

i-SAFE America (760) 603-7911

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## Internet Security & You!

### Special Interest Articles:

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### i-SAFE America Raises Internet Safety Awareness in Beantown

Boston - Fox 25-WFXT recently spread the word about the need for Internet safety to the Boston metro area. Throughout October, the Fox television station aired Internet safety public service announcements.

On Friday, October 17, the Fox 25 news staff interviewed i-SAFE's Patrick Schoenecker, who discussed the "grooming" process that online predators use to lure their victims. Schoenecker also presented a list of Internet safety tips for parents to keep their families safer online.

On Saturday, October 18<sup>th</sup>, Fox 25 sponsored an Internet Safety Day press



Schoenecker, Stephanos, "Bernie & Phyl" and Lemanowics in Boston

conference at Bernie & Phyl's Furniture store in Raynham, Massachusetts. Fox 25 Anchor Maria Stephanos and Meteorologist Kevin Lemanowics were on site to encourage families to learn about Internet safety.

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### Q & A with Symantec Executive Sharon Ruckman

**i-SAFE:** What does Symantec do?

**Ruckman:** Symantec provides content and network security software and appliance solutions to individuals, enterprises, and service providers. Symantec's objective is to be a trusted security partner for individuals and enterprises around the world.

**i-SAFE:** Why is Internet security such a big issue?

**Ruckman:** Internet security has become a serious issue to both corporations and consumers because of the increasing prevalence of blended threats [such as the Blaster worm], Internet attacks launched by cyber invaders using a combination of malicious code and vulnerabilities. For example, Blaster infected as many as 2,500 computers per hour and caused \$2 billion of financial loss in August 2003.

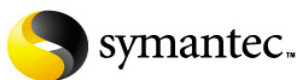
**i-SAFE:** What would you say is the biggest challenge facing consumers while using the Internet?

**Ruckman:** Consumers' growing use of always-on Internet connections through DSL or cable modems provides an open door to a variety of Internet threats. They are exposed to hackers, viruses, worms, invasion of privacy, spam, and undesirable Web sites, among others.

**i-SAFE:** What should people look out for while trying to protect their computers?

**Ruckman:** In addition to viruses, worms and Trojan Horses, consumers should look out for adware, spyware, keystroke loggers, and spam emails.

**See Q & A, Page 2**



*"Internet security has become a serious issue...because of...attacks launched by cyber invaders."*

**--Sharon Ruckman, Senior Director of Product Management from Symantec Security Response**

"[The] *Blaster* [worm] caused...\$2 billion of financial loss in August 2003."

--Sharon Ruckman,  
Symantec Security  
Response

### Internet Statistic:

"The economic damage caused by spam worldwide as measured in terms of denial of service and productivity losses has reached \$10.4 billion in October, 2003."

--Digital Risk Specialists,  
[www.mi2g.com](http://www.mi2g.com)



Mike Heffron, GE Medical Systems in Pewaukee, WI

## Q & A with Symantec Executive Sharon Ruckman

continued from page 1

**i-SAFE:** What are adware and spyware and what threats do they hold?

**Ruckman:** Adware are programs that secretly gather personal information through the Internet and relay it back to another computer, generally for advertising purposes. Similarly, spyware are standalone programs that can monitor system activity. They may detect passwords or other confidential information and transmit them to another computer. A user may unknowingly trigger adware or spyware by accepting an end user license agreement from a software program linked to them.

**i-SAFE:** Is there anything more you would like to share about Internet security with our readers?

**Ruckman:** Kids are just as susceptible as adults to being bombarded by spam advertising and a variety of inappropriate products and services. Unfortunately, spam e-mails are no longer just an annoyance. Today's spam frequently exposes kids to offensive content and explicit photos, either directly or via embedded links to pornographic Web sites. Children may become innocent victims of online fraud by providing spam-sending e-marketers with personal information in exchange for promises of gifts or free games.

**Sharon Ruckman is the Senior Director of Product Management from Symantec Security Response.**

## Connection: Viruses & Peer-to-Peer File-Sharing

Mike Heffron, Online Center System Operations, Facilities, and Security Manager for GE Medical Systems, spoke with **i-SAFE** about problems and solutions of Internet security threats to Internet users. "One of the equations that kids and especially teenagers have is computers equal fun. Kids have to understand that a computer also equals risk," he said.

Heffron and his teams have found and destroyed over 40,000 viruses, worms, and Trojan horses within the Online Center's computers. Using multiple firewalls that provide increasing levels of protection, they were able to isolate those viruses, so the viruses could not damage the computers under their care.

Another Internet security risk is peer-to-peer file-sharing applications. "File-sharing applications [such as KaZaA] are probably one of the worst things to put on your computer," stated Heffron, "because you lose control of your computer. It is a way for a third party to be able to monitor the activity on your computer without your knowledge."

Heffron noted that kids download their favorite games, music, and movies using file-sharing applications, but it is through those programs that viruses, worms, and Trojan horses thrive. File-sharing applications have no type of filtering to check for invading components like viruses. Many of those viruses, worms, and Trojan horses were named to fool their victims. Beyond this, some of them have seemingly friendly names like StarWarsFullDownload.exe and GreatGames.exe.

"Kids [can] download the file, and it looks like nothing happened, but they have just compromised the security of their computer.

Heffron suggested that everyone update their anti-virus software once a week and scan their hard drive for new viruses shortly after they update to protect their computers.

## Montana Senator Becomes i-SAFE CAT Director

Senator Conrad Burns (R-MT) recently became an i-SAFE Community Action Team Director to spearhead an Internet safety awareness and Outreach campaign throughout Montana. He sat down with i-SAFE to discuss his thoughts.

“In my home state of Montana we continue to see newspaper articles about cases where older on-line predators drive miles to meet up with younger victims. And that’s not where it ends. These stories can be told all over the state, and all over the country. To put an end to these horror stories, we must start with our kids. We must teach them the tools they need to protect themselves; to look out for warning signals, and to talk to adults in their lives about what they see and do on-line.

I am happy to say this is what **i-SAFE** is doing all across the country, and I’m glad I could be a part of bringing that to Montana, launching a statewide **i-SAFE** Community Action Team (CAT). We must work together as parents, teachers, business and government leaders, and community members, to make sure we are all educated about what to look out for. If we don’t know, how can we expect our children to? The only thing is the safety of the kids and to put these predators where they belong—and that is out of business.

With active involvement of community members all across Montana, we will be able to provide students with the awareness and knowledge they need in order to recognize and avoid dangerous, destructive, or unlawful online behavior, and respond appropriately. With the help of this new program, every Montana student will have the critical thinking skills they need to help protect themselves from on-line predators.

I believe we can all work together with the help of **i-SAFE** to make each and every child’s online experience a valuable and safe one. I am glad I have been able to help implement this program in Montana schools, and I am extremely excited about the positive changes it will make in the lives of Montana youngsters. The message I have for students in Montana and students across the United States on Internet safety is that this whole program, the **i-SAFE** program, is about them [the students] and their friends.”

## Montana Governor Speaks About i-SAFE

Billings, Montana - Governor Judy Martz (R-MT) spoke about i-SAFE during a Community Leaders Meeting on October 24<sup>th</sup>.

“Today’s students use a much different research method than what we used. The Internet has dramatically changed the face of learning. In a matter of seconds, any student can gain access to information that five years ago would have been worlds away. But as we all know, there is no such thing as a free lunch. The Internet, like many things, has its drawbacks. We cannot let these problems; however, interfere with our students’ ability to capture needed information.

That is why i-SAFE’s program is so very important. This noble effort will help protect the forty-eight million students that use the Internet...From the Professional Development Program all the way to the Community Outreach and student education sessions, this program is well constructed. I am confident that it will be successful.

We must adapt with the times. As students become more technologically savvy, we must continue to stay on our toes to protect them from the pitfalls of the Internet. I am pleased to stand here today and launch a program that will certainly keep all of our students safer and focused on school.”



Senator Burns (R-MT) helping educate students on Internet safety in Billings, MT



Governor Martz highlights the importance of Internet safety to community leaders in Billings, MT

## Kentucky Students Step Up as i-SAFE Mentors

Hazard, KY – Students became the first in their state to get involved with **i-SAFE**'s Youth Empowerment Program. On October 20<sup>th</sup>, more than 50 students participated in an **i-SAFE** Student Launch, hosted by the Rural Law Enforcement Technology Center.

7th and 8th grade students used the Center's state-of-the-art computer lab to learn about online personal safety and predator identification, while high school students utilized a webcast presentation and discussion. Throughout the day, public officials, educators, and law enforcement representatives observed the students as they received **i-SAFE** Internet safety curriculum and participated in Youth Empowerment activities.

The students made Internet safety posters and created plans for Outreach events in their schools. The posters were later displayed at the Hazard Community Leaders Meeting. The day's activities inspired 23 students from the four schools to sign up for the Student Mentors Program.

On October 22<sup>nd</sup>, in Erlanger, KY, four Student Technology Leadership Program members from Lloyd High School attended an **i-SAFE** Professional Development Program (PDP). Mike, a student from one of the schools, described the experience as "awesome".

"Our goals, now that we have the training, are to spread the word to students in our school, and to team up with our School Resource Officer to teach the **i-SAFE** curriculum to our middle and elementary schools," Mike said.

Another student, Chase, feels that his school will greatly benefit from the **i-SAFE** program. "We plan to serve as Mentors and forward our knowledge to the parents and students in the community and school system." He said he also hopes to share the **i-SAFE** message with neighboring school systems.

At the October 22<sup>nd</sup> Community Leaders Meeting in Erlanger, Congressman Ken Lucas (D-KY) stated, "The Internet can be a wonderful educational tool for kids, which is why I have worked to bring effective education technology to Kentucky schools, but it can also be fraught with dangers – deviants that use of the Internet to prey upon our children. That is why I'm proud to participate in this important event."

"If this crime wave is to be stopped, it is vital that everyone—parents, teachers, business and community leaders as well as students make themselves not only aware of the problem, but commit to working to address it. This commitment is vital in the effort to keep youth safe from engaging in unlawful or irresponsible activities or becoming victimized by online predators. Kids need access to the Internet today to prepare for the jobs of tomorrow. It should be a safe haven for our children to study and play, not a nightmare for parents," highlighted Congressman Lucas.

**i-SAFE** and Congressman Lucas commend the Kentucky students for being youth leaders in spreading Internet safety awareness and education throughout their state. We are honored to be involved with these motivated and ambitious young people.



KY Students become **i-SAFE** Mentors and display their Internet safety posters



Congressman Ken Lucas (D-KY)

By Carolyn Walpole, **i-SAFE**



Congressman John Boozman  
(R-AR)



### Internet Safety Tip of the Month

“The 4 R’s” –

**R**ecognize online dangers

**R**efuse requests for personal info

**R**espond assertively in an uncomfortable situation

**R**eport suspicious activities

## Arkansas Congressman Supports i-SAFE

Rogers, AR - **i-SAFE** hosted a Community Leaders Meeting on Monday, October 13<sup>th</sup>. Congressman John Boozman (R-AR) spoke as **i-SAFE**'s honored guest about Internet safety and the dangers Arkansas students face on the Internet.

**i-SAFE** was privileged to speak to Congressman Boozman about his feelings on Internet safety and his efforts to protect the children of Arkansas.

When asked about the Launch in Rogers, Congressman Boozman said, “I was really pleased with the session and really impressed by the way it was presented. I thought the children received an awful lot out of the program.”

Boozman went on to say, “The presenter did an excellent job. When she asked questions to the students, such as ‘how many of you had actually been approached on a chat line to meet’, probably a third of the kids raised their hands, which shocked everyone. I think it really highlighted the potential problem that we are just going to have to deal with, with the way technology is.”

He added, “You know my daughters learned to stop, drop, and roll in the event of a fire, and you know they just learned to do that from an early age. The same thing is going to be true for the Internet. We need to come up with little catchy phrases like that for Internet safety—and **i-SAFE** is doing that.”

Something easy to remember is the 4 R’s of Internet safety. Check out the 4 R’s in the Tip of the Month Box to the left. **i-SAFE** thanks Congressman Boozman for his participation with i-SAFE on many facets.

## JRSTAT Speaks About Computer Viruses

Why do so many people make such a big deal about computer viruses? Because it *IS* a big deal if your computer gets a virus. What if you get a really bad virus, and it totally melts down your computer beyond the point of being able to fix it?

What if you get a virus that wipes out a great deal of important documents that you need for something extremely important? That’s a big deal if you ask me! So you ask, “How do I protect my computer from getting a computer virus?” When you get any emails with attachments you should scan the attachment with an anti-virus before opening it.

Even if you know the person who has sent you the attachment, scan it. Their computer may have a virus that will be sent to you through their e-mail address book. The newest version of MSN Hotmail automatically scans attachments for viruses. I also use a Virus Protection, so that I don’t get any worms that can get into a computer just from visiting certain sites.

Now, if you don’t have some sort of virus protection, go download one! There are several free virus protection software’s online. Please don’t let your computer be a victim of a bad virus.

By: JRSTATAwesomeMe, i-SAFE Student Mentor

**News Flash!**

In the next three months **i-SAFE** is launching its curriculum in **eight new states!**

**South Dakota  
Nevada  
New Jersey  
Colorado  
Georgia  
Washington  
Pennsylvania  
North Carolina**

Is **i-SAFE** coming to your state?

**We welcome your input!**

If you would like to submit an article for the newsletter or tell us your story, please contact us at:

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We're on the Web! See us at:

[www.isafe.org](http://www.isafe.org)

**Upcoming i-SAFE Events—Where the Action Is!!!****NOVEMBER EVENTS ON OUR CALENDAR**

**Nov 7<sup>th</sup>:** LAUNCH in Chestnut Hill, MA

**Nov 7<sup>th</sup>:** CLM, LAUNCH in Canton, SD

**Nov 8<sup>th</sup>:** OUT in Indianapolis, IN

**Nov. 8<sup>th</sup>:** OUT in Baltimore, MD

**Nov 8<sup>th</sup>:** OUT in Anaheim, CA

**Nov 10<sup>th</sup>:** PDP in Rapid City, SD

**Nov 10<sup>th</sup>:** OUT in Louisville, KY

**Nov 13<sup>th</sup>:** PTG in Oahu, HI

**Nov 13<sup>th</sup>:** PDP in Madison, WI

**Nov. 15<sup>th</sup>:** OUT in Atlanta, GA

**Nov. 15<sup>th</sup>:** OUT in Pukalani, HI

**Nov. 17<sup>th</sup> & 18<sup>th</sup>:** PDP, PTG, CLM in Clinton Township and Bay City, MI

**Nov. 19<sup>th</sup>:** PDP in Berrien Springs, MI

**Nov 19<sup>th</sup>:** PDP and PTG in Reno, NV

**Nov 20<sup>th</sup>:** PDP, OUT in Tallahassee, FL

**Nov 20<sup>th</sup>:** CLM, LAUNCH in Reno, NV

**Nov 20<sup>th</sup>:** PDP, CLM in Grand Rapids, MI

**Nov 21<sup>st</sup>:** CLM in Muskegon, MI

**Nov 21<sup>st</sup>:** PDP in Charlotte, MI

**Nov 22<sup>nd</sup>:** OUT in Baltimore, MD

**Nov. 24<sup>th</sup>:** OUT in San Francisco, CA

**i-SAFE TERMS FOR EVENTS**

**CLM:** Community Leaders Meeting

**OUT:** Outreach Event

**PDP:** Professional Development Program

**LAUNCH:** i-SAFE curriculum in classrooms

**PTG:** Parent Teacher Group Meeting/ Parent's Night

**About Our Organization...**

**MISSION:** i-SAFE is a non-profit foundation whose mission is to educate and empower youth to safely and responsibly take control of their Internet experience.

**GOAL:** The i-SAFE program provides students with the awareness and knowledge they need in order to recognize and avoid dangerous, destructive, or unlawful online behavior and to respond appropriately.

i-SAFE is dedicated to: 1) implementing a standardized Internet safety education program throughout the nation that provides kids and teens with essential tools to reduce the risk of their being victimized while engaged in activities via the Internet; and 2) launching an Outreach Campaign that empowers students to take control of their online experiences and make educated, informed, and knowledgeable decisions as they actively engage in cyber activities.

**A Special Thanks from The i-SAFE Times Staff**

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