

INTERNET SAFETY BOOKLET FOR PARENTS



KEY TAKEAWAYS

- Forms of exploitation
- Why do victims stay silent?
- Signs to look out for
- Guidelines for parents

Introduction

The online world can be a wonderful experience and a great learning tool, but it's also a place where human trafficking is rampant. There are multiple ways in which traffickers engage with and try to deceive children online.

Through this toolkit, we hope to empower parents to :

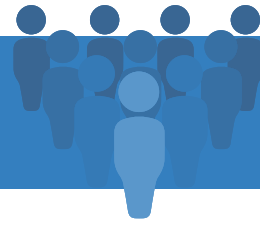
- recognize the online risks
- implement basic protective measures as a first line of defense
- engage in meaningful conversations with children of all ages to educate them about risky online behaviors and potentially dangerous situations
- Take appropriate action when a child finds him/herself in a high-risk or online trafficking situation

We encourage you to share this resource with as many parents as possible, because together, we can prevent and rescue every child from trafficking.

Ready to start? 😎

Let's begin!

STATISTICS



It is no secret that Japan is a technologically advanced society where even very young children have almost constant access to the latest devices and high speed internet.

Here are a few facts:

- Japanese high school students spend an average of 267 min online every day (almost 5 hours). **98.9%** of high schoolers use the Internet [1]
- **98%** of high schoolers access the internet via smartphones. [1]
- According to a survey by Nippon Foundation, an estimated 94% of Japanese children aged 17-19 yrs use some form of social media. LINE and Twitter are the most popular apps, and 75.2% see social media as an essential part of life. [2]
- A record **1,559** minors were exploited through child sexual abuse imagery (child pornography) in Japan in 2019, with many of them coerced or deceived into sending nude selfies. [3]

It comes as no surprise that children in Japan are usually more competent at navigating the online world than their parents, and often access dangerous apps and websites, or interact with strangers, without their parents' knowledge and consent.

KNOWING THE RISKS

Disclosure of personal information

Children and teens often disclose their gender, age and location knowingly or unknowingly to strangers online, making them vulnerable for exploitation.

Exposing their vulnerability

Photos and posts can show signs of depression, anxiety, low self esteem or financial difficulties, making them vulnerable to be approached by traffickers.

Sexting

Children and teens are easily deceived into sending and receiving of sexually explicit photos or films. It might start out as a joke or flirtation, but often leads to online exploitation such as revenge porn or sextortion by traffickers.

Engaging with strangers through chat forums

Children quickly build trust relationships with strangers online which could lead to disclosing of sensitive information, sexting or a face-to-face meeting where they are sexually exploited.

Online gaming with strangers

Building up an emotional bond with strangers through their common interest in online gaming. This is a common technique used by traffickers to lure children (especially boys) into trafficking.

Exposure to harmful content

Children can be exposed to pornography, hate speech and extremist content. Even a seemingly innocent online group/community can take advantage of a child's poor self-esteem and encourage harmful behaviors such as eating disorders.

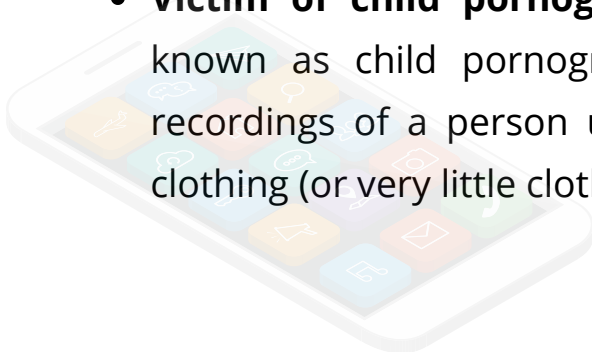
It is important to recognize that the frontal lobe of the brain is not fully developed until we are 25-27 yrs old, and therefore children might not yet have the reasoning skills to recognize dangers that might seem obvious to an adult.

FORMS OF ONLINE

exploitation



- **Cyberbullying:** Bullying or harassment that takes place online, also known as cyber-harassment or online bullying. The bully is often anonymous and uses the online platform to embarrass, discredit or spread rumors about the child. Many teen suicides are linked to extreme bullying by peers via social media platforms.
- **Revenge pornography:** A form of cyberbullying where sexually explicit images or videos are shared or posted online without the child's consent. The intention is to embarrass or harm the child. This often happens when a child breaks up with their romantic partner, and private images are shared by the ex-partner as a form of revenge.
- **Sextortion:** Takes place when a person extorts money or sexual favors from someone by threatening to reveal evidence of their sexual activity. Children are often persuaded to share nude or sexual pictures, or to perform sexual acts on a webcam and then coerced to continue.
- **Exposure to pornography:** Adult pornography is most often used to arouse the child and break down the child's barriers to sexual behavior. For many children, this is their main source of education about sex. Child pornography can also be used to communicate a child molester's sexual fantasies to the child. Repeated exposure to both adult and child pornography is intended to diminish the child's inhibitions and give the impression that sex between adults and children is normal, acceptable and enjoyable.
- **Victim of child pornography:** Child sexual abuse images (also known as child pornography) includes photos, videos or sound recordings of a person under 18 years of age who is wearing no clothing (or very little clothing), or having sex.



Hey, send me something... x

WHY DO THEY REMAIN ~~SILENT~~?

- The child may have already done something, such as sending nude photos, that generates feelings of shame or embarrassment.
- The trafficker could threaten to harm the child's family, friends or even bomb their school if they do not conform.
- The child could be told that he/she has done something illegal and will be prosecuted if the secret comes out, especially in the case of pornography.
- The child may fear that his/her phone or computer will be taken away. Although the child may wish to get away from the perpetrator, no child wants to lose contact with their friends and may tolerate the abuse instead of informing their parents.
- The child may have an emotional bond with the trafficker and remain silent in order not to harm him/her. This is especially common where the child sees the perpetrator as his/her romantic partner.
- The perpetrator could be a family member, and the child could remain silent in order to protect the family.

MYTH OR TRUTH?

Myths:

- My child would never do that, we have a healthy family environment.
- This only happens in developing countries.
- My child is still in elementary school and is not at risk.
- It only happens with children that are not educated.
- My child will report it to me if someone is trying to manipulate or take advantage them.
- Sex education will only make my child curious and increase his/her risk of being exploited.

Truth:

- Many children from loving, close families are sexually exploited due to a lack of awareness.
- Children in developed nations like Japan are often trafficked as they are constantly online and face extreme pressure by peers to fit in.
- Children even younger than 8 yrs have been exploited. There is no age limit for potential victims. If your child has a device, he/she is at risk.
- Vulnerable children can be boys and girls, struggling in school or top performing students in private schools, all age groups and from all socio-economic backgrounds. The only common factor among them is internet access.
- Traffickers use threat and coercion to ensure that their targets remain silent. A child might refrain from speaking out because the trafficker is threatening to harm his/her family.
- Children that do not receive age appropriate sex education from their parents or school will satisfy their curiosity through potentially harmful online sources or friends.

SIGNS TO LOOK OUT FOR

The following signs could indicate that your child is already being sexually exploited or in the process of being groomed:

- Becoming withdrawn and isolating him/herself
- A sudden change in friends
- Decline in academic performance at school
- Change in sleeping patterns
- An obsession with a specific website or game
- Becoming extremely angry when asked to take a break from their online activities
- Becoming secretive about online activities
- Becoming upset after using the internet or looking at his/her phone

Help...

INTERNET SLANG



Acronyms dealing with risky decisions:

- 420- Marijuana
- DOC- Drug Of Choice
- CICYHW- Can I Copy Your Homework?
- TWD- Texting While Driving
- WTPA- Where's The Party At?

Acronyms regarding parents:

- PIR- Parent In Room
- 9- Parent Watching
- 99- Parenting Gone
- POS- Parent Over Shoulder
- 303- Mom

Acronyms with sexual connotations:

- IWSN- I Want Sex Now
- 53X- Sex
- MIRL- Meet In Real Life
- TDTM- Talk Dirty To Me
- 8- Oral Sex
- IPN- I'm posting naked
- GYPO- Get Your Pants Off
- CU46- See You For Sex
- GNOC- Get Naked On Camera
- NSFW- Not Safe For Work
- ASL- (What is your) Age, Sex, Location?
- FWB- Friends With Benefit

DISCUSSING ONLINE SAFETY WITH YOUR CHILD



PARENTAL GUIDELINES 101

These guidelines are suitable for parents with young children. For teenagers, the restrictions might be too harsh, so rather maintain a good balance of trust and open communication!

- Do not allow your child to have a computer with Internet access in their bedroom or any area that is private. Move it into the family room or someplace where you can easily see their activities.
- Educate yourself about the websites, software, games, and apps that your child uses.
- Set time restraints. Do not allow your child to spend hour after hour online.
- Check history and consider installing tracking software as well as parental controls. If your child is “wiping” the history every time, then you should find out why.
- Spend time with your child online. This does so many things including giving you quality time with your child. Explore together!
- Teach your kids that when they come across any material that makes them feel uncomfortable, scared, or confused to immediately tell you or another trusted adult.
- Teach your kids to never open emails from people they do not know in person.
- Teach kids to never reveal any personal information (address, phone numbers etc.)
- Make sure your child understands that he or she should, under no circumstances, meet a person that they met online without you being present.
- Teach your kids never to make any kind of threat online – not even as a joke! It could be considered an illegal act.

A MUTUAL AGREEMENT ON THE DO'S AND DON'TS

After discussing the risks with your child, consider signing a social media and mobile phone contract with him/her. The purpose is to make sure that your child understands the various risks, recognizes that these are serious issues, and feel a sense of responsibility to conform to the rules that you both agree to. It is important for your child to know that this contract is mutually agreed based on a loving parent-child trust relationship with the intention to protect him/her, while acknowledging their need for privacy, and not as a tool for your restrict all their freedoms.



SAMPLE CONTRACT

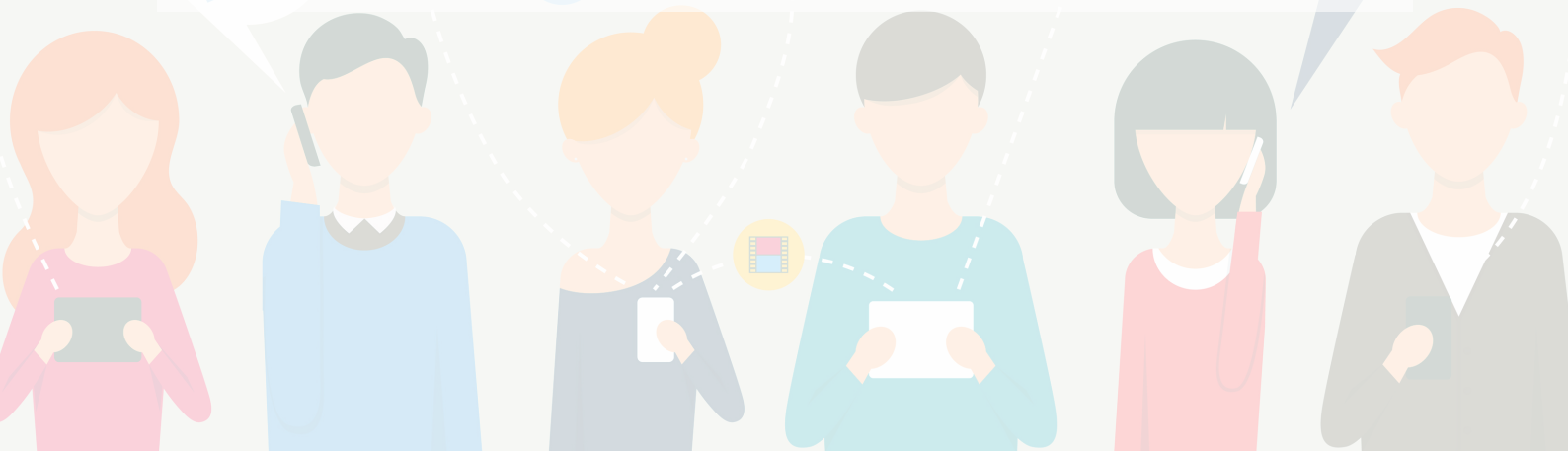
- I understand that this device belongs to _____ and I commit to using it responsibly.
- The cost of this device is _____ per month and includes/excludes data.
- I am not allowed to use the following social media sites: _____ . This list is not all-inclusive and I should carefully consider the implications of all sites/apps that I use. When in doubt, I will ask my parents.
- I am willing to show my parents my online activity which includes all photos and posts, as well as the list of my friends and the apps that I use when requested from time to time. There will be no warning when these check-ins will occur and I agree to cooperate.
- I understand that the following app _____ has been installed to assist with identifying and blocking harmful content, and to support to manage time restrictions on my device. I understand that the app cannot block everything, and I also need to take responsibility for the sites and apps that I access.
- I understand that anything posted online is like a digital tattoo and can never be erased, and I will take care to post only appropriate content that is not harmful to me or anyone else.



KEY POINTS TO DISCUSS WITH YOUR TEENAGER

Discussing any topic with a teenager can be sensitive, and even more so when it relates to sex or anything that restricts their freedom. Just remember that this information could save their lives, so it's important to create regular opportunities to communicate the following key points:

- **You can always come to me for help, it doesn't matter what you have done. We can solve it together.**
- **You are valuable just as you are. Your value is not defined by what your friends on social media say about you.**
- **It is OK to say NO. Someone that really loves you would not ask you to send sexually explicit photos or films.**
- **Pornography is not real life. The acts in those photos and films can be degrading, humiliating and even physically painful, and does not reflect a healthy sexual relationship.**



DISCUSSION STARTERS WITH KIDS



- When you're online, has any stranger ever tried to contact you? What did/would you do?
- Sometimes people online say that they want to be your friend, but it could be a bad person that wants to hurt you. Make sure you don't accept friend requests or chat with strangers online.
- Why do you think some adults want to meet kids online?
- Why do you think some adults pretend to be children online?
- Are any of your friends chatting with strangers online?

DISCUSSION STARTERS WITH KIDS CONTINUED

- Has anyone ever sent you some bad pictures that made you uncomfortable?
- What do you think is the right thing to do when you get a bad picture from one of your friends or from a stranger?
- Have you heard that children are sometimes asked to post photos of their bodies online? Why do you think that is dangerous?
- What happens to a picture when you post it online?
- How would you feel if it was an embarrassing picture of you and someone decided to send it to other people?



DISCUSSION STARTERS WITH KIDS CONTINUED



- Who do you think are safe adults that you can talk to if you feel uncomfortable about something?
- If you are ever embarrassed about something you posted online, I want you to know that I am not going to be mad at you. We all make mistakes but we still love each other. The important thing is that you tell me so that we can solve it together.
- If one of the kids at school shows you something that makes you uncomfortable, which teacher can you talk to?
- If you are on a school trip and someone tries to show you something or touch you in a way that makes you uncomfortable, what can you do?

MY CHILD IS A SURVIVOR OF ONLINE EXPLOITATION

WHAT NOW?

- Stay calm! Your child needs to see that you are emotionally stable and can calmly take control of the situation.
- Be sensitive about how your child feels. Praise him/her for speaking out and trusting you to help.
- Calmly discuss the issue and write down all the key information about the situation:
 - Apps or websites that your child was using
 - Any persons that he/she interacted with
 - Information that has been exchanged
 - The threats or requests that your child has received
- Take a screen shot as evidence as traffickers can easily delete the information.
- Act fast: There could be legal consequences if your child has been part of sending and receiving child sexual abuse images. Once you have written down the facts, inform authorities (see our Helpful Contacts list)
- Take care of your child emotionally. Consider professional counselling or support.



HELPFUL CONTACTS



ZOE Japan Call Center
+81 (0)50 3185 3322
goZOE.jp
info@gozoe.jp



Child Consultation Center
189 (automatic connection to the closest center)



One Stop Support Center
https://www.gender.go.jp/policy/no_violence/seibouryoku/consult.html



Yoriso Hotline
+81 (0) 120 279 226 - foreign languages
<https://www.since2011.net/yoriso/>



Police
03-3501-0110 (with English translation service)
<https://www.internethotline.jp/reports/edit/IHOU2>



REFERENCES

1. "Reiwa 2nd Year Survey of Youth Internet Usage Environment (PDF Version)" Cabinet Office, March 2021
2. "SNS anonymity is a problem, legal regulations are required 75.5%: 18-year-old awareness survey" The Nippon Foundation, August 2020
3. "Juvenile delinquency, child abuse and sexual damage to children in the second year of Reiwa" National Police Agency, March 2021