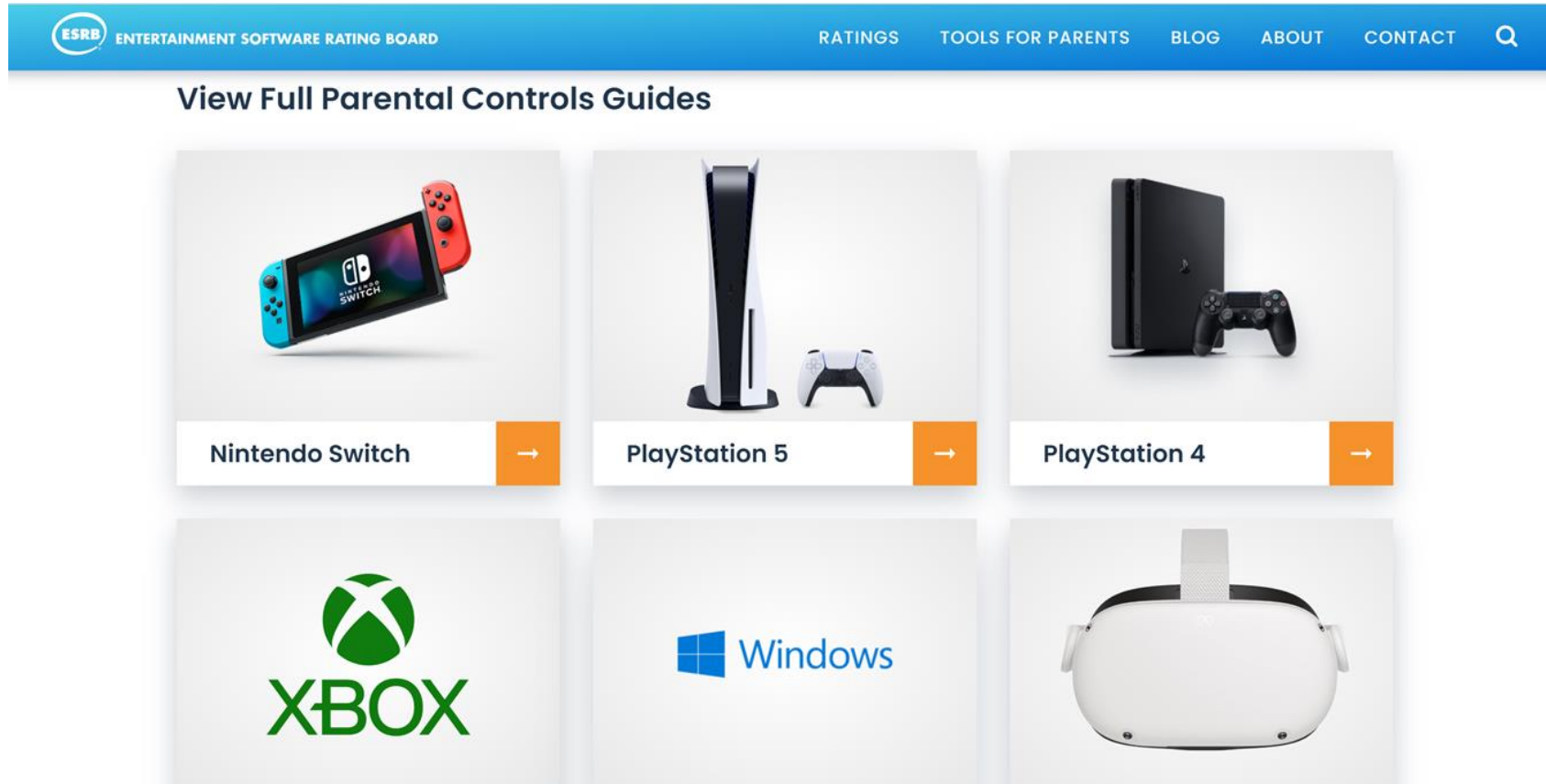


<https://internetsafety101.org/>



# Parental Controls

Entertainment Software Ratings Board



<https://www.esrb.org/>

# Resources



**Online Safe  
Online Smart**

[OnlineSafeOnlineSmart.com](https://OnlineSafeOnlineSmart.com)



Stay **Connected** Stay **Informed**

• • • • •

### Kids & Teens



### Parents



### Educators





## Additional Resources



If you or someone you know is in immediate crisis or danger, call 911.

Videos

Tip Sheets

Glossary

Acronyms



Online Gaming\_How Parents Can Level Up.mp4



Digital Safety Education for Parents: Fostering Healthy Po...



How to Recognize, Report, & Prevent Sextortion.mp4



Digital Safety Education for Parents: Preventing Unwanted...



Digital Safety Education for Parents: Toddlers & Technolo...

# Create a Family Media Plan

Healthychildren.org

en  
ESPAÑOL

LOG IN | REGISTER

American Academy of Pediatrics  
DEDICATED TO THE HEALTH OF ALL CHILDREN™

Saved

## Create or Update Your Family Media Plan

To get started, create a profile for each member of your family. Include their names and ages. You can even add fun avatars for each family member. Add as many family members as you need.

To find this information in Spanish, [click here](#).

Back  
←

Home

Tutorial

My Family

Priorities

Media Balance

Communicating About Media

Kindness & Empathy

Digital Privacy & Safety

Screen Free Zones

Screen Free Times

Choosing Good Content

Using Media Together

Review

Continue  
2 of 11  
→

Enter your family name \*

My Family

+ Add Another Family Member



# Additional Resources

Visit these sites for valuable information





# Thank You!

Karilyn Orr



(773) 590-7860



Karilyn.Orr@ilag.gov



OnlineSafeOnlineSmart.com

