Year 3: Internet Safety Grades 9 - 12

Preparation: Review complete lesson before beginning instruction.
Preview the video links; they will support discussion of the main points in this lesson plan.
What you will need: Copies of Teen Quiz, Digital Media Questionnaire, Apps Footprint (1 per group), 7 Virtues with teacher's guide - pens/pencils - writing surface & take-home pages.

Activities and Timeline:

Opening Prayer: Serenity Prayer *(2 minutes)*

Activity #1: **Activity Student Worksheet #1: Teen Social Media Quiz** *(5 minutes)*
Video: "Curated Lives: Teen Voices: Who Are You on Social Media?" *(5:13 minutes)*

Activity #2: **Activity Student Worksheet #2: "Digital Life Questionnaire" with Teacher's Guide** *(20 minutes)*
{Use: One Digital Life Footprint for each group of 5 or project image on screen}

Activity #3: **Student Worksheet #3 "A call to Action" Blank Phone and Personal Reflection Sheet** *(15 minutes)*

Video: 5 Tips for Cybersecurity Safety (5:45)

Activity #4: **VIRTUES and Using Them with my Social Media Life** *(10 minutes)*

Closing Prayer / Distribute Parent Take Home Handouts *(5 minutes)*

Overview of Lesson Plan:

Principle: Learn to set limits and be in control of their decisions and choices online. To be Smart, to be safe, to use discernment in developing their Cyber Profile, learn to use it in a more positive way, to be able to reflect our Catholic values to not limit their future careers, and to get adult help and advice as needed.

Catechism: #2496 The means of social communication (especially the mass media) can give rise to a certain passivity among users, making them less than vigilant consumers of what is said or shown. **Users should practice moderation and discipline in their approach to the mass media. They will want to form enlightened and correct consciences the more easily to resist unwholesome influences**.

#1804 Human virtues are firm attitudes, stable dispositions, habitual perfections of intellect that govern our actions, order our passions, and guide our conduct according to reason and faith.

#2252 Parents have the first responsibility for the education of their children in the faith, prayer, and all the virtues. They have the duty to provide as far as possible for the physical and spiritual needs of their children.

Goal: Empower young people with the tools and knowledge they need to become advocates for themselves and others whenever they encounter "dangers" online. We want to encourage them to be responsible online and communicate anything that makes them feel uncomfortable, scared or confused. To assist parents/guardians in helping their children make safe and appropriate choices when navigating their social media lives.

Objectives:
- To evaluate the content and time spent online.
- Identify and protect their personal information.
- Recognize the importance of the need to establish limits and control in using social media.
- Understand the impact and permanency of what they text, share, tweet and post online.
- To give them the tools to use their faith in action.
- How to discern inappropriate material and how to communicate concerns to a safe adult.
- Communicate what they have learned in the lesson, with their parents/guardians.

Opening Prayer: God grant me the Serenity to accept the things I cannot change:
Courage to change the things I can: and
Wisdom to know the difference. Amen

ACTIVITY #1: Social Media Quiz & "Curated Lives: Teen Voices: Who Are You on Social Media?" VIDEO *(5:13 MINUTES)* **(10 minutes)**

This activity will help the students evaluate their social media usage. Give each student a copy of activity #1 as they come in and give them about 5 minutes to fill it out. This activity is meant to open up the topic and begin with some fun.

"Teen Voices: Who Are You on Social Media?" VIDEO *(5:13 MINUTES)*

Curated Lives: Teen Voices: Who Are You on Social Media
https://www.commonsense.org/education/digital-citizenship/lesson/curated-lives

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ACTIVITY #2: Activity Student Worksheet #2: "Digital Life Questionnaire" Footprint *(20 minutes)*

Presenter's Instructions: This is a group activity. Place one footprint in the center of each group (or you may project it onto a screen) and give each student a copy of the question sheet. Give the students about 5 minutes to use the footprint or their personal knowledge to complete the worksheets. Collect and **SAVE ALL** footprints for next lesson. These are not meant to be passed out to the students.

When the students are finished, use the ***App guide from Smartsocial.com*** (you may print it out), as your guide to review each question and pose the discussion questions (in red) to the whole group. This is where you may get other apps or even some more dangerous apps brought up. SmartSocial lists all the apps in Green Zone, Yellow Zone, or Red Zones. Be cautious with conversation about apps in the Red Zone, letting the students know as these are places students should not be in. This is a very fluid topic and it changes constantly. The footprint does not depict all the current apps. It is only a starting point; each group is also different. It is very important that you have a base knowledge but use the kid's knowledge as well. Use caution in teaching too much information that some teens may not know yet. Don't let the topic run away! Teens will want to shock you, but just keep to the lesson and discuss other issues one-on-one after class. **PLEASE don't let footprints go home!**

Activity#2 Footprint and Worksheet

Activity#2 Digital Life Questionnaire

Activity #2 Teacher's Answer Key

To obtain information on the most current apps and the zones, please visit Josh Ochs prior to your class: (It matches the footprint below)

ACTIVITY #3: Student Worksheet #3 "A call to Action Blank Phone" Activity / Small Group Discussion *(5/10 minutes)*

Use this activity if you happen to have more time and need an extra activity - otherwise please send this activity sheet home with the students. **OR** it can be used at a later date in class. Each student will take home the Reflection Sheet to use on their own or with their parent/s to share what they learned in class.

A Call to Action · Your Phone · Your Media

This is your digital footprint. The picture that represents you to your parents, friends, scholarship board, future college, and future employer/s. What do you look like right now? **Draw or write the apps and social media that you are currently using.** Is it all good? What changes could you make to present a "better version" of yourself? **Cross out** 🎵 **the apps** that are bad, over your age, or causing you to waste time or be distracted from your studies or family activities.

Year 3 Internet Safety (Grades 9 - 12)   Rhonda Storey, DRE ©

Personal Reflection Sheet

▌Food for Thought▌~ Goals for Using Social Media

After what I learned today, what changes can I make to my digital habits?

Can I cut my internet, texting, chatting, gaming time in half? Can I set some time limits for my online time?

Can I remove some of the apps on my phone? Are there some apps that I should stop using NOW?

Have I Googled my name lately? What does my cyber footprint look like?

What apps will help me build a positive Google search and cyber profile?

What will I do with the time that I free up? For example, spend more time on homework/studying? Spend some time with my family?

Can I take my phone, tablet, computer etc... and show it to anyone: a friend, sibling, parent, teacher? Nothing to hide!

Will I honestly consider reporting something online like a "threat to life," to protect a friend, even if they get mad for awhile?

Will I resist bullying and sharing unnecessary things or images online?

Will I respect myself and others and get adult help when I need it – before I get into trouble? Will I speak up when something is wrong!

Can I use the values I've been taught by the Church and my parents to share my faith online and in person?

[5 Tips for Cybersecurity Safety brought to you by Mayim Bialik](#)

ACTIVITY #4: VIRTUES and Using Them with my Social Media Life *(10 minutes)*

Directions: Introduce the worksheet by telling students that the information they are given about our Catholic virtues can be applied to how they use their social media accounts. Read the top portion aloud to the whole class, then have them read each Virtue and answer the questions by checking the appropriate box. After they are 6finished, use the teacher's guide to review each Virtue with them asking the questions in red.

Activity #3 Student worksheet	Activity #3 – Teacher's Answer Key

VIRTUES ~ Living Them On-line

A Virtue is a "**habit of doing good**". A prudent person determines and directs his/her conduct in accordance with their **best** judgment. *CCC - 1803-1845*

As you prepare for Confirmation, the 4 Cardinal and 3 Theological Virtues can help guide you in how you use social media and create your cyber profile. We reflect what we post!

Yes   No   Sometimes

Prudence - taking all of the facts, weighing them and then doing not necessarily what is easiest, but what is wisest, and Godly.	Do I show prudence in making the wisest choice in what I post, text, chat, snap, and share on social media?	☐ ☐ ☐
Justice - Seeking the good, honoring God and neighbor.	Do I gauge my actions when I am angry or upset and want to post something I shouldn't or may regret later?	☐ ☐ ☐
Fortitude - Strength to resist temptation, doing what is right with courage and patience.	Have I ever gotten into content that made you feel uncomfortable, scared or confused? Who can I go to if I need to talk?	☐ ☐ ☐
Temperance - Balance in use of created things, using them in moderation & for good.	Do I moderate my time on social media - creating a healthy balance of real social time vs. social media time?	☐ ☐ ☐
Faith - Belief in God & belief in all He has said & revealed to us.	Do I share my faith online and in school? Am I willing to stand out as a Catholic?	☐ ☐ ☐
Hope - Trusting God's promises in prayer and in work for justice.	Do I trust in God and prayer to guide me in my decisions and choices I make every day, especially online?	☐ ☐ ☐
Charity – The giving of oneself for the caring of others' needs.	Am I able to stand up for what is truly right and just? Do I show charity when someone is in distress?	☐ ☐ ☐

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VIRTUES and Using Them With my Social Media Life

A Virtue is a "**habit of doing good**". A prudent person determines and directs his/her conduct in accordance with their **best** judgment. *CCC - 1803-1845*

As you prepare for Confirmation, the 4 Cardinal and 3 Theological Virtues can help guide you in how you use social media and create your cyber profile. We reflect what we post!

Teacher's Guide

Prudence - Taking all of the facts, weighing them & then doing not necessarily what is easiest, but what is wisest, and Godly.	Do I show prudence in making the wisest choices in what I post, text, chat, snap, and share on social media?	Have you or someone you know posted something that was regretted later?
Justice - Seeking the good, honoring God and neighbor.	Do I gauge my actions when I am angry or upset and want to post something I shouldn't or may regret later?	Why do you think people post Inappropriate messages and Pictures?
Fortitude - Strength to resist temptation, doing what is right with courage and patience.	Have I ever gotten into content that made you feel uncomfortable, scared or confused? Who can I go to if I need to talk?	What information and images Are not ok to post?
Temperance - Balance in use of created things, using them in moderation & for good.	Do I moderate my time on social media - creating a healthy balance of real social time vs. social media time?	Do you agree; "The internet is a tool that has to be used properly, like a knife, it's very helpful but it can also hurt you."?
Faith - Belief in God & belief in all He has said & revealed to us.	Do I share my faith online and in school? Am I willing to stand out as a Catholic?	How hard, or easy, is it to trust someone? What happens when that trust is broken?
Hope - Trusting God's promises in prayer and in work for justice.	Do I trust in God and prayer to guide me in my decisions and choices I make every day, especially online?	How can things you post online affect your future? + or -
Charity - The giving of oneself for the caring of others' needs.	Am I able to stand up for what is truly right and just? Do I show charity when someone is in distress?	Who knows of a story like Julie's? What can you do to help someone in some kind or trouble or danger?

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Closing Prayer:

End the lesson with a prayer
God desires that we live in peace, respect, and safe from all that might harm us. Therefore, we eagerly seek His guidance in all aspects of our lives. Let us pray:

Closing Prayer

Come, Holy Spirit, fill the hearts of your faithful. And kindle in them the fire of your love. Send forth your Spirit and they shall be created. And you will renew the face of the earth.

Lord, by the light of the Holy Spirit you have taught the hearts of your faithful. In the same Spirit help us to relish what is right and always rejoice in your consolation. We ask this through Christ our Lord.   Amen.

Parent Take Home Sheets

Citing and Resources

NetSmartz
Online safety tools for educators, parents & kids

NSteens

https://www.netsmartz.org   https://www.nsteens.org

Explore topics such as cyber bullying and online solicitation with our free collection of online videos. Through animation and real-life stories, *NetSmartz* can help you empower the people in your community to make safer decisions online. *NSteens* has real life scenario videos to help teens make better choices.

GKIS GetKidsInternetSafe

Dr. Bennett is a screen safety expert who teaches families how to strengthen relationships AND achieve screen sanity. She is founder and CEO of *GetKidsInternetSafe* and author of *Screen Time in the Mean Time*: A Parenting Guide to Get Kids and Teens Internet Safe and the GKIS Home Starter Workbook.

SCREEN TIME MEAN TIME GKIS HOME STARTER WORKBOOK

Social Media Safety Webinar for Parents of Kids Age 8-18
Parents: Get a solid social media foundation to keep your kids safe and smart online

Join Josh Ochs Next Free Online Safety Webinar - "Smart Social"
Josh Ochs travels the country teaching students, schools, and organizations to use their devices with a purpose, not just a past time. Watch some of his videos on the "good and bad" of apps at SmartSocial.com

FREE WEBINAR: How To Navigate The Negative Effects of Student Social Media (And Help Your Student Shine Online)

common sense media

www.commonsensemedia.org   *about sexting*
Common Sense is the nation's leading nonprofit organization dedicated to improving the lives of kids and families by providing the trustworthy information, education, and independent voice they need to thrive in the 21st century.

SCREENAGERS GROWING UP IN THE DIGITAL AGE

screenagersmovie.com
An award-winning film that probes into the vulnerable corners of family life and depicts messy struggles over social media, video games, and academics. The film offers solutions on how we can help our kids navigate the digital world.

WEBWISEKIDS WISDOM BEGINS WITH YOU

ConnectSafely Smart Socializing Starts Here SafeKids.Com

Childnet International

THINK U KNOW

twinkl

CovenantEyes   *about pornography*

What Can You Do to Keep Your Child Safe?

- Teach your child to engage in constructive conversation and avoid name-calling or bullying.
- Explain what type of information should never be shared online.
- Depending upon the age and maturity level of your child, as well as your relationship with him or her, you might be able to explain why you don't want your child to access certain types of material. For example, the sex depicted in pornographic images isn't generally representative of real life or our Christian values; a young teen may not recognize that difference without your guidance.
- Let your kids know they can come to you for help if they encounter someone or something that makes them feel scared or uncomfortable.
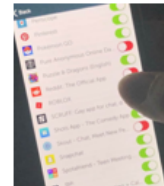
Keep your children safer by making sure to limit the hours that your child can access the internet on his or her mobile device, and make sure to block sites that you don't deem appropriate by using parental controls. It is never too late to talk to your children and teens about apps and social media sites that you feel are inappropriate for them to be using. With good communication and a little help from web sites like Netsanity, NetSmartz, Webwisekids, and Josh Ochs, parents can keep their kids protected and balanced while getting the benefits of being online and using a mobile device!

Many apps allow users to communicate with friends by inputting their contact information; however, many apps can be abused by strangers and online sexual predators if they have a child's email address or phone number. Even when there is no public access or the option to seek out strangers, many kids hand out their user names and emails on other sites when they think it is a friend of a friend. This is one tactic online predators use to gain access to more children.

An app itself may not create any objectionable content, but that is not to say the user on the other end will not send something inappropriate to your child.

Most apps start out as a fun way to connect with friends, but if the user is not careful, online predators can take advantage of this well-meaning form of communication. Always review your child's activity and app usage. If possible, use their apps to familiarize yourself with how it works. You can also check chat history in the app and review older videos, making monitoring past conversations quite simple.

When allowing your child access to communication apps, it is wise to ensure that they understand how they work, who can see their activity, and for how long. Teaching them what is appropriate to share over ANY social media app will go a long way in preventing dangerous behavior.

Online Safety Rules

1. I will not give out personal information such as my address, telephone number, parents' work address/telephone number, or the name and location of my school.

2. I will tell my parents or teacher right away if I come across any information that makes me feel uncomfortable or unsafe.

3. I will never agree to meet with an on-line "friend" off-line (in person) alone. If the person asking to meetup with me is legit, then they won't mind meeting me with my mom, dad, or adult sibling. Unfortunately, sometimes people pretend to be someone they are not.

4. I will never send a person my picture, (in a school uniform or anything else) without first checking with my parents. I will never send a compromising or inappropriate photo of myself, a friend or even someone I don't like. I will never use photo shop to hurt someone.

5. I will not respond to any messages that are mean or in any way make me feel uncomfortable. I will not say hurtful things about others or spread/share any kind of bullying messages.

6. I will follow family rules that are set for my safety and protection. I will be a good online citizen and not do anything that hurts other people or is against the law.

7. I will not give out any of my passwords to anyone (not even my best friend). I will keep my password list current with my parents. When I use a public computer, I will logout of the accounts I've accessed before leaving the terminal.

8. I will check with my parents before downloading or installing software, any App, or doing anything that could possibly hurt our devises or jeopardize my family's privacy.

9. I will remember that there is absolutely nothing that is private online. Delete simply means I cannot see it anymore – it can still be in the Cloud or in someone's screen shot.

10. I will remember that my parents and teachers just want me to be safe and protected. I will remember that my digital profile is what people will see when I want a scholarship, to get into a college, or my future job.

11. I will learn more about online safety and help my parents and siblings stay informed and safe too.

Activity #1 – Teen Social Media Quiz
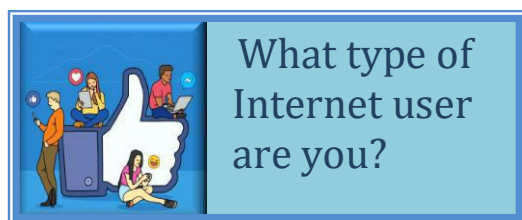
What type of Internet user are you?

A. Couldn't imagine a day without my phone!
B. Social Media is not a huge part of my life. Which one are *you?! A or B?*

How many hours a day are you online or using your cell phone?

- ☐ 30 minutes to an 1 hour
- ☐ 1 - 2 hrs
- ☐ 2 - 3 hrs
- ☐ 3 - 4 hrs
- ☐ 4+ ~ my phone never leaves me

Where is your cell phone when you're asleep?

- ☐ Under my pillow (charging)
- ☐ Next to my bed charging and still on
- ☐ In my bed next to me - I fall asleep with it
- ☐ In my parents' room so I'm not on it
- ☐ Charging next to me but turned off
- ☐ Sometimes I don't even know

How many social media accounts do you have?

- ☐ 2 or 3
- ☐ 8 or less
- ☐ 10 +
- ☐ I don't even know

Who do you talk to the most online?

- ☐ Friends mostly, sometimes family
- ☐ Anyone who will talk to me
- ☐ Other gamers
- ☐ Strangers on forums or chat rooms

You spend most of your time online...

- ☐ Listening to music
- ☐ Gaming
- ☐ Texting with friends
- ☐ Googling
- ☐ Social media posting and sharing
- ☐ Watching YouTube videos
- ☐ In chat rooms
- ☐ Researching for school or information

Check how many of these you have. Circle the ones you use the most.

- ☐ E-Reader
- ☐ MP3 player
- ☐ Smart phone
- ☐ Tablet/iPad
- ☐ Smart watch
- ☐ Gaming station
- ☐ A "simple phone"
- ☐ Computer/laptop

How often do you use email?

- ☐ Everyday
- ☐ Only for school
- ☐ Only when I sign up for a new account or an app on my phone that requires it
- ☐ I have it but I don't check it unless I have to!

Have you ever run into a wall because you were looking down at your phone while walking?

☹ Yes.   ☹ No.   ☺ Maybe.

Everyone is talking about this new app. You...

- ☐ Already have it - you always have it first
- ☐ Download it - if everybody's using it, it must be okay
- ☐ Check it out just to see what everyone's talking about
- ☐ Don't care - you don't really follow the crowd
- ☐ Chat with your mom/dad because they have to approve DLs
- ☐ Wait to see what your friends say about it

When someone sends you a link to a funny quiz, you can't wait to...

- ☐ Take it and share your results
- ☐ Take it but don't share the results
- ☐ Text it to a friend
- ☐ Post it on FB/Twitter/Instagram etc...
- ☐ Post it, depending on what it is and if it should be shared - it might not really be funny!

Your parents took your phone away as punishment for something you did. What is your reaction?

- ☐ Well.... OK, now I have an excuse to ignore people for awhile
- ☐ What? Nooooooooo, I'm gonna die!!!
- ☐ So unfair - My parents are so mean!
- ☐ A week?? Ok, I can do this - breathe.
- ☐ Whatever, I'll just use my friend's phone.
- ☐ That's what tablets are for ~ I can get around my parents.
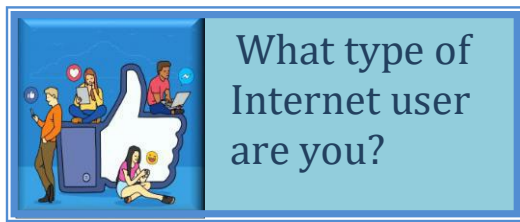
What type of Internet user are you?

A. Couldn't imagine a day without my phone!
B. Social Media is not a huge part of my life. Which one are *you more like?! A or B?*
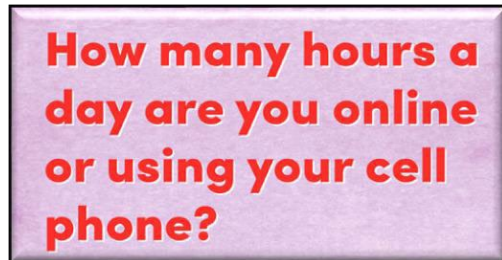
How many hours a day are you online or using your cell phone?

Did you know that there are apps for your phone that keep track of how long you're on social media?
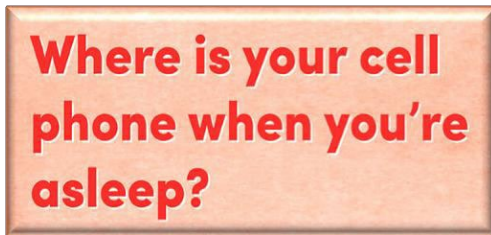
Where is your cell phone when you're asleep?

Cell phones tend to get hot and have caused fires under pillows! Fun fact…Did you know that cell phones actually deprive you of sleep. Studies suggest that staring at your screen before bed can keep you awake longer due to the blue light that is projected.

How many social media accounts do you have?

Get some general reactions

Who do you talk to the most online?

Get some general reactions

You spend most of your time online…

- ☐ *Listening to music Gaming*
- ☐ *Texting with friends Googling*
- ☐ *Social media posting and sharing Watching YouTube videos*
- ☐ *In chat rooms*
- ☐ *Researching for school or information*

Check how many of these you have. Circle the ones you use the most.

Get some general reactions

How often do you use email?

Get some general reactions

Have you ever run into a wall because you were looking down at your phone while walking?

Yes. No. Maybe.

Everyone is talking about this new app. You...

Get some general reactions

When someone sends you a link to a funny quiz, you can't wait to...

Get some general reactions

Your parents took your phone away as punishment for something you did. What is your reaction?

Get some general reactions

Digital Life

Green Zone

Yellow/Grey Zone

Red Zone

This is just a snip of what is out there. It is NOT everything. Please use the following questionnaire sheet and add in other apps that you know about or use that are not listed. Some may have even disappeared already!

** *Please note that if you have been exposed to anything that makes you feel uncomfortable, scared or confused PLEASE tell a parent or safe adult who can help guide you.*

Activity #2 – Digital Questionnaire

1. Name some apps that are sites meant for public sharing of opinions, current affairs, crafts or what you ate for dinner.

   _____

2. What apps do you have to check the box that you are 17 or older for?

   _____

3. What are some apps that have become forums for cyber bullying?

   _____

4. Name some apps that allow you to "chat" with strangers or go on "live" at **any time**.

   _____

5. What "ghost" or vault apps can you use to hide other apps from your parents, teachers, or others?

   _____

6. What apps can be dangerous if used for pornography, sexting or other unsafe activities?

   _____

7. Which apps will help you build a positive cyber profile/image?

   _____

8. What are some fun music or gaming apps?

   _____

Digital Life Footprint: Answers & Questions
Teacher's Guide

Blue = Possible answers but there will be others mentioned
Red = Discussion questions

1. Name some apps that are sites meant for public sharing of opinions, current affairs, crafts/hobbies or what you ate for dinner.

Facebook   Twitter   Snapchat   Instagram   WeChat   Pinterest

What do you think is **too much** information to share online?

2. Which apps do you have to check the box that you are 17 or older for?

iFunny   Monkey   Tinder   Blendr   Ogle   Omegle   Live.me   Afterschool   MyLOL

Why do you think there's an age limit on some apps?

3. Which apps have become forums for cyber bullying?

Kik   iFunny   GroupMe   Snapchat   Twitter   Afterschool

Have you ever experienced any cyber bullying? What did you do about it?

4. Name same apps that allow you to "chat" with strangers or go "live" at any time.

Live.ly   Live.me   Monkey   Yubo   YouNow   Discord   Facebook   Instagram

What are some dangers of open chat rooms? Who do you go to if you are asked to do something inappropriate or dangerous? Should you meet online "friends" offline?

5. Which "ghost" or vault apps can you use to hide from your parents, teacher, or others?

Poof   Calculator%   Clock   SecretLock   Vault

Why do we need to hide certain content?

6. Which apps are dangerous, pornographic, used for sexting, or are unsafe?

TumblrHooked   Blendr   Ogle   Omegle   Live.me

Do you think these types of apps follow our faith and how we should behave? Is it legal to share, post or send pornographic images?

7. Which apps will help you build a positive cyber profile/image?

Facebook   LinkedIn   Pinterest   Blogs   ZeeMee

Why is this so important to your future?

8. What are fun music or gaming apps?

Spotify   Pokemon Go   Fortnite   Angry Birds   Soundcloud

Your Digital Footprint

I can use technology safely, respectfully and responsibly.

A digital footprint is a trail of 'footprints' that you leave behind you every time you go online.

Most of the websites you visit will record your visit by taking a note of your IP (Internet Protocol) address. This is a set of numbers which is unique to your computer.

Think about the ways you use the Internet. Do you visit websites? Do you message friends? Do you download music or post photographs?

Complete your digital footprint by adding all the ways you use the Internet, including what websites you visit regularly. Compare your digital footprint with your friends and family.
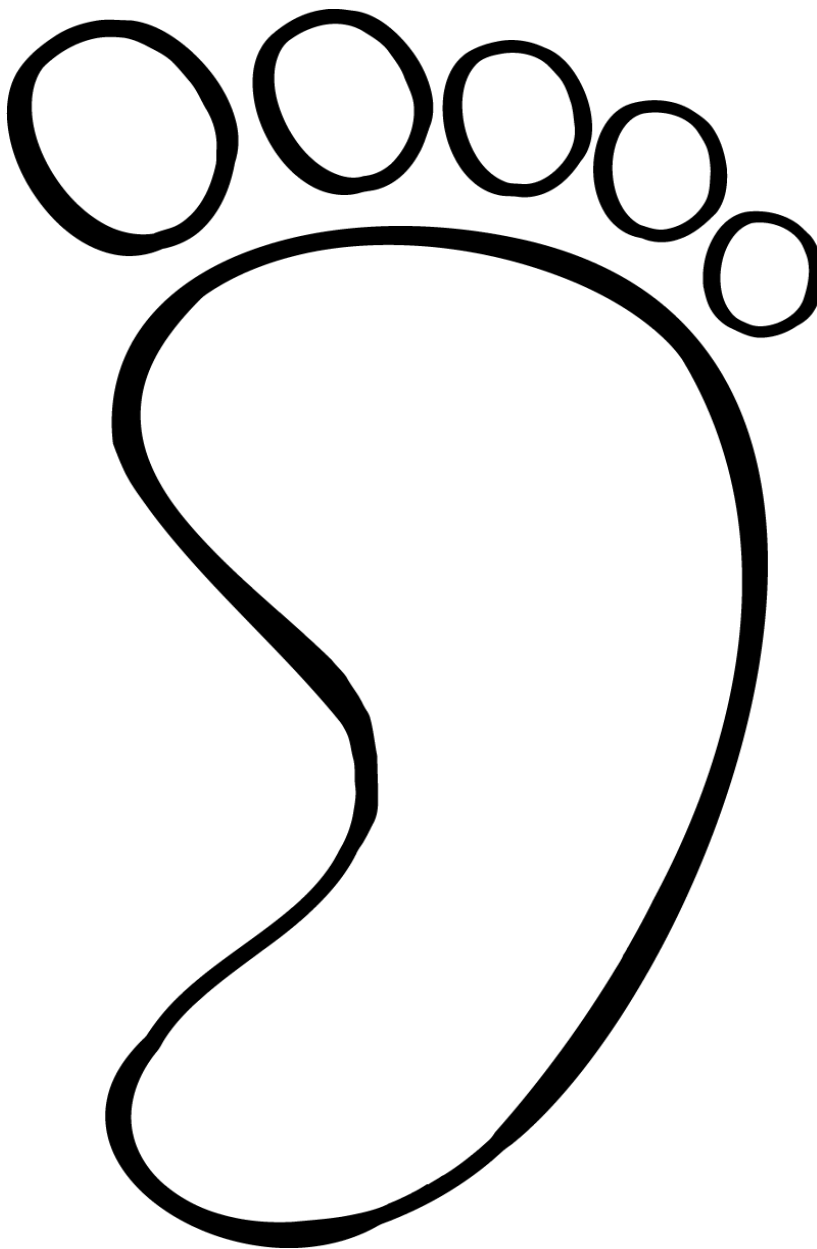
Activity #3

Your Digital Footprint ~ Where Will Yours Lead?

This is your digital footprint. The picture that represents you to your friends, parents, scholarship board, future college, and future employer/s. What do you look like right now? **Draw or write the apps and social media that you are currently using**. Is it all good? What changes could you make to present a "better version" of yourself? **Cross out** [TikTok icon] **the apps** that are bad, over your age, or causing you to waste time or be distracted from your studies or family activities.

Personal Reflection Sheet
"Food for Thought"~ Goals for Using Social Media

After what I learned today, what changes can I make to my digital habits?

Can I cut my internet, texting, chatting, gaming time in half? Can I set some time limits for my online time?

Can I remove some of the apps on my phone? Are there some apps that I should stop using NOW?

Have I Googled my name lately? What does my cyber footprint look like?

What apps will help me build a positive Google search and cyber profile?

What will I do with the time that I free up? For example, spend more time on homework/studying? Spend some time with my family?

Can I take my phone, tablet, computer etc... and show it to anyone: a friend, sibling, parent, teacher? Nothing to hide!

Will I honestly consider reporting something online like a "threat to life," to protect a friend, even if they get mad for a while?

Will I resist bullying and sharing unnecessary things or images online?

Will I respect myself and others and get adult help when I need it - before I get into trouble? Will I speak up when something is wrong!

Can I use the values I've been taught by the Church and my parents to share my faith online and in person?

Activity #4
VIRTUES ~ Living Them On-line

A Virtue is a "**habit of doing good**". A prudent person determines and directs his/her conduct in accordance with their **best** judgment. *CCC - 1803-1845*

As you prepare for Confirmation, the 4 Cardinal and 3 Theological Virtues can help guide you in how you use social media and create your cyber profile. We reflect what we post!

		Yes	No	Sometimes
Prudence - taking all of the facts, weighing them and then doing not necessarily what is easiest, but what is wisest, and Godly.	Do I show prudence in making the wisest choice in what I post, text, chat, snap, and share on social media?			
Justice - Seeking the good, honoring God and neighbor.	Do I gauge my actions when I am angry or upset and want to post something I shouldn't or may regret later?			
Fortitude - Strength to resist temptation, doing what is right with courage and patience.	Have I ever gotten into content that made you feel uncomfortable, scared or confused? Who can I go to if I need to talk?			
Temperance - Balance in use of created things, using them in moderation & for good.	Do I moderate my time on social media - creating a healthy balance of real social time vs. social media time?			
Faith - Belief in God & belief in all He has said & revealed to us.	Do I share my faith online and in school? Am I willing to stand out as a Catholic?			
Hope - Trusting God's promises in prayer and in work for justice.	Do I trust in God and prayer to guide me in my decisions and choices I make every day, especially online?			
Charity - The giving of oneself for the caring of others' needs.	Am I able to stand up for what is truly right and just? Do I show charity when someone is in distress?			

Activity #4 – Teacher(s) Answer Key

VIRTUES and Using Them With my Social Media Life

A Virtue is a "**habit of doing good**". A prudent person determines and directs his/her conduct in accordance with their **best** judgment. *CCC - 1803-1845*

As you prepare for Confirmation, the 4 Cardinal and 3 Theological Virtues can help guide you in how you use social media and create your cyber profile. We reflect what we post!

Teacher's Guide

Prudence - Taking all of the facts, weighing them & then doing not necessarily what is easiest, but what is wisest, and Godly.	Do I show prudence in making the wisest choices in what I post, text, chat, snap, and share on social media?	Have you or someone you know posted something that was regretted later?
Justice - Seeking the good, honoring God and neighbor.	Do I gauge my actions when I am angry or upset and want to post something I shouldn't or may regret later?	Why do you think people post Inappropriate messages and Pictures?
Fortitude - Strength to resist temptation, doing what is right with courage and patience.	Have I ever gotten into content that made you feel uncomfortable, scared or confused? Who can I go to if I need to talk?	What information and images Are not ok to post?
Temperance - Balance in use of created things, using them in moderation & for good.	Do I moderate my time on social media - creating a healthy balance of real social time vs. social media time?	Do you agree; "The internet is a tool that has to be used properly. like a knife, it's very helpful but it can also hurt you."?
Faith - Belief in God & belief in all He has said & revealed to us.	Do I share my faith online and in school? Am I willing to stand out as a Catholic?	How hard, or easy, is it to trust someone? What happens when that trust is broken?
Hope - Trusting God's promises in prayer and in work for justice.	Do I trust in God and prayer to guide me in my decisions and choices I make every day, especially online?	How can things you post online affect your future? + or -
Charity - The giving of oneself for the caring of others' needs.	Am I able to stand up for what is truly right and just? Do I show charity when someone is in distress?	Who knows of a story like Julie's? What can you do to help someone in some kind or trouble or danger?

Parent Take Home Resources

Citing and Resources

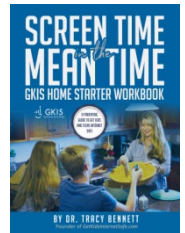**https://www.netsmartz.org**   **https://www.nsteens.org**

Explore topics such as cyber bullying and online solicitation with our free collection of online videos. Through animation and real-life stories, *NetSmartz* can help you empower the people in your community to make safer decisions online. *NSteens* has real life scenario videos to help teens make better choices.

Dr. Bennett is a screen safety expert who teaches families how to strengthen relationships AND achieve screen sanity. She is founder and CEO of *GetKidsInternetSafe* and author of *Screen Time in the Mean Time*: A Parenting Guide to Get Kids and Teens Internet Safe and the GKIS Home Starter Workbook.

Join Josh Ochs Next Free Online Safety Webinar - "Smart Social"

Josh Ochs travels the country teaching students, schools, and organizations to use their devices with a purpose, not just a past time. Watch some of his videos on *the "good and bad" of apps* at SmartSocial.com

www.commonsensemedia.org

about sexting

Common Sense is the nation's leading nonprofit organization dedicated to improving the lives of kids and families by providing the trustworthy information, education, and independent voice they need to thrive in the 21st century.

screenagersmovie.com

An award-winning film that probes into the vulnerable corners of family life and depicts messy struggles over social media, video games, and academics. The film offers solutions on how we can help our kids navigate the digital world.

about pornography
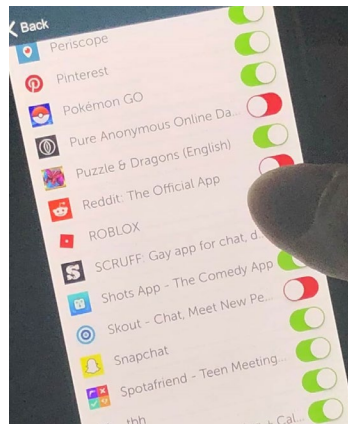
Parent Take Home Resources

What Can You Do to Keep Your Child Safe

- Teach your child to engage in constructive conversation and avoid name-calling or bullying.

- Explain what type of information should never be shared online.

- Depending upon the age and maturity level of your child, as well as your relationship with him or her, you might be able to explain why you don't want your child to access certain types of material. For example, the sex depicted in pornographic images isn't generally representative of real life or our Christian values; a young teen may not recognize that difference without your guidance.

- Let your kids know they can come to you for help if they encounter someone or something that makes them feel scared or uncomfortable.

Keep your children safer by making sure to limit the hours that your child can access the internet on his or her mobile device, and make sure to block sites that you don't deem appropriate by using parental controls. It is never too late to talk to your children and teens about apps and social media sites that you feel are inappropriate for them to be using. With good communication and a little help from web sites like Netsanity, NetSmartz, Webwisekids, and Josh Ochs, parents can keep their kids protected and balanced while getting the benefits of being online and using a mobile device!

Many apps allow users to communicate with friends by inputting their contact information; however, many apps can be abused by strangers and online sexual predators if they have a child's email address or phone number. Even when there is no public access or the option to seek out strangers, many kids hand out their user names and emails on other sites when they think it is a friend of a friend. This is one tactic online predators use to gain access to more children.

An app itself may not create any objectionable content, but that is not to say the user on the other end will not send something inappropriate to your child.

Most apps start out as a fun way to connect with friends, but if the user is not careful, online predators can take advantage of this well-meaning form of communication. Always review your child's activity and app usage. If possible, use their apps to familiarize yourself with how it works. You can also check chat history in the app and review older videos, making monitoring past conversations quite simple.

When allowing your child access to communication apps, it is wise to ensure that they understand how they work, who can see their activity, and for how long. Teaching them what is appropriate to share over ANY social media app will go a long way in preventing dangerous behaviors.

Online Safety Rules

1. I will not give out personal information such as my address, telephone number, parents' work address/telephone number, or the name and location of my school.

2. I will tell my parents or teacher right away if I come across any information that makes me feel uncomfortable or unsafe.

3. I will never agree to meet with an on-line "friend" off-line (in person) alone. If the person asking to meetup with me is legit, then they won't mind meeting me with my mom, dad, or adult sibling. Unfortunately, sometimes people pretend to be someone they are not.

4. I will never send a person my picture, (in a school uniform or anything else) without first checking with my parents. I will never send a compromising or inappropriate photo of myself, a friend or even someone I don't like. I will never use photo shop to hurt someone.

5. I will not respond to any messages that are mean or in any way make me feel uncomfortable. I will not say hurtful things about others or spread/share any kind of bullying messages.

6. I will follow family rules that are set for my safety and protection. I will be a good online citizen and not do anything that hurts other people or is against the law.

7. I will not give out any of my passwords to anyone (not even my best friend). I will keep my password list current with my parents. When I use a public computer, I will logout of the accounts I've accessed before leaving the terminal.

8. I will check with my parents before downloading or installing software, any App, or doing anything that could possibly hurt our devises or jeopardize my family's privacy.

9. I will remember that there is absolutely nothing that is private online. Delete simply means I cannot see it anymore – it can still be in the Cloud or in someone's screen shot.

10. I will remember that my parents and teachers just want me to be safe and protected. I will remember that my digital profile is what people will see when I want a scholarship, to get into a college, or my future job.

11. I will learn more about online safety and help my parents and siblings stay informed and safe too.