High School Training Program
Ninth Grade Lesson – Using the Internet and Social Media

Introduction

Introduce yourself and any additional staff that are present to assist with the presentation.

Lead the group in prayer.

Explain the purpose of this personal safety training lesson.   We know the students have been using the internet and maybe even social media. However, now that they attend a Catholic high school there are expectations about their use of it. Moreover, we are concerned that the students be safe while online.

Training session goals:
1. Review basic personal safety lessons learned in Catholic grade schools.
2. Learn about social media safety and digital citizenship expectations for Catholic high school students
3. Discuss school's internet and social media policies
4. Discuss some risks with the online environment and how to avoid or respond to them
5. Introduce topic of impulsive behavior and ways to control its negative consequences

Review basic personal safety lessons learned in Catholic grade schools or in parish religious education programs.
• God created you and loves you. God made your bodies for good purposes.
• You each have personal space that is to be respected by others.
• You should treat yourselves and others with respect and care (the golden rule).
• Some touches are safe, some are unsafe.
• You have internal warning signs or sirens that let you know when you are in danger.
• If you are ever in danger, are not being respected, or are being touched in an unsafe way, you should get away. Sexually using or abusing another person is morally and legally wrong and will not be tolerated.
• There are adults in your life to care for and protect you.
• Get help from one of these adults. Keep telling and asking until you get the help you need.
• Where to go for help at our school…. (fill in with names).

Topic: Learn about social media safety and digital citizenship expectations for Catholic high school students

Why talk about social media and the internet?
- So that your use of these is positive for you and others.
- So you do not have to deal with consequences of sharing too much information online
- So you know how to stop cyberbullying if it is happening to you or others
- So you know how to respond to online sexual requests
- And so you don't violate school policy and incur the discipline that follows

Common Sense Media study 2015 – teens spend up to 9 hours on social media every day
https://www.cnn.com/2015/11/03/health/teens-tweens-media-screen-use-report/
This is more time than spent in class learning, sleeping, or with family, etc.
Is this a life out of balance?

General Rules for safe use of social media
- To limit misunderstandings, consider the following before posting content online:
  - ✓ Would the adults in my life - parents, relatives, teachers, coaches and employers - think this is appropriate?
  - ✓ Could this get me into trouble at school, at home, at work, on club teams, or with the law?
  - ✓ Who might be hurt or embarrassed by this content?
  - ✓ Does it give any information about me or another person that should not be shared?
  - ✓ What does this content say about the kind of person I am? Is that how I want to be seen?
  - ✓ How could this impact my future opportunities, such as scholarships, college acceptances and employment?
  - ✓ Would I say this directly to the person?
  - ✓ Avoid impulsive responses or posts, those that are made in a hasty manner without consideration or forethought.
  - ✓ If it is inappropriate to say or do offline, then it is inappropriate online.

Show Netsmartz video: Two Kinds of Stupid   found at →
https://www.netsmartz.org/RealLifeStories/TwoKindsOfStupid

Discussion questions:

1. Why does Eduardo say he was two kinds of stupid?
   Not only did he violate the Student Athlete Code of Conduct, he posted the party pictures online where he lost control of them. He made two poor decisions that resulted in some serious consequences.
2. What could Eduardo have done to prevent the pictures from getting out?
   Nothing. Once he posted them online, he lost control of them because anyone on his friends list could copy them and post them elsewhere or print them out. The only way to control them would have been to not have taken them in the first place.
3. What are the possible consequences for posting party pictures online?
   Like Eduardo, you could be suspended for breaking a student code of conduct and you might lose your spot on a sports team. If the party pictures show illegal behavior, like underage drinking or drug use, you might be charged with a crime. There are also social consequences, like losing friends if your pictures get them into trouble.
4. Other than party pictures, what other kinds of information or images are inappropriate to post online?
   Inappropriate posts include anything showing illegal behavior, such as drug use and assault. For example, some teens post fight videos online. The teens fighting might be charged with assault, while the teen who posts the video might be charged for cyberbullying.
5. How do cell phones and social media play a role in how information travels?
   Cell phones and social media make it easy for teens to share messages and pictures. It's so easy for others to forward and repost whatever you put online, so everything can spread farther and faster.
6. Was it fair what happened to Eduardo? Why or why not?
7. How may posting affect a person in the future?

Discuss school's internet and social media policies

Insert your school social media policy and internet use policy or important highlights from them here....

Topic: The good use of social media and its benefit

Balancing act for social media users-- how much information to share to successfully socialize and make new friends VS. protecting their privacy and personal safety
- Protect yourself by paying attention and heeding your internal warning system – your INSTINCT
- You blink when something comes close to your eye
- You put your hands up to break a fall
- Internal thoughts or feelings about something not being right warn you to stay alert, and if you proceed, do so with caution
- Learn to recognize, trust and follow your instinct while online
- Take time to pause before posting or responding online.
- If you question what you are about to post, you are safer not posting it.

Topic: Risks in the online environment and how to avoid or respond to them

Protection of oneself and one's identity; don't reveal too much

Do not post the following personal information online:
- Your (last) name, DOB
- Passwords
- Home address
- Location
- Home/cell phone number
- Email address
- School
- Hobbies, clubs

Living Out Loud -- constant texts, tweets, posts blogs, etc. providing personal and private information to the entire world.   Nothing on the internet is private.   Anything put on the internet is out of your control. Know that it can be shared with others.

You should try to be careful about how much you reveal because online information can:
- Spread quickly and to a lot of people.
- Reach people that you don't want it to.
- Be permanent even if you try to remove it.

Sharing too much information can leave you vulnerable to threats, cyberbullying, identity theft, harassment, stalking and exploitation.

Know that social media sites are created to encourage users to share as much, as often, and as publicly as possible.   They are designed to increase the amount of information shared over time.

Things to know about the internet
People are not always who they say they are; you may be fooled by an "online friend"
Online friends may say or do things to gain your attention, flatter your ego, and control your behavior

When things go wrong online

A. Sexting -- sending sexually suggestive or nude images or messages via cell phone
- You may not create, send or possess any sexually explicit images of yourself or anyone under 18.
- If the person is under 18, this is illegal, and this is child pornography
- Some teens are asked to do so by someone who they know or are in relationship with
- Other teens are sought out on the internet and offered money, drugs, clothing or other gifts in exchange for sexually explicit images
- Don't ask or pressure anyone to share an image. Many teens send sexts because they've been asked to by a boyfriend, girlfriend or crush. But you shouldn't ask anyone to take this kind of risk, especially if it's someone you care about.
- Don't take images of yourself that you wouldn't want everyone to see.
- Once a sexting picture or video is online, it is out of your hands, it is out of your control. Fortunately, you can choose to stay in control before it ever gets to that point.
- Don't forward anyone else's picture or video. Imagine how betrayed you'd feel if this happened to you. This is also illegal.   This is distributing child pornography if the person is under 18.
- Talk to a trusted adult if you receive a revealing image, are being pressured into sending one or have sent one.
- While talking to an adult may seem difficult or embarrassing, it is important that you get one involved.
- An adult can help you by:
  - ✓ Talking to your school to stop any bullying that has happened because of the image being shared.
  - ✓ Working with law enforcement to investigate the situation.
  - ✓ Getting the image removed from any websites that it's on.

- If a sexual image or video has been posted to a website or app, there are steps you can take to try to get it taken down. Find out which websites the image is on and file a complaint. Trustworthy websites and apps work hard to keep off sexual images of minors and will remove them if notified. Include your age in the report and be clear that the picture was posted without your consent.

B. Online solicitation or trafficking – teens are approached online to send nude or suggestive images; recruitment and exploitation of teens online for sex
   - Say NO
   - Many teens aren't bothered by these kinds of requests, but if it happens to you, it's OK for you to be upset. If you get any kind of unwanted sexual request, you should:
      - ✓ Block or unfriend the person who sent it.
      - ✓ Report any inappropriate behavior to the website or app you're using.
      - ✓ Do not agree to meet the person
      - ✓ Talk to someone –a friend, an older sibling, or an adult you trust.

C. Cyberbullying is the use of technology to bully someone. Some examples are:
   - Creating a hate group about someone.
   - Posting mean comments online.
   - Photoshopping someone's photo to embarrass them.
   - Recording and posting fight videos.
   - Spreading rumors and gossip through text messages.
   - Stealing someone's identity to create a fake profile.

Apps with anonymous, disappearing and video-messaging capabilities overwhelmingly contain mean, bullying, or sexual content; cyberbullying is a crime in every state

If you pose as another person to bully or harass someone electronically, this is identity theft and a crime.

If you are being cyberbullied, it may feel like there's nothing you can do, but that isn't true. Here are some steps you can take:
   - Don't respond - That could make things worse.
   - Block the bully - Check out what options the websites and your cellphone provider have for blocking other users.
   - Set up new accounts - Make sure that only people you trust can contact you.
   - Make a report - Many websites have terms of service which prohibit cyberbullying and will remove offensive posts.
   - Talk to an adult you trust.

Some teens don't want to tell an adult if they're being cyberbullied. They may worry they'll be told to stay offline or think that an adult can't help. But adults can be very helpful in dealing with cyberbullying. They can:
- Help you set up new accounts, especially if you need a new cellphone number.
- Decide if you need to save the messages and who to report them to.
- Talk to your school - If a classmate is bullying you, your teachers and other school administrators may be able to help.
- Work with law enforcement - If the bullies are threatening to harm you, have your trusted adult report it to law enforcement immediately.
- Offer support - Sometimes it just helps to know that someone is on your side and available if you need to talk.

If you witness cyberbullying,
- Don't encourage bullying behavior - For example, don't "like" or share mean comments and posts.
- Don't participate in the bullying just to fit in.
- Stand up for the victim - You can offer support through actions such as sending a friendly text message, making a positive post on their page or walking with them in the hallway.
- Report the bullying to the website or service provider and to an adult you trust.

Think before you share to create positive online spaces and experiences
- Can you control your impulse to post and think through some consequences?
- Can you resist pressure from friends or peers and think about what you really want?
- Can you learn more about the value and importance of keeping some things private?

Distribute two Netsmartz handouts.
1. Social Media Safety for Teens
2. Tips for Teens

Other Netsmartz videos for teens that you may find helpful.
Found at: https://www.netsmartz.org/Home
1. Video: Two Kinds of Stupid > included in presentation
2. Video: Your Photo Fate
3. Video: Survivors Diaries
4. Video: My name is Amanda Todd
5. Video: Six Degrees of Information

Send all parents a message with this article.

https://www.commonsensemedia.org/blog/16-apps-and-websites-kids-are-heading-to-after-facebook?j=6822614&l=512_HTML&u=111867395&mid=7000332&jb=385&utm_source=072018+Default&utm_medium=email&utm_campaign=weekly#

Article contents:

"Below, we've laid out some of the most popular types of apps and websites for teens: texting, microblogging, live-streaming, self-destructing/secret, and chatting/meeting/dating. The more you know about each, the better you'll be able to communicate with your teen about safe choices.

The bottom line for most of these tools? If teens are using them respectfully, appropriately, and with a little parental guidance, they're mostly fine. So, take inventory of your kids' apps and review the best practices."