

MRCI COURSE AGENDA

What is social networking?

- Websites such as Facebook, Twitter, Linked In, Yahoo! 360, Flickr, Bebo, MySpace, Piczo
- SnapChat, Instagram
- Texting

Risks of using Social Networks

- Harassment by those you consider friends or people you know
 - Bullying
 - **Flaming and Trolling** – sending or posting hostile messages intended to “inflame” the emotions of others
 - **Happy-Slapping** – recording someone being harassed or bullied in a way that usually involves physical abuse, then posting the video online for public viewing
 - **Identity Theft/Impersonation** – stealing someone’s password and/or hijacking their online accounts to send or post incriminating or humiliating pictures, videos, or information
 - **Photoshopping** – doctoring digital images so that the main subject is placed in a compromising or embarrassing situation
 - **Physical Threats** – sending messages that involve threats to a person’s physical safety
 - **Rumor Spreading** – spreading gossip through e-mail, text messaging, or social networking sites
 - Exposure to inappropriate content, sexual, racist, or hate material
 - Encouragement of violent behavior
 - Encouragement of self harm
 - Content that may create physical harm by making videos and encouraging stunts of risk taking nature.
 - Glorifying activities such as drug taking or excessive drinking.
- Real World Risks
 - Posting personal information that can identify and allow someone to locate
 - Theft of personal information;
 - **Phishing** relies on pop-ups, spam, and websites that look authentic to obtain personal information, such as log-in information and credit card numbers.
 - **Pharming** uses malicious code to redirect users to fraudulent sites where hackers can access their personal information.
 - **Pretexting** acquires personal information through false and illegal means, for example, obtaining financial information by pretending to call from a bank.
 - **These scams are sometimes accomplished with the use of malware (software designed to damage computers). Spyware, for example, is**

malware that is used to collect information from a computer without the user's knowledge. Another type of malware, known as the Trojan horse virus, often appears to be a legitimate download, but can let computer hackers remotely access your computer to steal personal information.

- **Once identity thieves obtain a victim's personal information, they may use it to run up charges on credit cards, open additional accounts, take out loans, lease property, or apply for a driver's license. Fortunately, by changing just a few habits, you can help protect yourself and your family from becoming victims of identity theft.**
 - Involvement in making or distributing illegal or inappropriate content;
- Exploitation—Online grooming and sexual exploitation
 - Grooming is the process through which predators play on vulnerabilities by offering gifts and attention
 - Sexual Grooming, luring someone to do something such as send in appropriate photos or videos.
 - Luring you to meet them and then be subjected to abuse
 - Encourage you to harm someone else
 - Encourage you to leave or run away from your current residence.
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Techniques used by Predators

- Gathering personal details, such as age, name, address , mobile number, and photographs;
- Asking sexually themed questions, such as 'Do you have a boyfriend?' or 'Are you a virgin?'
- Sending sexually themed images
- Offering cheap tickets to sporting or music events;
- Offering material gifts including electronic games, music or software;
- Paying young people to appear naked and perform sexual acts;
- Promising meetings with sports idols or celebrities or offers of merchandise;
- Masquerading as someone else assuming a false identity on a social networking site to deceive
- Using hobby sites (including sports) to gather information about your interests likes and dislikes to encourage you.
- Send texts to random numbers trying to connect with others who will respond.

Safety

- Keep your personal information private--check the privacy settings of your social networking site to protect your privacy. Ask a supervisor or family to look at your social media to make sure you aren't giving out too much information.
- Consider what you share in your profiles and texts

- Respect yourself and others online.
- Don't friend someone you don't know.
- Be cautious if asked to meet someone in person.
- Think about photos before sharing
- Watch out for phishing
- Be aware of your internet presence
- Report Identity Theft
- Choose a great password—don't share password with others.
- Don't use the same password over and over.
- Store passwords in a safe spot
- Be aware of keyloggers and Malware
- Think before opening an email
- Be wary of legitimacy of things offered for free
- Keep Virus software up to date.
- Watch for fraud
- Be very wary if someone says to keep what you are talking about a "secret"
- Dangers of Pornographic Sites. Legal and other
 - They often attract undesirable individuals—more of these sites have viruses
 - Beware of someone asking you to share a pornographic image.
 - The production, possession, **and distribution** of explicit photos of minors, even if they are self-produced, may be illegal. Furthermore, if these explicit photos end up on the Internet, the person may then be taunted by other friends.

Apps for Smart Phones

- Companion App, Buddy, Circle of 6
- Google Maps when walking
- Games
- Sport Updates
- Flashlight
- **LEVEL MONEY**
Level is a budget app that will tell you exactly how much you can spend on any given day or week and still make ends meet. Just connect it to your bank account, put in your sources of income, your recurring bills, and how much you'd like to save each month, and it will calculate your "spendable" cash. You can also track certain categories of purchases, helping you realize that you're spending \$200 on Starbucks every month and only \$50 on actual groceries.
- **Any List or Out of Milk**
You can't live on takeout forever. Organize your grocery shopping efforts with your roommates or significant other using a syncing list app like AnyList (available for iPhone) or Out of Milk (available for Android). Both let you create and share grocery lists, and will update everyone when something is added or checked off. Use it for food, cleaning

supplies, toilet paper, or any other purchases you share. No one wants four gallons of milk in the fridge—or worse, none at all.

○ **Food/Health**

- Fooducate
- Bar Code Scanner
- Calorie Counter
- Nutrition Lookup
- My Sugar Diabetes Logbook
- Carb Counting with Medtronic
- Workout programs such as 7-minute Workout

○ **Music**

- Spotify
- Pandora
- You Tube
- Shazam

○ **Camera Apps**

- Photo Editor
- Retrica—take photos, use filters, make collage, stamp
- Camera 360 (stickers)

○ **Tools**

- Flashlight
- Pedometer
- Compass
- Alarm
- Dream On—put iphone under pillow to track your sleep patterns

○ **Stylebook**

Despite your closet full of clothes, sometimes you still don't know what to wear. [Stylebook](#) reminds you that you totally do. The virtual closet app allows you to manage everything from your favorite outfits to your sizes and style inspirations by taking pictures of your items and uploading them.

○ **Solar Walk**

○ **Dashlane Best productivity app for Android**

Manually typing passwords takes a lot of time and remembering them all is difficult. Everybody has forgotten a password or two at some point in their lives. Enter Dashlane, the app which saves all of them so you can easily copy and paste these into online forms when necessary.

A common concern with password manager apps is whether you can trust their security service. Dashlane uses encrypted codes and regularly monitors them to ensure you have peace of mind.

- What's more, Dashlane streamlines and secures other types of data used in online forms, like credit card information. You can save financial details and quickly copy them onto your online shopping portal of choice. And it automatically saves the receipts of all your purchases so you can track your spending.
- **Phone Security—2015 rated Avast as the best for Android phones**
- **Best Android keyboard app**
- **Flesky.**
This keyboard is one of the best for fast, accurate typing and it's our new company favorite. Many of us have adopted Fleksy because it's big, it's clever and once you use it for a couple of hours, you realize how useful some of the smaller details are.

For example, most keyboards use a "press and hold delete key" gesture to delete words, Fleksy uses a super-quick backward swipe. Be sure check out some of the extensions like invisible keyboard too — it works surprisingly well. Download it from the Play Store for free now.

- **Hulu** is an excellent app for watching movies and TV shows on Android. It's a free service that relies on ads, but there are some great shows available. You need to pay a subscription fee to access all of the content, but there is a range of excellent shows available without subscription,
- **PhotoDirector** is the whole package. It has everything you could possibly need to edit your photos. The tools range from simple text bubbles and filters, to more complex things such as HSL and curves, and they're all heavily adjustable, helping you get the best out of your photos. It's for messing around on and seeing what you end up with. The app is developed by CyberLink, a large Taiwanese multimedia software company, so they have the money to splash on an app, and it shows. Highly recommended for novices and pros-on-the-go alike.

Questions/Discussion