

## Lesson S-2

**Time Required:** 45-55minutes ( lesson will take 2 days)

**Principles:** Students will understand safety and survival skills and apply coping strategies.

**Objectives:** Learn safety perimeters for using the Internet including social networking sites.

**Goal :** Students will discuss ways to be safe when using the internet including social networking sites

### **Activity Statements:**

Students will explore the importance of responsible use of electronic media as a method of socialization including the Internet – chat rooms, blogs, social websites and email. They will discuss the pros and cons of Internet use and the dangers that exist.

### **Materials:**

Handout 1 – Pros and Cons of the Internet

Handout 2 – Dangers of the Internet

Handout 3 – Safety Resources

### **Procedures:**

Ask the students the following questions:

Do you have a posting on MySpace or Face Book?

Do you IM your friends and family?

Do you chat with strangers?

How much time do you spend on the Internet outside school hours?

Give students Handout 1 and review the pros and cons of using the Internet as a communication tool. Divide students into small groups and give them Handout 2. Each group should discuss the Internet dangers and have them record examples of these dangerous activities and the consequences. The examples may be either from personal experiences or those they are aware of from the news. Have students share their responses to the Internet dangers.

### **Discussion:**

What can you do to protect yourself from the dangers of the Internet?

Have you or someone you know been harassed on the internet? What did you do?

What should you do if you feel that you are being exploited or harassed?

### **Additional Resources:**

[http://kidshealth.org/teen/safety/safebasics/internet\\_safety.html](http://kidshealth.org/teen/safety/safebasics/internet_safety.html)

[http://www.usatoday.com/tech/news/2007-01-08-teen-networks\\_x.htm](http://www.usatoday.com/tech/news/2007-01-08-teen-networks_x.htm)

<http://www.pbs.org/mediashift/2006/10/finding-balance-in-teen-use-of-social-media293.html>

# S-2 Internet Safety Handout 1

## POSITIVES AND NEGATIVES OF INTERNET USE

### POSITIVES

- Highly skilled at multitasking and making complex, immediate connections.
- Quickly access, create, swap and manipulate information on many levels.
  - At the one-to-one level, using email and IM.
  - At the one-to-many level, using blogs and web pages.
  - At the collaborative level, they using message boards and wikis.
- Make smart, a la carte use of technology - neither afraid of nor infatuated by the tools - simply select those which are useful to the task in hand.
- Highly suited to work in the knowledge economy, where applying knowledge, learning and access to information are keys to success.
- Easier to keep in touch with larger group of friends, spread out by geography.
- Learning important skills such as typing and writing by doing IM, texting and blogging.
- Shy people in person might be better able to communicate in IM or email.
- More freedoms online than in real world where freedoms are curtailed for teens.

### NEGATIVES

- In open chat rooms or when posting to a blog, thoughts are out there for everyone in the world to see.
- Too much texting -- English writing skills can be hurt by all the abbreviations.
- Ergonomic problems of too much computer, texting time.
- Students spend time on school computers texting or posting to blog, when they should be doing school work.
- Students can cheat on tests by texting each other or photographing tests and sharing them.
- Reliance on texting or email rather than face-to-face or phone conversations.
- Anonymous "flaming" of other people, saying things online you'd never say to someone's face.
- Less inhibited conversation, people think they're in fantasy world but aren't!
- No matter how anonymous you think you are, you CAN be tracked down and ID'ed!
- Growing addiction to the technology and not being able to turn it off.
- Isolation from face-to-face contact despite contact electronically.

## S-2 Internet Safety Handout 2

### **INTERNET DANGERS**

Exposure to Inappropriate Content – sexual, malicious, racist

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Crime Related Dangers – hackers and crackers

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Sex Related Dangers - online chats and forums and face-to-face meetings

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Politically Related Dangers – extreme organizations

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Love on the Internet – inappropriate romantic relationships and undesirable consequences

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Intimidation, Annoyance and Harassment – bullying, humiliation, aggression

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Privacy Violation – soliciting personal information for exploitation

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Drugs, Alcohol and Other Dangers - sources of illegal materials, recipes for drugs and explosives

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Gambling on the Internet – illegal gambling for minors

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## S-2 Internet Safety Handout 3

### Safety Resources

**CyberAngels** is an organization whose mission it is to function as a "virtual 411" safety destination, and to address the concerns of parents, the needs of children, on-line abuse and cyber-crime, while supporting the right of free speech.

<http://www.cyberangels.org>

**Cyberbullying** Mobilizing educators, parents, students, and others to combat online social cruelty.

<http://www.cyberbully.org>

**Internet Super Heroes** Delivering smart, safe and responsible surfing messages to children, teens, schools and parents, online and offline.

<http://www.internetsuperheroes.org/cyberbullying>

**The NetSmartz Workshop** is an interactive, educational safety resource from the National Center for Missing & Exploited Children® (NCMEC) and Boys & Girls Clubs of America (BGCA) for children aged 5 to 17, parents, guardians, educators, and law enforcement that uses age-appropriate, 3-D activities to teach children how to stay safer on the Internet. Read an overview of NetSmartz age-appropriate materials for each age group. <http://www.netsmartz.org/>

**SafeKids.com** Your family's guide to making the Internet and Technology fun, safe and productive.

<http://www.safekids.com/>

**SafetyNet Links** is a page from my website; [www.SchoolCounselor.com](http://www.SchoolCounselor.com) will give you a list of practical sites about Internet/Technology safety.

<http://www.schoolcounselor.com/safetynetlinks.asp>

**Teen Safety on the Information Highway** by Larry Magid is a publication of the National Center for Missing and Exploited Children.

<http://www.safeteens.com/safeteens.htm>

**Ten Commandments for Kids Online.**

<http://www.komando.com/kimskidscontract.html>

**WHOA** is a volunteer organization founded in 1997 to fight online harassment through education of the general public, education of law enforcement personnel, and empowerment of victims. We've also formulated voluntary policies which we encourage online communities to adopt in order to create safe and welcoming environments for all Internet users.

<http://www.haltabuse.org>

**WiredSafety** provides help, information and education to Internet and mobile device users of all ages. We handle cases of cyber-abuse ranging from identity and credential theft, online fraud and cyber-stalking, to hacking and malicious code attacks.

<http://www.wiredsafety.org/>