

Grades 7 and 8 Safe Environment Lesson

Materials:

- Opening and Closing prayer sheet
- Safe Online Talk – Internet Traffic Light exercise
- Internet safety quiz
- Parent take home page

Activity one: Prayer

Prayer: Leader: Let us begin our prayer together In the Name of the Father...

Leader: God of all Life and Love, you created us in your image and likeness.

All: We praise you!

Leader: You fill us with your love and life and choose to dwell within us.

All: We thank you!

Leader: Gifted with your Holy Spirit, deepen your image, your love and your life in us.

All: We ask you. **Leader:** Bless us with your mercy as we strive to learn and express what true love is.

All: For we are your daughters and sons.

Scripture Reading: 1 Corinthians 6: 17-20

Intentions

Prepare intentions about events in the Church and the world, for the sick and those who have died. Invite the teens to offer intentions for people and needs in their lives.

Response: God of Love and Life, hear our prayer. OR Lord, hear our prayer.

Close the intentions by praying together the Our Father.

Exchange a Sign of Peace and/or pray together the following:

The Prayer of Thomas Merton

My Lord God, I have no idea where I am going.

I do not see the road ahead of me. I cannot know for certain where it will end.

Nor do I really know myself, and the fact that I think I am following your will does not mean that I am actually doing so.

But I believe that the desire to please you does in fact please you and I hope that I have that desire in all that I am doing.

And I know that if I do this, you will lead me by the right road although I may know nothing about it.

Therefore will I trust you always though I may seem to be lost and in the shadow of death, I will not fear, for you are ever with me and you will never leave me to face my perils alone.

Activity two: Safe Online Talk – Internet Traffic Light exercise

- Have the class break into groups of 3 or 4
- Give each student an Safe Online Talk package
- Using the Teacher instructions for the Safe Online Talk – Internet Traffic Light exercise share the safety tips, read the discuss with them, go through the instructions with them
- Read each scenario to them as they read it to themselves
- Have them decide individually if it is Green (safe), yellow(need to be careful) or red (need to get help and get out) then share answer with group and then class discuss
- Give them the correct/safe answer from the teachers version

Activity three: Internet safety quiz

- Read each question on the internet safety quiz
- Have kids yell out answers
- Share the correct/safe answer with them
- To make it more fun throw candy for each correct answer they give and throw nothing or buzz them for incorrect (I'll give you candy)

Activity four: Relationships (if you have time – skip if not)

- In this activity read the following:
- God's love; the Trinity; relationships At the heart of our Catholic Faith is God's love for each of us. This love is rooted in and overflows from God's very self, the Trinity. The loving relationship of the Father, Son and Holy Spirit are extended and embrace each person, drawing us into their Life and Love. The loving relationship of the Trinity is the model for all relationships.

- Then :
 - Invite the teens to think of the relationships in their life. Invite them to think about and select a friend or family member with whom they have a special relationship. Ask them to share what is special about the relationship and why/how they have become important to one another over time.
 - After a few minutes of sharing, ask the group if there are any unspoken rules or expectations involved in their special relationships. Try to illicit from teens these characteristics and others they may suggest. Special relationships are characterized by mutual trust, communication (talking and listening), acceptance, respecting boundaries of time and personal space, confidentiality (not including secrets that put someone at risk), concern for health and safety
 - Reinforce with them that these characteristics should be the basis of all relationships, in person and online and of all interaction.

Activity four: Ending prayer

Dear Jesus, help me to live a life pleasing to you.

Help me to do what is right and to be strong enough to say “No” to those things that are against your will.

Let me be an example of your love and kindness to my family, friends, and all I meet.

Help me to respect myself by avoiding places and people that would do injury to me.

Help me to respect others by not pressuring them to deny their God-given dignity.

Especially give me the courage and strength to live chastely, honoring the gift of my sexuality and that of others.

Jesus, you were always a friend to those in pain or trouble.

If I should make a mistake and fail in these efforts, please forgive and help me. I know that you will always be with me to lift me up and show me the right way to go.

Amen.

Opening Prayer

Leader: Let us begin our prayer together In the Name of the Father...

Leader: God of all Life and Love, you created us in your image and likeness.

All: We praise you!

Leader: You fill us with your love and life and choose to dwell within us.

All: We thank you!

Leader: Gifted with your Holy Spirit, deepen your image, your love and your life in us.

All: We ask you. **Leader:** Bless us with your mercy as we strive to learn and express what true love is.

All: For we are your daughters and sons.

Scripture Reading: 1 Corinthians 6: 17-20

Intentions

(please share any intentions)

Response: God of Love and Life, hear our prayer. OR Lord, hear our prayer.

Close the intentions by praying together the Our Father.

Exchange a Sign of Peace and/or pray together the following:

The Prayer of Thomas Merton

My Lord God, I have no idea where I am going.

I do not see the road ahead of me. I cannot know for certain where it will end.

Nor do I really know myself, and the fact that I think I am following your will

does not mean that I am actually doing so.

But I believe that the desire to please you does in fact please you and I hope that

I have that desire in all that I am doing.

And I know that if I do this, you will lead me by the right road although

I may know nothing about it.

Therefore will I trust you always though I may seem to be lost and in the shadow of death, I

will not fear, for you are ever with me and you will never leave me to face my perils alone.

Closing Prayer

Dear Jesus, help me to live a life pleasing to you.

Help me to do what is right and to be strong enough to say “No” to those things that are against your will.

Let me be an example of your love and kindness to my family, friends, and all I meet.

Help me to respect myself by avoiding places and people that would do injury to me.

Help me to respect others by not pressuring them to deny their God-given dignity.

Especially give me the courage and strength to live chastely, honoring the gift of my sexuality and that of others.

Jesus, you were always a friend to those in pain or trouble.

If I should make a mistake and fail in these efforts, please forgive and help me. I know that you will always be with me to lift me up and show me the right way to go.

Amen.

Safe Online Talk

Teacher Instructions

After arranging the class into groups of four or five and distributing the **Internet Traffic Light Student Handout**, guide students through the Internet Safety Tips below. These tips also appear on their handouts.

Internet Safety Tips

If you develop a friendship with someone online, be sure to ask yourself the following questions:

- *Has this person asked me to keep any information secret?*
- *Has this person flirted with me, or asked me about anything sexual?*
- *Has this person asked me about anything private?*
- *Have I felt pressured by this person to do anything?*
- *Do I feel untrue to myself— like I'm not sticking to my values — when I talk to this person?*

If the answer is “Yes,” then this friendship is risky and it’s time to stop talking to this person. You deserve better!

Bonus Tips

If someone starts chatting with you about inappropriate topics or asks you to send a picture of yourself, end the conversation immediately. And never plan a face-to-face meeting with someone you met online without taking a parent or guardian along.

DISCUSS the idea that just as drivers need rules when they’re on the road, students need rules when they’re online. Drivers also need traffic lights to tell them when they need to stop, and when it’s safe to proceed. Because the Internet has no traffic lights, students need to develop their own internal traffic lights. These will tell them when it’s safe to proceed, and when they should come to a stop.

TELL students to begin the activity by reading the directions on their handouts (see below).

Directions

When people drive, they should know the rules of the road. Traffic lights tell them when it’s safe to move forward, and when they need to stop.

1. Take three sheets of paper and draw a circle on each one. Color your circle “lights” green, yellow, and red.
2. With your group, read through each of the following stories. Use the Internet Traffic Light descriptions on the next page to help you decide whether it is a green, yellow, or red light

situation. When you have made your choice, take one of your lights and place it face down in front of you.

3. Wait until all group members have made their choices, and then flip your papers over. Discuss the choices you made, and decide as a group which one is best.
4. After each story, write down the choice your group made and why.



<p>Stop! Too dangerous to proceed.</p>	<p>The person you are talking to is clearly acting inappropriately, and the conversation needs to end.</p>
<p>Slow down, be cautious – and be prepared to stop.</p>	<p>Something about this conversation makes you feel uncomfortable. You're alert for any signs of inappropriate or suspicious behavior.</p>
<p>Coast is clear (but look both ways!)</p>	<p>You feel safe and enjoy interacting with this person online. But you also remember that all conversations can take unexpected turns, so you're prepared to put the brakes on if you need to. You have not provided any private information.</p>

ALLOW students 10 to 15 minutes to complete the activity. Then reassemble the class.

DISCUSS each story, inviting students to explain the choices their groups made. Although the students should think critically about their choices, it is important for them to understand that there sometimes are truly correct answers, especially when it comes to “red light” and “yellow light” situations. You may also use the following material to guide class discussion:

Abby's Story

Abby is 14. Yesterday was her friend Ivan's bar mitzvah, and Abby chatted with some of his relatives at the party. Today, Abby logs on to the social networking site MyFace and sees a friend request from Ivan's uncle. She doesn't know him very well, but they did chat a little bit about school at the dessert buffet.

Discussion: YELLOW – SLOW DOWN, BE CAUTIOUS. Abby should think twice about this one. The best thing she can do is ask her parents what they think about the situation. If they think it's fine, Abby should also let Ivan know and ask for his permission. If everyone gives her the thumbs up – and she feels comfortable being the uncle's friend on MyFace – then it's probably all right to accept his request. Abby should consider putting him on a limited profile setting so that he can't see her personal information or tagged photos. She should also check out their mutual friends.

Additional Questions: *What if Ivan's aunt asked to be Abby's friend on MyFace instead? Would the situation feel different? Why or why not? Do you have adult friends on Facebook or MySpace? If so, what made you decide to let them be your online friend?*

Vince's Story

Vince is 12 and loves playing EscapeGo – a fantasy combat MMORPG (massive multiplayer online role-playing game). When he first started playing, another avatar was nice to him and helped him learn the ways of the game. Since then they've been good friends online, completing quests together and protecting each other during combat. Once, one of their teammates asked them how old they were during a quest. "Enough small talk, dude. Nobody cares, just play the game," Vince's friend said in response.

Discussion: GREEN – COAST IS CLEAR (BUT LOOK BOTH WAYS!) It sounds like Vince's friend has his mind set on EscapeGo and not much else. This is a good sign. It's exciting to be able to collaborate and strategize with other players in real time, too – that's the beauty of MMORPGs. Vince should still be aware that he's interacting with strangers online, and that it's never a good idea to reveal private information in these kinds of settings.

Additional Questions: *What if Vince's friend asked him how old he was later on? What if he wanted to meet Vince in person to talk about gaming?*

Keyanna's Story

Keyanna is 13 and she often plays Whatville, a virtual world for middle school kids like herself. One day, another avatar throws a heart her way. Keyanna knows that throwing hearts is a common way to flirt on Whatville. She also knows he's not a newbie, because it takes someone with a lot of experience to design the kind of appearance that his avatar has.

Discussion: GREEN – COAST IS CLEAR (BUT LOOK BOTH WAYS!) Flirting online can be fun, as long as it's in a safe setting. And it's a popular thing to do in tween/teen virtual worlds like Whyville and Habbo Hotel. Keyanna can choose to throw a heart back or not – it's her decision. It's also a good sign that the other avatar doesn't look like a newbie. It takes a lot of time, energy, and youth-to-youth knowledge to make a trendy-looking avatar on Whatville. However, you can't always judge a book by its cover. If Keyanna starts feeling uncomfortable in any way, she should stop contact with this avatar immediately.

Additional Questions: *What if the male avatar started interacting with Keyanna in Whatville and no one else? Do you think that's a warning sign?*

Catherine's Story, Part 1

Catherine, who is 15, logs on to a chat room for teenagers. Her screen name is CathyKisses15. A guy called MikeyMike99 said hi to her a few days ago, and they've talked every day since. He's really easy to chat with, and she likes venting to him about things that annoy her at school and at home. She hasn't told him anything too personal yet. "U seem so mature. Ur 15 right? I'm 20," MikeyMike99 says.

Discussion: YELLOW – SLOW DOWN, BE CAUTIOUS. And definitely consider coming to a complete stop. Catherine should be aware that her screen name makes her a potential target for inappropriate contact in the chat room: it's flirty, indicates her age, and even says her name. It's good that Catherine hasn't divulged too much personal information to MikeyMike99. That said, she should be cautious about treating him as her confidant. Some people (older teens or young adults, more commonly) develop inappropriate relationships with younger teens online over time, establishing feelings of trust and affection at first in order to make their advances seem more normal.

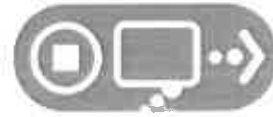
Additional Questions: *Catherine insists she hasn't told MikeyMike99 anything too personal. From your perspective, what does that mean?*

Catherine's Story, Part 2

Catherine is back online with MikeyMike99, and they've been talking for about a week now. He's starting to flirt with her, and she's flattered because he seems pretty mature. After all, Catherine's not really into any of the guys at her school, so she likes flirting with Mike online. She's pretty good at it too. And yeah, he said something that might have been kind of sexual once or twice. Today he writes, "Can I show u a pic?" Before she types a response, he says again: "Keep this private ok? I like u, Cat. I hope u like me 2."

Discussion: RED – STOP! TOO DANGEROUS TO PROCEED. Catherine has found herself in a sticky situation, whether she knows it or not. Talking sexually with people online is risky, especially if you know that person is older. There's a good chance that MikeyMike99's picture is inappropriate, and Catherine should feel uncomfortable that he is asking her to keep something private. Even though she's gone too far already, the power is still in her hands. Catherine should stop talking with Mike entirely. Even if it's a little embarrassing, she should talk to friend or parent about what happened, too.

Additional Questions: *What are some ways in which MikeyMike99 tries to make Catherine feel comfortable? (He uses a nickname (Cat) affectionately; he also appears to make himself vulnerable by telling her that he likes her, hopes she likes him too.)*



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Online Safety Quiz Instructions

Online Safety Quiz:

The **STOP. THINK. CONNECT.** Online Safety Quiz is a fun, interactive way to test your knowledge on online safety, security and ethics. The quiz is divided into two sections: **Safety and Security (12 questions)** and **Privacy and Being a Good Online Citizen (14 questions)**.

Instructions:

We've designed the Online Safety Quiz to work as a PowerPoint presentation, with alternating slides for questions and answers. Teachers can use the Answer Sheet below as a reference. There are 26 questions in all, but you can customize the questions based on the amount of time you have or the topics you want to cover.

Goals:

- Teach students critical thinking skills they can apply to the online world.
- Introduce and reinforce **STOP. THINK. CONNECT.** messaging like Keeping a Clean Machine; Owning Your Online Presence; When In Doubt, Throw It Out; Being a Good Online Citizen, etc.

Materials:

- **STOP. THINK. CONNECT.** Online Safety Quiz (PowerPoint)
- **STOP. THINK. CONNECT.** Online Safety Quiz Answer Sheet

Time: 30 minutes – 1 hour, depending on how many questions you choose.

STOP. THINK. CONNECT. Online Safety Quiz Answer Sheet

Round 1: Safety and Security

1. Kristina is on Facebook and receives a friend request from a boy she doesn't know. What should she do?
- A. *Accept the friend request. It's rude to ignore him.*
 - B. *Deny the friend request.*
 - C. *Send him a message and ask him how he knows her.*

B. A friend is someone you know and trust and have interacted with over time.

2. When you create passwords, you should make them easy to guess. (True or False)

FALSE. You should create passwords or use passphrases (a group of words) that are easy to remember, BUT hard to guess. Make your passwords long, strong and unique by using a combination of upper and lowercase letters, numbers and symbols. Don't use the same password for different accounts. Write your passwords down and keep them in a safe place away from your computer.

3. Hector unlocks his smartphone and notices he has 12 apps that need to be updated. What should he do?

- A. *Ignore the prompt to update.*
- B. *Update the apps.*

B. Update the apps. It's important to Keep a Clean Machine. Keeping a Clean Machine means having the latest operating system, software, web browser, anti-virus protection and apps on your computer and mobile devices. You should also only have apps on your phone that you actually use.

4. You don't have to worry when you visit your favorite sites, like Facebook and gaming sites, because they are safe from spyware, malware and other online threats. (True or False)

FALSE. Trusted sites can be safer. However, what you do on those sites – such as clicking on posts with links or using apps – can put you at risk. The best security step you can take is to Keep a Clean Machine. Keeping a Clean Machine means having the latest operating system,

software, web browser, anti-virus protection and apps on your computer and mobile devices. Remember, when in doubt, throw it out! Links in email, tweets, posts, and online advertising are often the way cybercriminals compromise your computer. If it looks suspicious, even if you know the source, it's best to delete or if appropriate, mark as junk email.

5. When online, you should be careful whenever approached by a new person or asked to provide information about yourself. (True or False)

TRUE. You always need to be on the lookout for online intruders! Be careful because they may be trying to get information from or about you. Remember to Be Web Wise and think before you act. Be wary of communications that implore you to act immediately, offer something that sounds too good to be true, or ask for personal information.

6. You receive an email from a person that identifies themselves as your friend John. They want to meet you in the park after school. Do you:

- A. Tell your parents about the email and ignore the request.*
- B. Ask the person a question only John would know to make sure it is John.*
- C. Go to the park and meet your friend John.*

A. Tell your parents about the email and ignore the request. Some people will pretend to be other people and may be impersonating someone you know. It's better to be safe than sorry! Unfamiliar email addresses and posts on social network sites should raise a red flag. Let your parents know and let them help you make the right decision about contacting John.

7. You should always know who you're talking to online. (True or False)

TRUE. The Internet can be a place to meet people and join new communities. But just because you meet someone online, it doesn't mean you really know their identity. Use caution when interacting with new people. There is nothing wrong with being suspicious and extremely guarded about sharing any personal information.

8. You receive a chain email that tells you to pass it on to 10 of your closest friends. Do you:

- A. Send the email to your friends – it's so cool and you want them to see it too!*
- B. Delete the email. You're never sure what viruses these types of chain emails can have.*

B. When in doubt, throw it out! Links in email, tweets, posts, and online advertising are often the way cybercriminals compromise your computer. If it looks suspicious, even if you know the source, it's best to delete or if appropriate, mark as junk email.

9. Malware is a type of software designed to cause viruses. (True or False)

TRUE. Malware, short for malicious software, is designed to cause damage or disruption to a computer system or to use a computer to send spam, distribute malware or launch an attack on other computers. You can avoid malware by Keeping a Clean Machine and having the latest operating system, software, web browser, anti-virus protection and apps on your computer and mobile devices. Remember, all devices that connect to the Internet need protection.

10. When it comes to online shopping, you can safely shop from any site. (True or False)

FALSE. When shopping online, you should always shop from trusted and well-known websites and always with a parent or other adult present. When banking and shopping, check to be sure the site is security enabled. Look for web addresses with "https://," which means the site takes extra measures to help secure your information. "Http://" is not secure.

11. You should be aware of pop-ups and downloads. (True or False)

TRUE. Pop-ups and downloads can contain viruses that could infect your computer. You can avoid viruses by Keeping a Clean Machine and having the latest operating system, software, web browser, anti-virus protection and apps on your computer and mobile devices.

12. You and a friend are on the computer, looking to download music and movies. You should:

- A. *Go to a site that your friend uses and download a few files onto the computer.*
- B. *Only with your parent's permission, go to trusted websites or app stores to download music and movies.*

B. Your friends may not know what websites are safe or unsafe for you to download. It's illegal to download music or movies from certain websites. Only purchase music and movies from established services for media distribution.

Round 2: Privacy and Being a Good Online Citizen

13. What is the best way to use Facebook, Tumblr, Instagram and other social networking sites?

- A. *Limit the amount of information I share about myself.*
- B. *Only talk to people I know.*
- C. *Make my page private, except to the people I have as my friends.*
- D. *All of the above.*

D. Own Your Online Presence. When available, set the privacy and security settings on websites to your comfort level for information sharing. It's ok to limit how and with whom you share information.

14. You posted a picture online, but soon decided to take it down. You are worried your friend may see it, but then soon remember that person DOES NOT have a computer. Your friend will never see the photo. (True or False)

FALSE. You never know who is going to see things that are posted online. Even if your friend doesn't have a computer, there are many other ways he could see the photos after they have been shared with friends. Copies could be passed around and someone may have saved an image before you deleted it. Be a good online citizen. Think about images you post and whether your friends would be okay with them. Post only about others as you would have them post about you. Whenever possible, get permission before posting pictures or videos of others. Likewise, let others know they need your permission before posting pictures or videos of you.

15. The great thing about the cyber world is that you can say things you might not always say directly to someone's face. (True or False)

FALSE. Statements you make online about people can be just as hurtful as saying them face-to-face. Being nice in the cyber world is equally as important as when you talk face to face. If you don't want it done to you, don't do it to someone else! Be a good online citizen. Post only about others as you have them post about you.

16. It is okay to download FREE music from music sharing sites, as long as no one finds out. (True or False)

FALSE. This is the same as stealing from a store and you are stealing from your favorite artists as well! Only purchase music from established services for music distribution. Some file sharing sites are also well known sources of malware distribution. Remember, safer for me more secure for all. What you do online has the potential to affect everyone – at home, at work and around the world. Practicing good online habits benefits the global digital community.

17. The pictures you decide to post online today can affect your future reputation. (True or False)

TRUE. The photos you post online may never go away! In the digital age, you need to pay attention to your reputation from the moment you start going online. Your online reputation can be both positive and negative, depending on the choices you make and can affect the future when you apply for colleges or jobs. You can manage your online reputation by remembering to Own Your Online Presence and setting privacy and security settings to your comfort level for information sharing.

18. You and your parents have established rules when you use the Internet. You are over a friend's house and decide to use the Internet. Do you:

- A. *Do everything your friend does online, because you're at their house.*
- B. *Respect your parents' rules, even if you're at a friend's house.*
- C. *It doesn't matter. You can't get in trouble because your parents will never find out!*

B. Your parents are trying to help you establish good online habits with all the devices you use to access the Internet, even if they are not your own.

19. You are playing a game on a smartphone and the app asks for your current location. It's okay to enable location services because all of your friends play the game and if they do it, it must be okay. (True or False)

False. Think before you app. Many apps do not need geo-location services enabled in order to provide the service. Make sure you decline or opt-out of the location service feature on your phone. If you don't know how to do this, ask your parents. Protect your personal information by reading the privacy policy of an app before you download it to understand what information the app accesses and how it uses your information.

20. Stealing other people's work online – from sites like Wikipedia and Google – is a crime. (True or False)

TRUE. Stealing other people's work is considered theft. If you cut and paste content into your homework without citing the source, it is cheating and plagiarism.

21. You are deciding on what personal information to post about yourself in an online profile. You decide to:

- A. *Review the information carefully before you post it because you do not want to post too much information about yourself.*
- B. *In order to prevent misuse of your information, don't post too much information about yourself on Facebook, personal websites, your blog, or in chat rooms.*
- C. *Go ahead and post information about yourself online, because you can always choose to edit it later if you don't want people viewing certain information.*
- D. ***BOTH A & B.***

D. Own your online presence. When available, take the time to understand and set privacy and security settings on websites to your comfort level for information sharing. You should know who will see the content before you post it.

22. Post only about others as you would have them post about you. (True or False)

TRUE. You should always practice digital respect. Treat others as nicely as you would like to be treated. Remember, safer for me more secure for all. What you do online has the potential to affect everyone – at home, at work and around the world. Practicing good online habits benefits the global digital community.

23. Jessica's friend Sophie asks for Jessica's password to her Facebook account. What should Jessica do?

- A. *Give Sophie her password. Sophie is her friend and Jessica can trust her.*
- B. *Tell Sophie her password and change it as soon as she gets home.*
- C. ***Don't give her password to Sophie.***

C. Protect your personal information. Passwords are never to be shared with anyone other than a parent or guardian. It is a good idea for parents and guardians to keep passwords to make sure you remain safe and secure. Just because you spend time with friends, doesn't mean you have to follow everything they do. If they are doing something that doesn't seem right, you should feel completely comfortable standing up for what you think is right.

24. After a disagreement at school, a group of kids send Jaedon threatening messages on Facebook. What should he do?

- A. *Block them from his page.*
- B. *Keep the emails and comments he receives.*
- C. *Tell his parents.*
- D. ***All of the above.***

D. If someone is bullying or harassing you online, you should tell your parents or a trusted adult. Ignore and block the person and save all messages. Many websites, including Facebook, have ways to report the abuse and/or help you respond to messages that make you uncomfortable.

25. Creating a fake Facebook page for someone you know in your class, or for someone you don't even know, is illegal. (True or False)

TRUE. Impersonating someone else online is one form of identity theft! Penalties can be as high as \$100,000 fine plus a minimum of ten years in prison.

26. When you are connected to the Internet, you are responsible for your actions. (True or False)

True. Remember to STOP. THINK. CONNECT. Make sure you have taken security precautions, understand the consequences of your actions and behaviors and enjoy the Internet. Remember, the Internet is a shared resource. When you are safer online, you make the Internet more secure for everyone!