

- Instagram is the number one platform for online bullying
 - In 2016, **1 in 6** missing youth are involved in sex trafficking
 - **1 in 7** students k-12 are a bully or have been bullied
 - **160,000** students will intentionally miss school in fear
 - **83%** of girls and **79%** of boys report harassment
 - **40%** of boys that were bullied in grades 6-9 have 3 or more arrests by the age of 30
 - **75%** of shooting incidents have been linked to bullying
 - **64%** of students that have been bullied don't report it
 - In 2017, **12%** of students surveyed said they have sent an explicit image of themselves or another person to someone else
 - **15%** of sexting is now done by 12-year old's or younger
- By educating adults in the following areas we **CAN** be the resource. Education does not discriminate against race, sex or age. Ignoring that there are issues is as bad as supporting it. We will cover the following areas in our workshops:
1. Basic Internet Safety/Cell Phone Safety
 2. Cyberbullying
 3. Inappropriate Contact
 4. Reveling Too Much
 5. Predators
 6. Meeting Offline
 7. Social media Networking
 8. Sexting
 9. Human Trafficking
- Additional material offered to adult classes:*
1. Warning Signs
- Basic phone usage and control procedures

WHO WE ARE

We are 6 moms with a passion for sharing resources, tools and education with other adults are intermingle with children and their devices. We know technology changes daily, we as adults have to be educated enough to keep up with the consistent changes. If we don't know how do we teach our children.

The mission of Mobile Mamma is to ensure that everyone from age 5 to 95 are educated well enough to be safer and smarter online while using their mobile or smart devices. The purpose of Mobile Mamma is to provide a valuable educational resource hub for children and adults. Mobile Mamma understands that technology is one of the greatest advancements of all time, however technology imposes dangers equal in measure to our youth.



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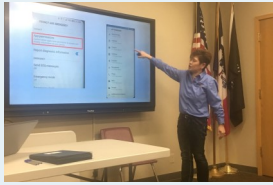


MOBILE MAMMA



*My
 Kid
 Would
 Never*

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PRIMARY AGES 5-7

1. Basic Internet Safety/Cell Phone Safety
2. Cyberbullying
3. Inappropriate Contact
4. Reveling Too Much

MIDDLE SCHOOL AGES 11-13

1. Basic Internet Safety/Cell Phone Safety
2. Cyberbullying
3. Inappropriate Contact
4. Reveling Too Much
5. Meeting Offline
6. Social Media Networking

INTERMEDIATE AGES 8-10

1. Basic Internet Safety/Cell Phone Safety
2. Cyberbullying
3. Inappropriate Contact
4. Reveling Too Much
5. Predators
6. Meeting Offline
7. Social media Networking

HIGH SCHOOL AGE 14-17

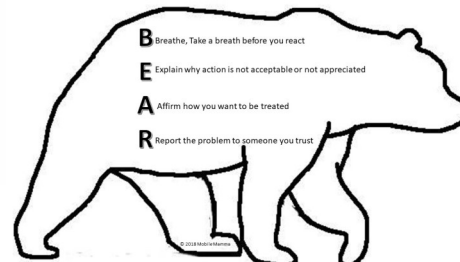
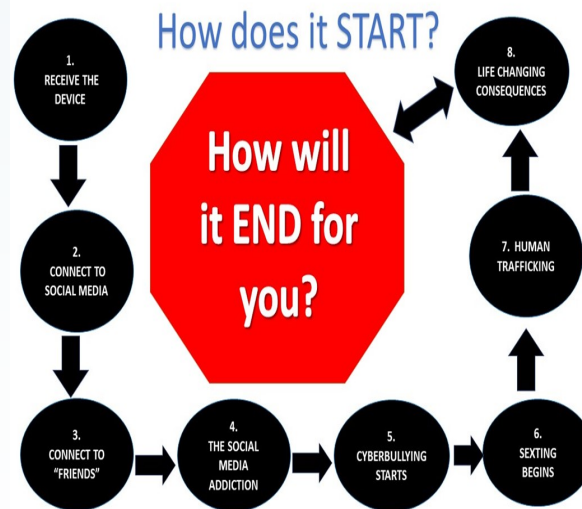
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WHAT DOES IT MEAN?

What does it mean to be a bear? It means that there are things both children and adults can do before they react to a situation that develops either online or offline.

We wanted to provide a way that a situation will deescalate instead of escalating. There are studies that show the correlation that being on social media can lead from one thing to the next, and quickly get out of control.

Every day we see or hear on the news how a young person has committed suicide or an incident with a gun on school ground. The statistics listed below are from 2016 and the numbers are on the rise.



BE A B.E.A.R.

B- Breathe, take a breath before you react. Both children and adults have an inner “freeze button”. Having a breathing moment may prevent you from saying or doing something that cannot be undone. Learning to press freeze means listening and assimilating before opening your mouth. This gives you time to focus on the outcome you want to see in any given situation. This gives you a better understanding of what is going on around you and this also allows you to take your time in responding. What you “say” online or offline will say a lot about you. What is the reputation that you want someone to have of you?

E- Explain, explain why the action is not appreciated or wanted. After you have taken a breath, you can now have a better understanding of what is going on around you. The best way to explain to someone is the use of positive words. You have the right to stand up for yourself and the ability to just say no. Explain, that you as a person have the right to stand up for yourself and that you are as valuable as them. This is your mind, words, and actions.

A- Affirm, affirm who you are and that you are not going to let the other person make you feel bad about yourself. The third step is to affirm that you do NOT need to be treated in a negative way. The first two steps; you found your freeze button and did an explanation. You have the right to say no to any behaviors that may leave a negative impact on you. Affirm that negative behaviors will NOT be tolerated.

R- Report, report the situation to someone that you trust; it could be another adult, teacher, co-worker, parent, or sibling. When you report the situation remember to include the following, give all the information. Let the trusted party that you want the situation to end and you do not want to escalate any further. By reporting the situation this will set the example for others around you.