

# BE SMART WITH YOUR SMART PHONE



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TEXTING AND  
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# BE SMART WITH YOUR SMART PHONE

**Y**ou do a lot on your phone. You text, email, and share photos and videos. You update your status, post comments, and send direct messages on social media.

Your phone provides a way to instantly connect with others; but socializing, playing, and communicating online can also present problems. It can sometimes be a way to overshare, embarrass yourself, and possibly get unwanted messages from people you do not know.

This booklet is designed to help you be smart with your smartphone and to help ensure that you know how to avoid illegal behavior.

# TEXTING WHILE DRIVING

**T**ake a second to think about this: sending or reading a text takes your eyes off the road for 5 seconds. At 55 mph, that's like driving the length of an entire football field with your eyes closed!

Texting while driving is extremely dangerous and not worth the consequences.

Teens can be the best messengers with their peers, so we encourage you to speak up. If you see a friend driving while distracted, say something. Ask them not to make the deadly choice to drive distracted.

1 out of 4 car accidents in the U.S. are caused by texting while driving.

You don't want to be remembered by an unfinished sentence.

Nothing is as important as you are.



# KNOW THE LAW: TEXTING AND DRIVING

In Louisiana, all drivers younger than 18 are prohibited from using any cellphone while driving.

All learner's permit holders, irrespective of age, and all intermediate license holders are prohibited from driving while using a hand-held cellphone.

All drivers, irrespective of age, issued a first driver's license are prohibited from using a cellphone for one year.

The cellphone ban is secondary for novice drivers age 18 and older.



# PRACTICING CYBER SAFETY

**F**rom posting to messaging to downloading – you can easily be exposed to inappropriate material, be exploited by predators, and be victimized by con artists.

It is important to know with whom you are communicating with, what you are sharing or downloading, and how you will feel if your information ends up somewhere you did not want it to go.

It is even more important that you report it if you see, hear, or experience cyber bullying; inappropriate sexual posts or messages; or any other behavior that makes you feel uncomfortable. Immediately tell law enforcement and a trusted adult.

IT'S IMPORTANT TO KNOW  
WITH WHOM YOU  
ARE COMMUNICATING





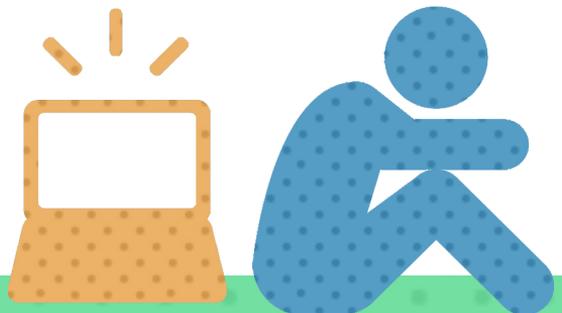
WHAT IS

# CYBER BULLYING?

**C**yber Bullying is bullying that takes place using electronic technology, like your phone. It can happen in an email, a text message, an online game, or on a social networking site.

It may involve rumors, pictures, videos, or fake profiles. In short, it's anything online that gets posted or shared with the deliberate intent to hurt.

Cyber bullying is a lose-lose proposition: it often makes the person being harassed feel bad and it makes the bully look bad.



# CYBER BULLYING IS A CRIME

Your words have consequences.

According to Louisiana Law (La R.S. 14:40.7): cyberbullying is the transmission of any electronic textual, visual, or oral communication with the malicious and willful intent to coerce, abuse, torment, or intimidate a person under the age of eighteen.

This behavior can lead to punishment from school authorities and the police.

## Teen Charged in Fatal Cyberbullying Case of Rebecca Sedwick to Remain in Jail

Oct. 15, 2013

## Cyberbullying Tragedy: New Jersey Family to Sue After 12-Year-Old Daughter's Suicide

April 2, 2017

March 16, 2017

## 2 Arrested in Alleged Cyberbullying Suicide of Teen Brandy Vela, Who Killed Herself in Front of Family

December 2, 2016

## Cyberbullying pushed Texas teen to commit suicide, family says

# HOW TO RESPOND TO ONLINE HARASSMENT

Keep a cool head, and don't respond in kind. Ignore the comments, block the person, and report the abuse to the website where it is taking place.

If it continues, save the evidence and ask for help from an adult you trust.

Treat others the way you want to be treated. If you witness it, tell the bully to stop.



# WHO ARE CHILD PREDATORS

**S**ome criminals use the Internet to manipulate young people into sexual relationships. This is wrong and illegal.

These Internet offenders oftentimes appeal to our desires for appreciation, understanding, adventure, romance, and independence.

They regularly lie about their names, their looks, and their ages. They engage in inappropriate behavior and they might try to get you to meet them in person.

To ensure your safety, never meet an online friend in person - even in a public place - unless your parent or guardian goes with you.



# HOW TO STEER CLEAR OF THESE CRIMINALS

Never assume someone is who they say they are.

Do not believe everything you see or hear. Any offer that seems too good to be true - probably is.

Never give out your personal information like your name, address, telephone number, or school without a parent or guardian's permission.

Do not send someone you meet online your photo.

And as always – if someone online is acting weird and inappropriate or harassing you, report it! It may be less trouble just to log off, but these people may be dangerous. Save the communication and tell your parents, guardians, or the police. These criminals need to be stopped.



NEVER GIVE OUT  
YOUR PERSONAL INFO

REPORT IT!

NEVER ASSUME SOMEONE IS  
WHO THEY SAY THEY ARE

# DON'T RUIN YOUR REPUTATION

**U**sing your phone or another electronic device to send sexual pictures of yourself or others can get you into trouble with the law.

Nude pictures of people under the age of 18 is illegal child pornography, and its production or distribution are very serious crimes.

People who ask for and transmit such pictures can get arrested as child pornographers and sex offenders.

The punishment for these crimes include thousands of dollars in fines and years of imprisonment without the benefit of parole, probation, or a suspension of sentence.



# YOUR PRIVATE MESSAGE IS NOT PRIVATE

Your online actions can have real-world consequences and a bigger “audience” than you think.

Even if you use privacy settings – it is impossible to completely control who sees your profiles, pictures, videos, or texts.

Before you send or post – think about how you will feel if your family, teachers, coaches, or neighbors view it. Your private message isn’t private.

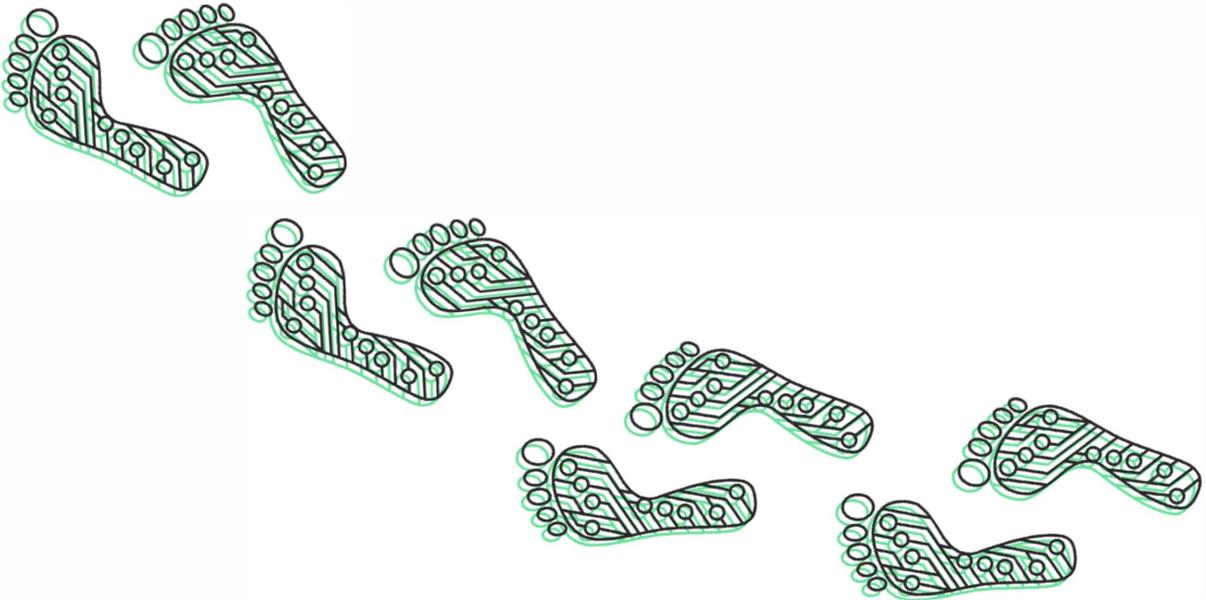


# YOUR DIGITAL FOOTPRINT

The Web is a lot more public and permanent than it seems. Once you post online, you can not take it back.

Deleting information does not mean it is gone. Your info may still exist on other people's phones or devices.

Many things you post or send to friends may end up being viewed by others and can prompt contact that could become a problem.



# SOCIAL MAPPING

Smartphones have GPS technology, and many apps allow tracking of locations.

Only allow people you personally know and trust to be able to find you.



TIPS TO

# PROTECT YOURSELF

Set complex passwords and keep them private.

Ignore texts, emails, or pop-up messages that ask you to reply with personal information – even if the message appears to be from someone you know – or if they threaten something bad will happen if you do not reply.

Remember that sometimes free games, ring tones, screen savers can hide viruses or spyware.

Use privacy settings to restrict who can see and post on your profile.

Limit your online friends to people you actually know.

Trust your gut if you feel threatened or uncomfortable because of someone or something you find online.

Tell someone who can help you report your concerns to the police and to other people who can help.

Speak up. If you see something inappropriate on a social networking site or in a game or chat room, let the website know and tell an adult you trust.

Do not let others influence your better judgment and do not let them pressure you to do things you ordinarily would not do.

If you see, hear, or experience cyber bullying, inappropriate sexual posts or messages, or any other behavior that makes you feel uncomfortable, immediately tell law enforcement and a trusted adult.

Contact the site management, your internet provider, and the National Center for Missing and Exploited Children's Cyber-tip line (1-800-843-5678).

