CSN
Children's Safety Network

Internet Safety: 2014 Resource Guide

According to the 2013 Youth Risk Behavior Survey (YRBS), nearly 15 percent of high school students have experienced electronic bullying within the past year. Sexting has become a concern as adolescents text, e-mail, or post explicit pictures of themselves or others on social networking sites. Online content is another area of concern since the Internet provides access to information and goods that would otherwise not be readily available. Even as states ban synthetic drugs like bath salts and synthetic marijuana, the drugs are still easily purchased online. Some websites normalize suicidal and self-harming behavior, such as eating disorders or self-mutilation, offering advice on suicide methods or on hiding self-harming behavior from adults.

This resource guide provides links to organizations, programs, publications, and resources focused on Internet safety, as well as information on a variety of subtopics related to the Internet, including: alcohol and drugs, cyberbullying, sexting, social networking, and suicide and self-harm. Each item in this resource guide includes a short description and a link to the resource itself. Descriptions of reports, guides, toolkits, campaigns, websites, and initiatives are, in most cases, excerpted from the resources themselves while descriptions of research studies are excerpted from the study abstracts.

Organizations and Websites

Center on Media and Child Health
The Center on Media and Child Health at Children's Hospital Boston, Harvard Medical School, and Harvard School of Public Health focuses on the effects of media on the physical, mental, and social health of children through research, translation, and education. The Center's website provides resources for parents and teachers, including guides on "the Internet talk" for preschoolers, school-age children, tweens, and teenagers.
http://www.cmch.tv

Organizations and Websites

Publications and Resources

Alcohol and Drugs

Cyberbullying

Sexting

Social Networking

Suicide and Self-Harm

Childnet International
Childnet International is a non-profit organization, based in the United Kingdom (UK), that conducts Internet safety sessions in schools, produces educational resources, and coordinates Safer Internet Day in the UK .
http://www.childnet-int.org

Family Online Safety Institute (FOSI)
The Family Online Safety Institute (FOSI) is an international, non-profit membership organization working to develop a safer Internet by identifying and promoting best practices, tools, and methods, including a family online safety contract. Their Platform for Good (APlatformForGood.org) provides an online forum for sharing information about responsible Internet use.
http://www.fosi.org

Enough Is Enough – Internet Safety 101
This Enough Is Enough website provides information on predators, inappropriate content, cell phones, cyberbullying, social networking, and more. It is geared towards parents and educators.
http://www.internetsafety101.org

StopBullying.Gov
StopBullying.gov emphasizes action steps individuals can take to prevent and stop bullying in their schools and communities. It also features easy-to-use tools and resources for community leaders, young people and families, including: how to recognize the warning signs and when to take action, tips to prevent bullying before it starts, how to implement strategies for intervention, ways to share your community's resources, policies or strategies to prevent and address bullying, and information on bullying laws in your state.
http://stopbullying.gov
Cyberbullying: http://www.stopbullying.gov/cyberbullying/what-is-it/index.html

INOBTR ("I Know Better")
Founded in 2007, INOBTR ("I Know Better") continues its mission to protect children and keep their families safe through proactive education and public awareness. INOBTR's initial focus has been to educate parents, teachers and children to protect them from the dangers and abuse that can occur online. INOBTR maintains this focus through school and community group presentations and outreach.
http://inobtr.org/

Internet Keep Safe Coalition (iKeepSafe)
The Internet Keep Safe Coalition teaches basic rules of Internet safety to children and parents. Governors and/or first spouses formed this coalition in partnership with crime prevention organizations, law enforcement agencies, foundations and corporate sponsors.
http://www.ikeepsafe.org

NetSmartz – A Program of the National Center for Missing & Exploited Children
NetSmartz's website provides Internet safety information and tools for parents, children and adolescents, educators, and law enforcement. It covers topics such as social networking, identity theft, predators, cyberbullying, sexting, chat rooms, blogging, inappropriate content, and cell phones.
http://www.netsmartz.org/Parents

On Guard Online
OnGuardOnline.gov is the federal government's website for safe, secure, and responsible Internet use. It contains information about protecting children online, securing computers, and more.
http://onguardonline.gov

Wired Safety

Wired Safety provides information on staying safe online, and its website has sections for adults, victims, kids, law enforcement, industry, parents, policy makers, and schools. WiredSafety.org's work falls into five major areas: (1) help and support for victims of cybercrime and harassment; (2) advice and training for law enforcement worldwide on preventing, spotting, and investigating cybercrimes; (3) education for children, parents, communities, law enforcement, and teachers; (4) information and awareness about online safety, privacy, responsible use, and security; and (5) resources that can be downloaded or printed and used for offline presentations, community events, and classroom activities.
http://wiredsafety.org

4NetSafety

Sprint's 4NetSafety website offers Internet safety information geared towards parents, teens, and educators, including "A Parent's Guide to Mobile Phones" and a Stop That Post game that teaches teens how to avoid unwise and embarrassing posts.
http://www.sprint.com/4netsafety/

Publications and Resources

[Video] A Common Sense Approach to Internet Safety
Google and Common Sense Media have teamed up to create this video of common sense tips and rules for families to keep their children safe online.
http://www.youtube.com/watch?v=kUyQI0USNSY&feature=dir

Family Online Safety Contract | Family Online Safety Institute (FOSI)
This safety contract from FOSI contains a contract for parents and a contract for kids.
English: http://www.fosi.org/images/stories/resources/family-online-safety-contract.pdf
Spanish: http://www.fosi.org/images/stories/resources/family-online-safety-contract-hispanic.pdf

Frontline: Growing Up Online | PBS Frontline (2008)
PBS's Frontline released "Growing Up Online", a program about how the Internet is transforming childhood, which covers topics such as cyberbullying and predators. Many of those interviewed identify cyberbullying as a larger concern than online predators. The website has interviews with Internet safety professionals. The program is available on the website.
http://www.pbs.org/wgbh/pages/frontline/kidsonline

Increasing Youth Safety and Responsible Behavior Online: Putting in Place Programs that Work | FOSI (2011)
In this paper from FOSI, Lisa M. Jones and David Finkelhor of the Crimes Against Children Research Center at the University of New Hampshire, argue for research to assess the effectiveness of Internet safety programs before they are widely disseminated. The authors explain, "With this paper, we hope to inspire the Internet safety field to make evaluation an integral part of program development, and consumers to insist on information about effectiveness. We make a case for evaluation, try to de-mystify the process, respond to common concerns or questions about evaluation, and propose some steps to ensure that our programs help youth safety online."
http://www.fosi.org/images/stories/resources/fosi_whitepaper_increasingyouthsafety_d9.pdf

The Internet and Your Family | American Academy of Pediatrics (2006)
This brochure from the American Academy of Pediatrics (AAP) has tips on Internet safety, brief descriptions of the AAP's age-based guidelines for Internet use, and information on Windows Live OneCare Family Safety.
http://safetynet.aap.org/internet.pdf

Internet Safety: Tips for Keeping Kids Safe Online | U.S. News & World Report (2012)
This article describes four ways to protect your child's online activity: (1) talking with your child about his or her Internet use, (2) protecting your computer equipment from online threats, (3) establishing rules for Internet use, and (4) going online yourself to learn about Internet safety resources.
http://health.usnews.com/health-news/articles/2012/06/18/internet-safety-tips-for-keeping-kids-safe-online

Internet Safety Tips for Kids| FOSI (2009)
This tip sheet from FOSI contains 10 Internet safety tips for kids.
http://www.fosi.org/images/stories/resources/fosi-kids-tips.pdf

Keeping Kids Safe in Cyberspace | American Academy of Pediatrics (2005)
This publication from the American Academy of Pediatrics advises pediatricians to talk to patients and parents about Internet dangers. It covers topics such as inappropriate sites, cyberbullying, privacy, predators, and general advice.
http://aapnews.aappublications.org/content/26/8/11.full

New Media, Old Risks: Toward an Understanding of the Relationships Between Online and Offline Health Behavior | JAMA Pediatrics (2012)
This article from *JAMA Pediatrics* discusses sexting and cyberbullying.
http://archpedi.jamanetwork.com/article.aspx?articleid=1212180

Stressful Life Events, Motives for Internet Use, and Social Support Among Digital Kids | CyberPsychology & Behavior (2007)

This study from *CyberPsychology & Behavior* presents the interrelationships between stressful life events, motives for Internet use, social support, and the use of the Internet among a sample of adolescents and children aged 8 to 18. This study reasserts that the mental and physical impact of stressful life events are in fact buffered by one's degree of social support and Internet use, particular examples of which are entertainment and relationship maintenance, and positive coping strategies, which temporarily reduce stress and anxiety.
The full abstract is available for free and the full study is available for purchase.
http://online.liebertpub.com/doi/abs/10.1089/cpb.2006.9967

Top Internet Safety Tips for Parents | FOSI (2009)

This tip sheet from FOSI contains 10 Internet safety tips for parents.
http://www.fosi.org/images/stories/resources/fosi-parent-tips.pdf

Who Needs Parental Controls? A Survey of Awareness, Attitudes, and Use of Online Parental Controls | FOSI (2011)

In July 2011, Hart Research Associates undertook a quantitative research project to explore parents' views of online safety on behalf of the Family Online Safety Institute. The research consisted of a nationwide telephone survey among 702 parents of children ages eight to 17 who access the Internet. The research's objective is to better understand parents' knowledge and attitudes toward online safety and their self-reported use of parental control technologies or other tools for monitoring children's online activity across various platforms.
Full report: http://www.fosi.org/images/stories/research/fosi_hart_survey-report.pdf
Infographic: http://www.fosi.org/images/stories/research/using-parental-controls_you-are-not-alone_infographic.pdf

Youth Safety on a Living Internet | Online Safety and Technology Working Group (2010)

This report from the Online Safety and Technology Working Group reviews and evaluates: the status of industry efforts to promote online safety through educational efforts, parental control technology, blocking and filtering software, age-appropriate labels for content or other technologies or initiatives designed to promote a safe online environment for children; the status of industry efforts to promote online safety among providers of electronic communications services and remote computing services by reporting apparent child pornography, including any obstacles to such reporting; the practices of electronic communications service providers and remote computing service providers related to record retention in connection with crimes against children; and the development of technologies to help parents shield their children from inappropriate material on the Internet.
http://www.ntia.doc.gov/legacy/reports/2010/OSTWG_Final_Report_060410.pdf

Alcohol and Drugs

Growing Internet Use May Help Explain the Rise in Prescription Drug Abuse in the United States | Health Affairs (2011)
This article from *Health Affairs* examines whether the growth of U.S. prescription drug abuse may be explained by the parallel growth in high-speed Internet use. The abstract is available for free, and the full article is available for purchase.
http://content.healthaffairs.org/content/30/6/1192.short

Internet Sites Sell Synthetic Drugs, Frustrating Authorities | Partnership for Drug-Free Kids (2011)
An underground website called Silk Road is selling synthetic drugs, thwarting authorities' attempts to stop the illegal trafficking of these substances. According to the Star Tribune, the site and others like it continue to make these drugs easy to obtain even as a growing number of states are banning them.
Note: Silk Road was shut down in 2013.
http://www.drugfree.org/join-together/drugs/internet-sites-sell-synthetic-drugs-frustrating-authorities

Just a Click Away: Recreational Drug Web Sites on the Internet | Pediatrics (2002)
This article from Pediatrics discusses how the Internet has spread information on recreational drugs. Despite the presence of websites that convey antidrug messages, the drug sites that espouse "risk reduction" and "safe" and "responsible" drug use are easily accessible and potentially alluring to children and adults. Health care providers who care for adolescents should be particularly aware of the content of these drug sites.
http://www.pediatricsdigest.mobi/content/109/6/e96.full.pdf

Internet Alcohol Sales to Minors | JAMA Pediatrics (2012)
The objective of this study was to determine whether minors can successfully purchase alcohol online and to examine age verification procedures at the points of order and delivery. Of the 100 orders placed by the underage buyers, 45% were successfully received; 28% were rejected as the result of age verification. The study concluded that age verification procedures used by Internet alcohol vendors do not adequately prevent online sales to minors.
http://archpedi.jamanetwork.com/article.aspx?articleid=1149402

Cyberbullying

Electronic Media and Youth Violence — A CDC Research Brief for Researchers (2009)
The past two decades have witnessed a virtual explosion in new technology that has been eagerly embraced by adolescents. Technology has many social and educational benefits, but it can also provide more opportunities for youth violence and aggression. In September 2006, CDC convened an expert panel to discuss the latest information on how technology is used by young people to behave aggressively. The panel affirmed the need for a purposeful approach to preventing youth violence and aggression perpetrated through the use of electronic media. *Electronic Media and Youth Violence: A CDC Research Brief for Researchers* describes the current research on electronic aggression, highlights the gaps, and suggests future directions.
http://www.cdc.gov/violenceprevention/pub/em_youthviolence.html

Electronic Media and Youth Violence — A CDC Issue Brief for Educators and Caregivers (2008)
E*lectronic Media and Youth Violence: A CDC Issue Brief for Educators and Caregivers* focuses on the phenomena of electronic aggression. Electronic aggression is defined as any kind of harassment or bullying that occurs through email, chat rooms, instant messaging, websites, blogs, or text messaging. The brief summarizes what is known about young people and electronic aggression, provides strategies for addressing the issue with young people, and discusses the implications for school staff, education policy makers, and parents and caregivers.
http://www.cdc.gov/violenceprevention/pub/ea-brief.html

Technology and Youth — Protecting Your Child from Electronic Aggression | CDC
This tipsheet provides an overview of electronic aggression, any type of harassment or bullying that occurs through e-mail, a chat room, instant messaging, a website (including blogs), or text messaging. It provides parents and caregivers with strategies for protecting children from this type of violence.
http://www.cdc.gov/violenceprevention/pub/ea-tipsheet.html

Cyberbullying Laws and Legislation

Interactive Map: Policies and Laws | StopBullying.gov
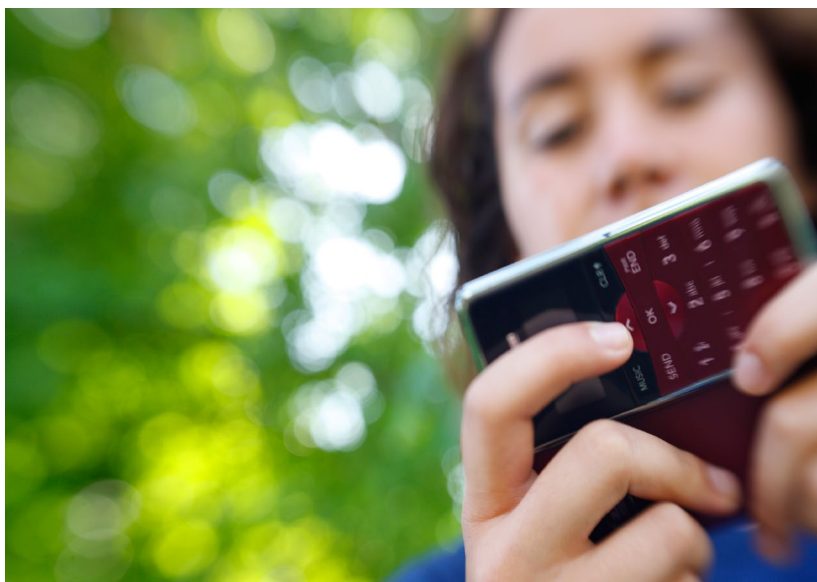This interactive map from StopBullying.gov shows the states with either laws or policies and those with both laws and policies.
http://www.stopbullying.gov/laws/index.html

State Cyberbullying Laws: A Brief Review of State Cyberbullying Laws and Policies | Cyberbullying Research Center (2014)
This document outlines all cyberbullying laws for each state and outlines the laws in greater detail for individual states.
http://www.cyberbullying.us/Bullying_and_Cyberbullying_Laws.pdf

Youth Violence and Electronic Media: Similar Behaviors, Different Venues? | Journal of Adolescent Health (2007)
This supplement in the Journal of Adolescent Health has 11 commentaries, reviews, reports, and original articles on youth violence and electronic media.
http://www.jahonline.org/issue/S1054-139X(07)X0249-0

Cyber Aggression: The Relation between Online Offenders and Offline Social Competence | Social Development (2011)
This study, published in *Social Development*, uses a younger sample of children than most previous research on cyberbullying. The researchers looked at 192 3rd-6th grade children to evaluate grade and gender effects on cyber aggression and the classroom peer social consequences of engaging in cyber aggression. Children reported engaging in cyber aggression at comparable rates across grades and gender. Engaging in cyber aggression was related to higher rates of loneliness and lower rates of global self-worth, peer optimism, number of mutual friendships, social acceptability, and popularity. The authors conclude that cyber aggression is related to significant negative peer relations outcomes.
http://onlinelibrary.wiley.com/doi/10.1111/j.1467-9507.2011.00609.x/abstract

Cyberbullying – A Global Concern | FOSI (2009)
This FOSI publication outlines cyberbullying as a global concern and discusses prevalence and trends, high profile cases, legislation (federal and state), and industry response.
http://www.fosi.org/images/stories/resources/cyberbullying.pdf

Cyberbullying, School Bullying, and Psychological Distress: A Regional Census of High School Students | American Journal of Public Health (2012)
This regional census of high school students, conducted by Education Development Center and published in the *American Journal of Public Health*, documents the prevalence of cyberbullying and school bullying, as well as psychological distress associated with bullying victimization, including depression, self-injury, and suicidality.
http://ajph.aphapublications.org/doi/abs/10.2105/AJPH.2011.300308

Pew/Internet & American Life Project Cyberbullying Report (2007)
This report analyzed data and statistics on cyberbullying, finding that about one third (32%) of all teenagers who use the Internet say they have been targets of a range of annoying and potentially menacing online activities – such as receiving threatening messages; having their private emails or text messages forwarded without consent; having an embarrassing picture posted without permission; or having rumors about them spread online.
http://pewinternet.org/Reports/2007/Cyberbullying.aspx

Study: Cyberbullying Associated with Greater Psychological Distress than Bullying at High School | Boston Globe (2011)
In a study by the Education Development Center, CSN's parent organization, 16.5% of students reported being bullied at school only, 6.4% of students reported being bullied online only; and 9.4% reported being bullied both at school and online. High school students who are bullied online are more likely to report symptoms of depression and suicide attempts than students who were bullied only at school. The study, which appears on the website of the *American Journal of Public Health*, also found that girls are more likely than boys to report being victims of cyberbullying, and students who do not identify themselves as heterosexual are more likely to report being bullied online and at school.
News article: http://www.boston.com/community/moms/articles/2011/11/18/study_cyberbullying_associated_with_greater_psychological_distress_than_bullying_at_high_school/
Study abstract: http://www.ncbi.nlm.nih.gov/pubmed/22095343

Teens, Kindness and Cruelty on Social Network Sites | Pew Research Center's Internet & American Life Project (2011)
The Pew Research Center's Internet & American Life Project released this study on November 9, 2011 at FOSI's Annual Conference. "Teens, Kindness and Cruelty on Social Network Sites" was conducted by the Pew Internet Project in partnership with FOSI and with the support of Cable in the Classroom. It explores the unique issues teens face when using social networking sites, as well as where they turn to receive advice about how to use the Internet safely and responsibly.
http://www.fosi.org/images/stories/research/PIP-Teens-Kindness-Cruelty-SNS-Report-Nov-2011.pdf
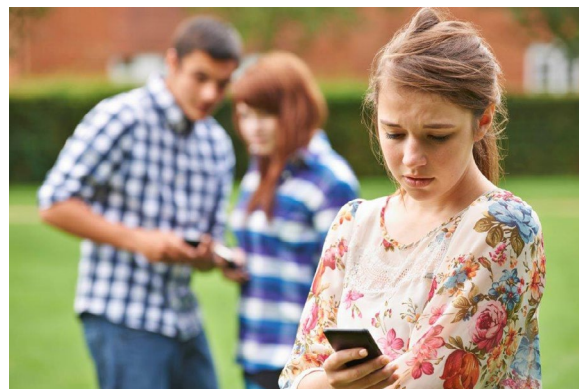
Longitudinal and Reciprocal Relations of Cyberbullying With Depression, Substance Use, and Problematic Internet Use Among Adolescents | Journal of Adolescent Health (2013)
This study analyzed the temporal and reciprocal relationships between being a victim of cyberbullying (CB) and three frequent problems during adolescence: depressive symptoms, substance use, and problematic Internet use. This study also examined whether the relationship between CB and these psychological and behavioral health problems differs as a function of being only a victim or being both bully and victim. A total of 845 adolescents (mean age = 15.2, SD = 1.2) completed measures at T1 and at T2, 6 months apart. The relationship among variables was analyzed using structural equation modeling. The study concluded that CB is predictive of some significant psychological and behavioral health problems among adolescents. Intervention efforts should pay attention to these in the prevention and treatment of consequences of CB.
http://www.sciencedirect.com/science/article/pii/S1054139X13002140

Cyberbullying Victimization in Adolescence: Relationships with Loneliness and Depressive Mood | Emotional and Behavioral Difficulties (2012)
Cyberbullying is deliberate, aggressive activity carried out through digital means. Cybervictimization in adolescence may be related to negative psychosocial variables such as loneliness and depressive mood. The purpose of this study, the first of its kind in Israel, was to examine the association between adolescent cybervictimization and two socio-emotional variables: loneliness and depressive mood. The sample consisted of 242 Israeli adolescents, aged 13–16 years, who completed questionnaires regarding Internet use, cyberbullying, traditional bullying, loneliness and depressive mood. In total, 16.5% of the participants reported being cybervictims and 32.5% reported knowing someone who was cybervictimized. The results revealed a relationship between cybervictimization and loneliness (social, emotional and general) as well as depressive mood. A logistic hierarchical regression found that loneliness, gender and depressive mood each explained some variance in cybervictimization in adolescents. As an anchor for comparison, and in order to shed light on the findings, results are presented in comparison to traditional bullying. The results make a contribution to national and international cyberbullying research and broaden the knowledge about potential risk factors for cybervictimization.
http://www.tandfonline.com/doi/abs/10.1080/13632752.2012.704227

Online Social Networking and the Experience of Cyber-Bullying | Studies in Health Technology and Informatics (2012)
Online social networking sites (SNS) are popular social tools used by adolescents and account for much of their daily Internet activity. Recently, these sites have presented opportunities for youth to experience cyber-bullying. Often resulting in psychological distress, cyber-bullying is a common experience for many young people. Continual use of SNS signifies the importance of examining its links to cyber-bullying. This study examined the relationship between online social networking and the experience of cyber-bullying. A total of 400 participants (Mage=14.31 years) completed an online survey which examined the perceived definitions and frequency of cyber-bullying. Users of SNS reported significantly higher frequencies of stranger contact compared to non-users. Spearman's rho correlations determined no significant relationship between daily time on SNS and the frequency of stranger contact. This suggests that ownership of a SNS profile may be a stronger predictor of some cyber-bullying experiences compared to time spent on these sites. Findings encourage continued research on the nature of Internet activities used by young adolescents and the possible exposure to online victimization.
http://ebooks.iospress.nl/publication/22074

Sexting

Interdisciplinary Response to Youths Sexting | Youth Online Safety Working Group (YOSWG) (2009)
This manual from the Youth Online Safety Working Group helps education and legal professionals prevent and manage the rising incidence of sexting. As the number of young people with cell phones continues to grow, so does the dangerous practice of sexting, which is generally defined as minors sending sexually explicit texts or nude or partially nude images of minors. Often, these texts or images are self-produced. The Youth Online Safety Working Group comprises representatives from the federal government, law enforcement, education, legal entities, and other public and private organizations, including the National Center for Missing & Exploited Children (NCMEC).
http://www.sonoma.edu/ccjs/graphics/interrespyouthsexting.pdf

Prevalence and Characteristics of Youth Sexting: A National Study | Pediatrics (2011)
This study, published in *Pediatrics*, found that 2.5% of youth had appeared in or created nude or nearly nude pictures or videos, which was reduced to 1% when the definition was restricted to only include images that were sexually explicit (i.e., showed naked breasts, genitals, or bottoms). Of the youth who participated in the survey, 7.1% said they had received nude or nearly nude images of others; 5.9% of youth reported receiving sexually explicit images. Few youth distributed these images.
http://pediatrics.aappublications.org/content/early/2011/11/30/peds.2011-1730.full.pdf

Sexting by High School Students: An Exploratory and Descriptive Study | Archives of Sexual Behavior (2012)
This study was designed to provide preliminary information about sexting. Nearly 20% of all participating students reported they had ever sent a sexually explicit image of themselves via cell phone while almost twice as many reported that they had ever received a sexually explicit picture via cell phone and, of these, over 25% indicated that they had forwarded such a picture to others.
http://www.springerlink.com/content/b8657mwj0268j307

Sexting in the USA | FOSI (2009)
The first section of this report from FOSI reviews the current data on teens engaging in sexting. The second section describes the criminal charges that have been filed and the proposed legislative responses to sexting. The final section proposes best practices for dealing with the teenage sexting phenomenon.
http://www.fosi.org/images/stories/resources/sexting.pdf

Talking to Kids and Teens About Social Media and Sexting | American Academy of Pediatrics (2013)
This tip sheet from the American Academy of Pediatrics provides suggestions for talking to your kids in order to prevent sexting and promote Internet safety.
http://www.aap.org/en-us/about-the-aap/aap-press-room/news-features-and-safety-tips/Pages/Talking-to-Kids-and-Teens-About-Social-Media-and-Sexting.aspx

Teen Sexting and Its Association With Sexual Behaviors | JAMA Pediatrics (2012)
This article from the *Archives of Pediatrics & Adolescent Medicine* examines the prevalence of sexting behaviors as well as their relation to dating, sex, and risky sexual behaviors using a large school-based sample of adolescents. The study found that 28% of the sample reported having sent a naked picture of themselves through text or e-mail.
http://archpedi.jamanetwork.com/article.aspx?articleid=1212181

Social Networking

"Facebook Depression?" Social Networking Site Use and Depression in Older Adolescents | Journal of Adolescent Health (2012)
The purpose of this study from the *Journal of Adolescent Health* was to evaluate the association between social networking site (SNS) use and depression in older adolescents using an experience sample method (ESM) approach. The study did not find evidence supporting a relationship between SNS use and clinical depression. Counseling patients or parents regarding the risk of "Facebook Depression" may be premature.
http://www.sciencedirect.com/science/article/pii/S1054139X12002091

Safe Social Networking for Kids
The following articles list safe, educational, and fun social networking sites for kids.

The Best Social Networks for Kids Under 13 | Time (2012):
http://techland.time.com/2012/05/24/the-best-social-networks-for-kids-under-13/

Social Networking for Kids | Common Sense Media:
https://www.commonsensemedia.org/lists/social-networking-for-kids

Suicide and Self-Harm

Adolescent Suicide Statements on MySpace | Cyberpsychology, Behavior, and Social Networking (2013)
The use of social networking sites (SNSs) has proliferated throughout the last several years for all populations, but especially adolescents. Media reports have also identified several instances in which adolescents broadcast their suicidal behaviors via the Internet and/or SNSs. Despite the increase in the usage of SNSs, there has been little research conducted on how adolescents use SNSs to communicate these behaviors. The objective of this study was to explore the ways in which adolescents use MySpace to comment on their suicidal thoughts and intentions. This study provides support that adolescents use public websites to display comments about their suicidal thoughts, behaviors, and possible intentions.
http://online.liebertpub.com/doi/abs/10.1089/cyber.2012.0098

How to Report Suicidal Users on Facebook | National Suicide Prevention Lifeline
The National Suicide Prevention Lifeline announced a partnership with Facebook to offer crisis services via chat so that people in distress can more easily access the support that they need.
http://www.suicidepreventionlifeline.org/App_Files/Media/PDF/How%20to%20Report%20Suicidal%20Users%20on%20Facebook.pdf

Non-Suicidal Self-Injury, Youth, and the Internet: What Mental Health Professionals Need to Know | Child and Adolescent Psychiatry and Mental Health (2012)
This article, published by *Child and Adolescent Psychiatry and Mental Health*, offers research informed clinical guidelines for the assessment, intervention, and monitoring of online non-suicidal self-injury (NSSI) activities. NSSI content and related e-communications have proliferated on the Internet in recent years. Research indicates that many youth who self-injure go online to connect with others who self-injure, view others' NSSI experiences, and share their own experiences through text and video platforms. Although there are benefits to these behaviors in terms of receiving peer support, these activities can introduce these young people to risks, including NSSI reinforcement and triggering urges. Due to the nature of these risks, mental health professionals need to know about them and how to effectively assess adolescents' online activity in order to adequately monitor the effects of the purported benefits and risks associated with NSSI content.
http://www.capmh.com/content/pdf/1753-2000-6-13.pdf

The Scope of Nonsuicidal Self-Injury on YouTube | Pediatrics (2011)
Nonsuicidal self-injury, the deliberate destruction of one's body tissue (e.g., self-cutting, burning) without suicidal intent, has consistent rates ranging from 14% to 24% among youth and young adults. With more youth using video-sharing websites (e.g., YouTube), this *Pediatrics* study examines the accessibility and scope of nonsuicidal self-injury videos online.
http://pediatrics.aappublications.org/content/early/2011/02/21/peds.2010-2317.full.pdf

Self-Harm in the Digital Age | FOSI (2009)
This report from FOSI addresses pro-Ana websites, which promote anorexia, pro-Mia sites that advocate bulimia, and pro-self-injury (pro-SI) websites providing guidance on forms and methods of how to self-harm. To generalize, these 'information resources' are predominantly located on social networking sites, though they are also created as independent websites and blogs. The content of such sites varies greatly; at their most destructive, they provide advice and tips on how to avoid eating food, how best to purge after eating, and how to hide self-harm from parents and friends. The report covers prevalence, types of content, legislation, and industry response.
http://www.fosi.org/images/stories/resources/self-harm-in-the-digital-age.pdf

Social Networking Sites Ban Self-Harm Posts | CNET (2012)

Like Tumblr and Pinterest before it, Instagram, the popular online photo-sharing service is banning content that encourages eating disorders, self-mutilation, or suicide.

http://news.cnet.com/8301-1023_3-57418395-93/instagram-follows-tumblr-pinterest-bans-self-harm-posts/

Youth Suicide and the Internet: A Study | Journal of Child Psychology and Psychiatry (2011)

This study, published in the Journal of Child Psychology and Psychiatry, explored whether young Americans are exposed to stories about suicide through Web-based media and whether this exposure affects their risk of suicide. "Exposed" was defined as "had heard or seen a story about someone who committed suicide in the past few months." The research compared new media with more traditional ways in which young people might be exposed to stories about suicide, including interpersonal communication and traditional media outlets. More youth reported hearing or reading about suicides in traditional "offline" informational sources (79%) than online sources (59%). Newspapers were most frequently cited as a source of suicide stories (64%), followed by friends and family (55%). 44% of the youth cited Internet news sites as sources of stories about suicide. Other "new media" sources from which young people learned about suicides were social networking sites (25%), online discussion forums (15%), and web-based video sites (15%).

http://onlinelibrary.wiley.com/doi/10.1111/j.1469-7610.2011.02416.x/abstract

The Power of the Web: A Systematic Review of Studies of the Influence of the Internet on Self-Harm and Suicide in Young People | PLOS ONE (2013)

In this study, research literature is systematically reviewed and analyzed to determine whether there is evidence that the Internet influences the risk of self-harm or suicide in young people. An electronic literature search was conducted using the PsycINFO, MEDLINE, EMBASE, Scopus, and CINAHL databases. The articles were initially screened based on titles and abstracts, then by review of the full publications, after which those included in the review were subjected to data extraction, thematic analysis, and quality rating. The study found that youth who self-harm or are suicidal often make use of the Internet. It is most commonly used for constructive reasons such as seeking support and coping strategies, but may exert a negative influence, normalizing self-harm and potentially discouraging disclosure or professional help-seeking. The Internet has created channels of communication that can be misused to 'cyber-bully' peers; both cyber-bullying and general Internet use have been found to correlate with increased risk of self-harm, suicidal ideation, and depression. Correlations have also been found between Internet exposure and violent methods of self-harm. Internet use may exert both positive and negative effects on young people at risk of self-harm or suicide. Careful high quality research is needed to better understand how Internet media may exert negative influences and should also focus on how the Internet might be utilized to intervene with vulnerable young people.

http://www.plosone.org/article/info%3Adoi%2F10.1371%2Fjournal.pone.0077555

Suicide Prevention via the Internet | Crisis (2014)

While concerns abound regarding the impact of the Internet on suicidal behaviors, its role as a medium for suicide prevention remains underexplored. The study examines what is currently known about the operation and effectiveness of Internet programs for suicide and self-harm prevention that are run by professionals.

Systematic searches of scholarly databases and suicide-related academic journals yielded 15 studies that presented online prevention strategies. No professional programs with a sole focus on nonsuicidal self-harm were identified, thus all studies reviewed focused on suicide prevention. Studies were predominantly descriptive and summarized the nature of the strategy and the target audience. There was no formal evaluation of program effectiveness in preventing suicide. Studies either presented strategies that supported individuals at risk of suicide (n = 8), supported professionals working with those at risk (n = 6), or attempted to improve website quality (n = 1). Although the Internet increasingly serves as an important medium for suicidal individuals, and there is concern about websites that both promote and encourage suicidal activity, there is lack of published evidence about online prevention strategies. More attention is needed in the development and evaluation of such preventative approaches.
http://www.psycontent.com/content/p751n4p026267426

Lifeline Crisis Chat | National Suicide Prevention Lifeline

Lifeline Crisis Chat is a service of the National Suicide Prevention Lifeline in partnership with CONTACT USA. It is the first service of its kind where crisis centers across the United States have joined together to form one national chat network that can provide online emotional support, crisis intervention, and suicide prevention services. All crisis centers that participate in the Lifeline Crisis Chat program are members of the Lifeline phone network and are required to be accredited by CONTACT USA in the area of online emotional support.
http://www.suicidepreventionlifeline.org/GetHelp/LifelineChat.aspx