



Year 3: Internet Safety Grades 3-5

Preparation: **Review** the lesson completely before beginning instruction.

Preview "Being a Good Digital Citizen!", NetSmartz PowerPoint presentation and Presenter's Manual. This will take more than one viewing because this will support the teaching points of this lesson.

You will need a projector or computer with adequate sound for playing the "Being a Good Digital Citizen!" NetSmartz PowerPoint presentation which includes animated talking videos.

- **Activity #1: "What Do You Like to Do Online?" (10 Minutes)**
 - Run copies for the class of Student Activity #1: "What Do You Like to Do Online?"
- **Activity #2: "Being a Good Digital Citizen!" (30 minutes)**
 - Download the "**Being a Good Digital Citizen!**" NetSmartz PowerPoint
 - Video: [Super Digital Citizen \(1:58\)](#)
- **Activity #3: Sharing Personal Information (10 minutes)**
 - Run copies for the class of Student Activity #3: Sharing Personal Information
 - Video: [Private and Personal Information \(1:20\)](#)
- **Activity #4: Digital Footprints (10 minutes)**
 - Run copies for the class of Student Activity #4: Digital Footprints

Closing Prayer and Parent/Guardian Take Home Activity

Overview of Lesson Plan:

Principle: Digital citizenship begins at an early age. Today's children learn to play fun games, talk to family/friends, search for interesting facts, and travel the world all in the privacy of their homes while navigating the world wide web, the internet. Children are very capable of using computers, tablets, consoles and iPhones at a very early age. "It is exactly because of the good that social media accomplishes that we must be attentive to the nature of its power, a power that can bring ill as well as good."

Parents/guardians/trusted adults must help their children to be safe when online. It is also important that children learn to follow safety rules while on the internet just as they learned the Body Safety Rules to be safe in their daily lives.

Catechism: #2294 "...Science and technology by their very nature require unconditional respect for fundamental moral criteria. They must be at the service of the human person, of his inalienable rights, of his true and integral good, in conformity with the plan and will of God."

#2228 Parents' respect and affection are expressed by the care and attention they devote to bringing up their young children and providing for their physical and spiritual needs. As children grow up the same respect and devotion lead parents to educate them in the right use of their reason and freedom.

Goal: To empower children with the knowledge they need to be safe and responsible on the internet. To encourage children to always aim to be "good digital citizens" in all their online activity. To assist parents/guardians in teaching their children safe and responsible use of the internet.

Objectives: **Children will learn**

- the Four Internet Safety Rules
- to follow the Internet Safety Rules whenever they are online
- to use the internet responsibly.
- to be a good digital citizen

ACTIVITY #1: What do you do online (10 minutes)

Activity #1 What do you do online (10 minutes)

This activity is designed to help students identify their online activity and their knowledge of internet safety. The PRESENTER can use the students' completed worksheet to engage discussion and to introduce today's lesson, **Internet Safety**.

Activity #1: What do you do online (10 minutes)

This activity has been designed to help young students identify the different types of technology they use at home and school. The student's completed worksheet will be used with the **NetSmartz** Presentation to help engage them in a discussion about the use of technology and introduce them to the lesson on **Internet Safety**.

Circle what you use to go online?

Smartphone	Computer/Laptop	iPad/Tablet	Chromebook
Smartwatch	Nintendo Switch	Xbox One	PlayStation



Circle the things your parent/guardian/teacher allows you to do online.

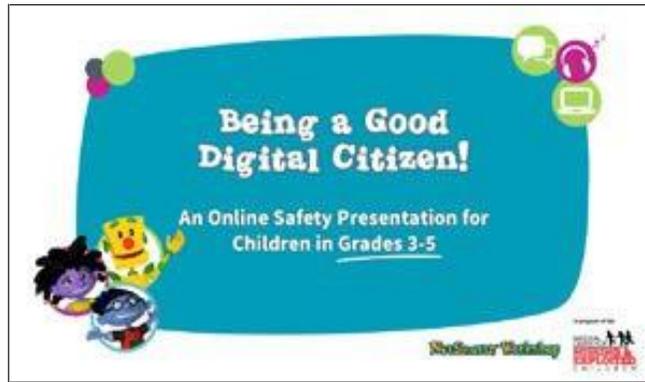
Play Games	Watch YouTube	Read Books
Goggle New Things	Listen to Music	Do Homework
Face Time Family/Friends	Call my parent/guardian	Talk to Siri

Write 3 things you do to be safe when go online.

1. _____
2. _____
3. _____



Slide 1



Presenter Dialogue (Black Text) / NetSmartz Video Dialogue (Green Text)

Note: You may use the suggested dialogue, or you may create your own in the fillable PDF portions of the lesson plan. Note: NetSmartz does not allow you to alter the slide presentation or add slides of your own!

(Slide 1 should be on the screen to begin Activity 2)

SLIDE 1 – PRESENTER DIALOGUE:

PRESENTER: We are going to watch a presentation from NetSmartz that will help you be safe while using all those devices you circled on your activity sheet. The presentation will introduce Webster, Nettie and Clicky, who will tell you about the Four Internet Safety Rules. Let's listen and learn how to be safe online.

Start Video Presentation

Slide 2



(Click to play video.)

SLIDE 2 – VIDEO DIALOGUE: (Green Text)

Video Text

Webster: Oh! Oh! Is it our turn yet?

Nettie: Yes, Webster. Why don't you say hello to our new friends?

Webster: HELLO EVERYBODY! I'M WEBSTER!

Nettie: Whoa! They're right there!

Webster: Sorry, Nettie! I'm just so excited to hang out with kids like us and talk about Internet safety.

Nettie: It is pretty great. We can share all the things we've learned about being good digital citizens and teach them the four rules of Internet Safety.

Webster: Yeah, let's get started!

Clicky: Ahem! Aren't you forgetting something?

Webster: Whoops! Hey, Clicky!

Nettie: Clicky is our trusted adult. He helps us stay safer online.

Webster: And now we're going to help you by teaching you how to UYN: Use Your NetSmartz. That means making smart and safer decisions when you're online. So...now let's get started! OK, Clicky? Clicky: Alright, buddy!

Slide 3



SLIDE 3 – PRESENTER DIALOGUE:

Because there is so much you can do online it’s important to do it safely. You’ll need to know how to look out for yourself and your friends in case you:

- See inappropriate content.
- Are asked to share personal information.
- Are asked to meet someone offline in person.
- Are being cyberbullied by someone online or you are cyberbullying someone.

Although some of these things may seem scary, you can handle them.

Your Notes:

Slide 4



SLIDE 4 – PRESENTER DIALOGUE:

The first thing we’re going to talk about is inappropriate content, like seeing something that makes you feel scared, confused or uncomfortable. You might see people:

- Fighting or hurting each other.
- Using bad language.
- Breaking the rules with pranks or illegal behavior.

For example, when you’re on a website, another window will appear without you doing anything at all. This is called a “pop-up.” You may have seen one while on a gaming site. Pop-ups can have ads for new games, but sometimes they can have inappropriate content. It may be upsetting, but don’t worry.

Now, we are going to learn some ways to deal with inappropriate content.

Your Notes:

Slide 5



SLIDE 4 – PRESENTER DIALOGUE:

Rule #1 is, if anything online makes me feel, scared, confused or uncomfortable, I will:
“Tell a trusted adult!”

To learn more about it, let’s check in with Nettie and Webster.

Your Notes:

Slide 6



(Click to play video.)

SLIDE 6 – VIDEO DIALOGUE: (Green Text)

Video Text

Nettie: When you see something online that makes you uncomfortable, you should tell a trusted adult. But that's not always easy. Some kids are embarrassed to tell or they think they'll get in trouble.

Webster: But a trusted adult is someone who will listen to you. They care about how you feel and want to help.

Nettie: Whenever Webster and I see something that makes us sad, scared, or confused online, we tell Clicky, our trusted adult.

Webster: And it's easier than you'd think. The last time I was online, I saw something that confused me. I closed the browser right away, but I was still upset.

Nettie: What did you do next?

Webster: Well... I went to Clicky. I told him I was typing in the URL to my favorite gaming website, when I accidentally typed in the wrong address. The website that came up instead...ugh! Anyway, Clicky gave me a hug and told me it wasn't my fault. He went to my computer and blocked that site.

Nettie: And he wasn't mad at all?

Webster: Nope! I was really glad I told him. It made me feel a lot better.

Slide 7



SLIDE 7 – PRESENTER DIALOGUE:

If you see something inappropriate online, you should also:

(Click on slide to go to #1)

#1 Turn off the computer’s monitor or the tablet’s screen.

(Click on slide to go to #2)

#2 If you can’t turn off the monitor or screen, move away from upsetting content by using the back button on the browser window or

(Click on slide to go to #3)

#3 Clicking the “X” in the corner to close the browser.

And remember, never share the content with your friends. Think about it: if something upsets you, why would you share it with your friends and upset them too?

Remember it’s NEVER your fault if you accidentally come across inappropriate content.

Your Notes:

Slide 8

**SLIDE 8 – PRESENTER DIALOGUE:**

Now, that we know what to do when we see something inappropriate online, lets practice! I'm going to read some scenarios and I want you to tell me what you would do. Raise your hand if you've got the answer.

Scenario #1

You're in the computer lab and your teacher has just given an assignment to google a research question. Suddenly, an inappropriate picture comes across your screen. What do you do?

(Pause for audience response. Possible responses include: Get the teacher right away to help you turn off the monitor or close the window!)

Scenario #2

You're watching videos online with a friend and a pop-up appears that has bad language. What do you do?

(Pause to let students respond. Possible responses include: Click the "X" button to close the browser; Tell a trusted adult.)

Slide 9

**SLIDE 9 – PRESENTER DIALOGUE:**

“When is it OK to Share?”

The second rule of Internet safety warns you about sharing personal information. First you should know what personal information is.

Distribute “Sharing Personal Information” Worksheet.

Give students instructions on what to do.

Activity #3 Sharing Personal Information (10 minutes)

PRESENTER: One important way to use your NetSmartz is to know how to protect your personal information.

(Distribute Activity #3 worksheets)

Look at your worksheet on sharing personal information.

Personal Information Activity
Grades 3 - 5

An important internet safety rule is to keep your personal information private. However, sometimes we give out personal information without even knowing it.

For each of the pictures below write any personal information you can find.

 <hr/> <hr/>	 <hr/> <hr/>
 <hr/> <hr/>	 <hr/> <hr/>

Slide 10



SLIDE 10 – PRESENTER DIALOGUE:

In the activity you just completed you filled in Personal information like:

- Full Name
- Email address
- Home & school addresses
- Location
- Passwords
- Pictures
- Phone numbers

Your personal information is unique to you. For example, you are the only person with your name who lives in your home and goes to your school.

When you put this information online, you run the risk that someone will find it and use it. Some people use personal information to do harmful things. That is why it is very important to protect your personal information.

Your Notes:

Always check with a parent first if you are online and want to:

- Buy something.
- Download an app.
- Sign up for a game account.

Slide 11



SLIDE 11 – PRESENTER DIALOGUE:

Let’s take a look at sometimes when you may want to share some information online. Tell me if the information is personal, and if so, what you should do next.

Scenario #1

You and your friends made a video. You’ve gotten permission from your parents to post it online, but you watch it one more time before you post it. While you’re watching it, you notice that your home address is in the background.

Is your home address personal information?

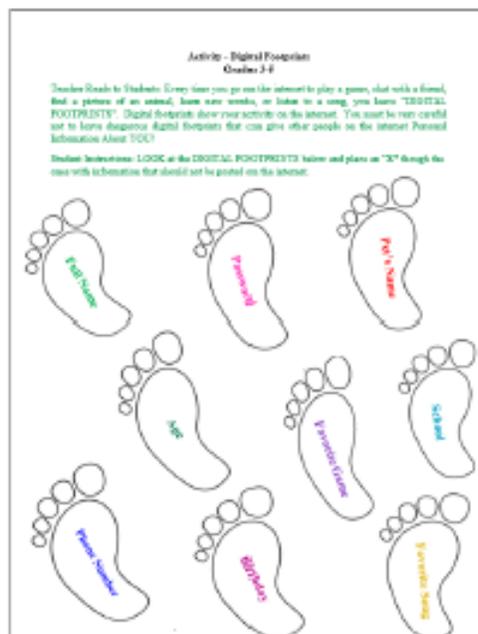
(Pause for response.)

(Answer: Yes.)

What should you do? (Pause for response.)

(Answer: Tell your parents that the address is visible in the video. Get their help blocking it or removing it from the video before posting it.)

Activity #4 - Digital Footprints



Slide 12

**SLIDE 12 – PRESENTER DIALOGUE:****Scenario #2**

Imagine you have an older brother who's lost his cell phone. He's gotten a new cell phone number and wants to share it with his friends. He's thinking about posting it on his social media accounts.

1. Is your brother's cell phone number personal information?

(Pause for response.) (Answer: Yes.)

2. What advice would you give your brother about sharing his cell phone number online? (Pause for response.)

(Answer: It's a bad idea for him to share his phone number online because it makes it a lot easier for people that he may not know to see it.)

Slide 13



SLIDE 13 – PRESENTER DIALOGUE:

Scenario #3

While exploring a virtual world, you meet someone new. You've been writing messages back and forth when suddenly the person asks you what your favorite color is.

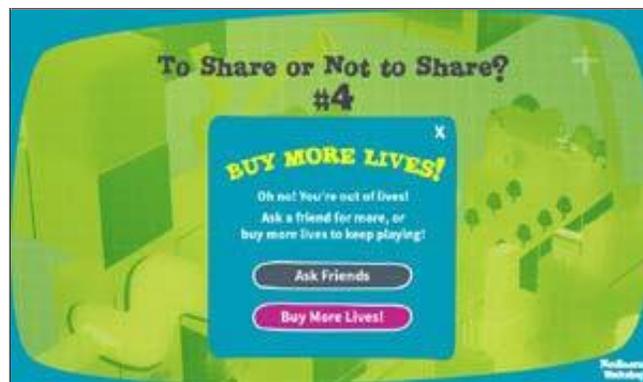
- Is that personal information? (Pause for response.)

(Answer: No, personal information is information that can be used to easily identify you.)

- Is it OK to share this information? (Pause for response.)

(Answer: Yes, but always be careful when talking online to people you don't know. However, if the person keeps asking questions be alert.)

Slide 14



SLIDE 14 – PRESENTER DIALOGUE:

Scenario #4

Imagine you are playing a game on your mom or dad's phone when you see a new window appear asking if you would like to buy extra lives for \$0.99.

Is it asking for personal information? (Pause for response.)

(Answer: Yes, credit card numbers are personal information.)

Can you make the purchase? (Pause for response.)

(Answer: No, it's not OK, you should tell your parents about the pop-up and ask if it's OK first.)

Slide 15



SLIDE 15 – PRESENTER DIALOGUE:

Scenario #5

Your best friend wants you to share the password to your email account.

1. Is your password personal information? (Pause for response.)
(Answer: Yes.)
2. What should you do? (Pause for response.)

(Answer: Don't share passwords with anyone other than your parent or guardian, not even your best friend. Even if your friend means well, he or she could accidentally lose your password letting strangers' into your account.)

Slide 16



**“Should You Meet Face-to Face?”
No Way!!**

SLIDE 16 – PRESENTER DIALOGUE:

Rule #3 warns you to never meet in person with anyone you've only met online. When you meet someone online you don't really know who they are. Many people are honest online, but some aren't, so you have to be careful. If anyone you meet online asks you to meet them face-to-face, say “No!” and immediately Tell A Safe Adult!

Nettie and Webster are going to tell us about another important part of being safe online.

Your Notes:

Slide 17



[Click to play video](#)

SLIDE 17 – VIDEO DIALOGUE:**Video Text**

Webster: You know what's really cool? Nettie and I have online email pen pals at our school.

Nettie: Yup! I have a pen pal who lives in San Diego, California. **Webster:** Was it weird meeting someone online for the first time instead of face-to-face?

Nettie: Well, it *was* different. When you meet someone online, you don't know really know them. You can't see them unless you're using a webcam, so you have to trust that they're telling you the truth about who they are – their name, age, what they look like. So it's always smart to follow some rules when meeting people online.

Webster: Oh, yeah? What kind of rules?

Nettie: Like being careful about sharing personal information.

Webster: Oh! That's a good one. When you're getting to know someone new, they may ask a lot of questions. But that doesn't mean you have to answer all of them.

Nettie: That's right. If anyone you meet online asks you something that makes you feel uncomfortable, you should stop talking to them and tell a trusted adult right away.

Webster: Especially if they ask you to meet them face-to-face.

Nettie: Because that's something kids should never do.

Slide 18

**SLIDE 18 – PRESENTER DIALOGUE:**

We've been learning about keeping ourselves safe online, it is also important that we learn about using good manners online. Some people don't use good manners online and this could lead to cyberbullying. Cyberbullying is using the Internet to be mean to other people.

Can you think of any examples of cyberbullying?

(Pause for audience response.)

- Cyberbullying can also be:
- Saying mean things to people online.
- Players in an online game ganging-up and not to letting another player participate.
- Stealing someone's online identity and pretending to be them.

Never cyberbully anyone; imagine how hurtful cyberbullying can be.

How do you think it feels to be cyberbullied?

(Pause for audience response.)

Do you want to be responsible for hurting someone else?

(Pause for audience response.)

Your Notes:

Slide 19

**SLIDE 19 – PRESENTER DIALOGUE:**

If you're being cyberbullied, it may feel like there's nothing you can do to make it stop. Don't give up, there are steps you can take to stop it:

- Don't respond to mean messages.
- Save the message to show a trusted adult.
- Report the website or app.
- Tell a Trusted Adult about how being bullied made you feel because they can help you figure out ways to make you feel better.

Your Notes:

Slide 20



Click to play video

SLIDE 20 – VIDEO DIALOGUE:**Video Text**

Nettie: A bystander is someone who stands by when someone else is being cyberbullied.

Webster: I've definitely been a bystander. Once a cyberbully started picking on one of my friends in an online game. He tried to get everyone in the game to ignore my friend and keep him from playing.

Nettie: That's terrible! What did you do?

Webster: I asked the other gamers to think about how they would feel if they were cyberbullied. Everybody agreed we wouldn't like it. So why do it to someone else?

Nettie: Good idea, Webster. You should treat people online how you want to be treated.

Webster: Thanks! I also told Clicky what happened and he helped me report it to the game website.

Nettie: When one of my friends was being cyberbullied, I told a PRESENTER. I wanted my friend to know I cared.

Webster: Oh, yeah! That's important. I showed my friend I cared by leaving nice comments on his page.

Nettie: That's great! Kids who are being cyberbullied need to know they aren't alone online.

Webster: Or offline. That's why I walked with him in the hallway and sat with him at lunch, too.

Nettie: Sounds like you really stood up for your classmate. Good job, Webster!

Webster: Thanks, Nettie. But I just did what any good digital citizen would do!

In the video, Webster said he did what any good digital citizen would do. Good digital citizen uses good online manners.

Slide 21



SLIDE 21 – PRESENTER DIALOGUE:

Always focus on being a good digital citizen by:

- respecting the people you game, text and chat with.
- using nice language and say kind things.
- never typing in all caps because that means yelling online.
- using happy emojis.
- Not spreading rumors or make negative comments.

Your Notes:

Slide 22



**“Be a Good Digital Citizen”
Use good netiquette and don’t be rude or mean!**

Your Notes:

Slide 23

**SLIDE 23 – PRESENTER DIALOGUE:**

That's the last of the four rules – but let's go over them one more time.

The first rule is, repeat after me, I will **(Pause, they repeat.)** tell my trusted adult **(Pause, they repeat.)** if anything makes me feel sad, scared or confused.

(Pause, they repeat.)

Can anyone remember what else they should do if they see something upsetting online?

(Pause for audience response. Answer: Turn off the monitor, close the window or hit the back button.)

The second rule is –

I will **(Pause, they repeat.)** ask my trusted adult **(Pause, they repeat.)** before sharing information **(Pause, they repeat.)** like my name, address and phone number. **(Pause, they repeat.)**

Can someone give me an example of when they might want to share their personal information?

(Pause for audience response. Answer: If you have your parent's permission, you can share personal information online.)

The third rule is –

I will not **(Pause, they repeat.)** meet face-to-face **(Pause, they repeat.)** with anyone from the Internet. **(Pause, they repeat.)**

Can anyone tell me why it's a bad idea to meet face-to-face with someone you first met online?

(Pause for student response. Answer: People may not tell the truth about themselves online.)

The fourth rule is –

I will always **(Pause, they repeat.)** use good netiquette **(Pause, they repeat.)** and not be rude or

mean online. **(Pause, they repeat.)**

Can someone give me an example of what advice they would give a friend to keep them from cyberbullying someone?

(Pause for audience response. Answer: Always treat others with respect online.)

Great! Now that we've reviewed the rules, let's see if our friends have anything to say before we finish for the day.

Your Notes:

Slide 24



Click to play video

SLIDE 6 – VIDEO DIALOGUE: (Green Text)

Video Text

Clicky: You two did a great job today.

Nettie: Thanks! It was great meeting all of you and talking about Internet safety.

Webster: Yeah! We had so much fun.

Nettie: We learned how to UYN...

Webster: Use Your NetSmartz!

Nettie: When you're online.

Clicky: If you follow the four rules of Internet safety, you can protect yourself and your friends.

Webster: And make the Internet a better place for everyone!

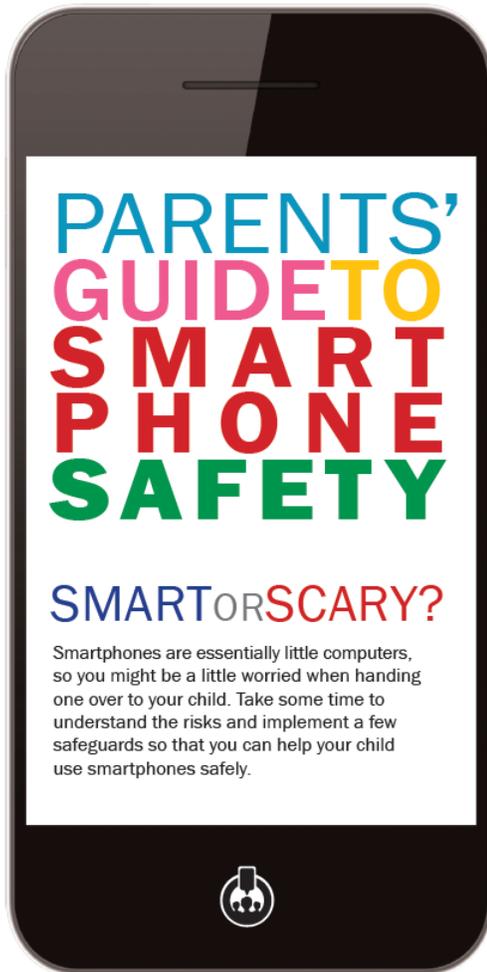
Nettie: You can learn more about how to UYN at NetSmartzKids.org. It's got lots of fun games, videos, activities, and more.

Webster: We hope to see you there!

All: Bye! So long! See ya! UYN!

Closing Prayer / Take Home Activity

For the complete Parent Article, [click here](#).



THE RISKS

- **CYBERBULLYING**
With the constant connectivity of smartphones, your child may be more susceptible to cyberbullying or have more opportunities to cyberbully others.
- **GEOLOCATION**
A GPS-enabled smartphone can reveal your child's location through online posts and uploaded photos.
- **INAPPROPRIATE CONTENT**
With smartphones, your child has mobile access to content you may consider inappropriate, such as pornography or violent videos.
- **SEXTING**
Your child may use the Internet and social apps to send, receive, or forward revealing photos.
- **VIRUSES & MALWARE**
Just like a computer, a smartphone is vulnerable to security attacks if your child accesses unsecured websites and apps.

5 WAYS TO BE SMARTER THAN THE SMARTPHONE!

- 1. Be a parent and a resource.**
Establish clear guidelines, including time limits and consequences for inappropriate behavior, but be open so your child will come to you with any problems.
- 2. Set up password protection.**
This will keep everyone but you and your child from accessing personal information stored on the phone.
- 3. Update the operating system.**
New versions often contain important security fixes.
- 4. Approve apps before they are downloaded.**
Make sure you understand their capabilities and approve their content.
- 5. Understand location services.**
GPS features are useful when using maps, but you'll want to disable location-tagging when your child posts anything online.

For more resources visit NetSmartz.org/TipSheets

Copyright © 2012-2015 National Center for Missing & Exploited Children. All rights reserved.

A program of the



End of Lesson Plan:

Closing the lesson with a prayer recited by the whole class focuses each student on the importance of personal faith and a relationship to God through prayer. PRESENTER write the prayer below on the board and recite together.

Dear Jesus, help me to live
in faith, obedience, and love.
Help me to always follow your commandments,
to do what is right and keep away from all that is wrong.
Empower me to live always as a child of God.

Activity #1: What do you do online (10 minutes)

This activity has been designed to help young students identify the different types of technology they use at home and school. The student's completed worksheet will be used with the NetSmartz Presentation to help engage them in a discussion about the use of technology and introduce them to the lesson on **Internet Safety**.

Circle what you use to go online?

Smartphone

Computer/Laptop

iPad/Tablet

Chromebook

Smartwatch

Nintendo Switch

Xbox One

PlayStation



Circle the things your parent/guardian/teacher allows you to do online.

Play Games

Watch YouTube

Read Books

Goggle New Things

Listen to Music

Do Homework

Face Time Family/Friends

Call my parent/guardian

Talk to Siri

Write 3 things you do to be safe when going on online.

1. _____
2. _____
3. _____



Personal Information Activity

Grades 3 - 5

An important internet safety rule is to keep your personal information private. However, sometimes we give out personal information without even knowing it.

For each of the pictures below write any personal information you can find.





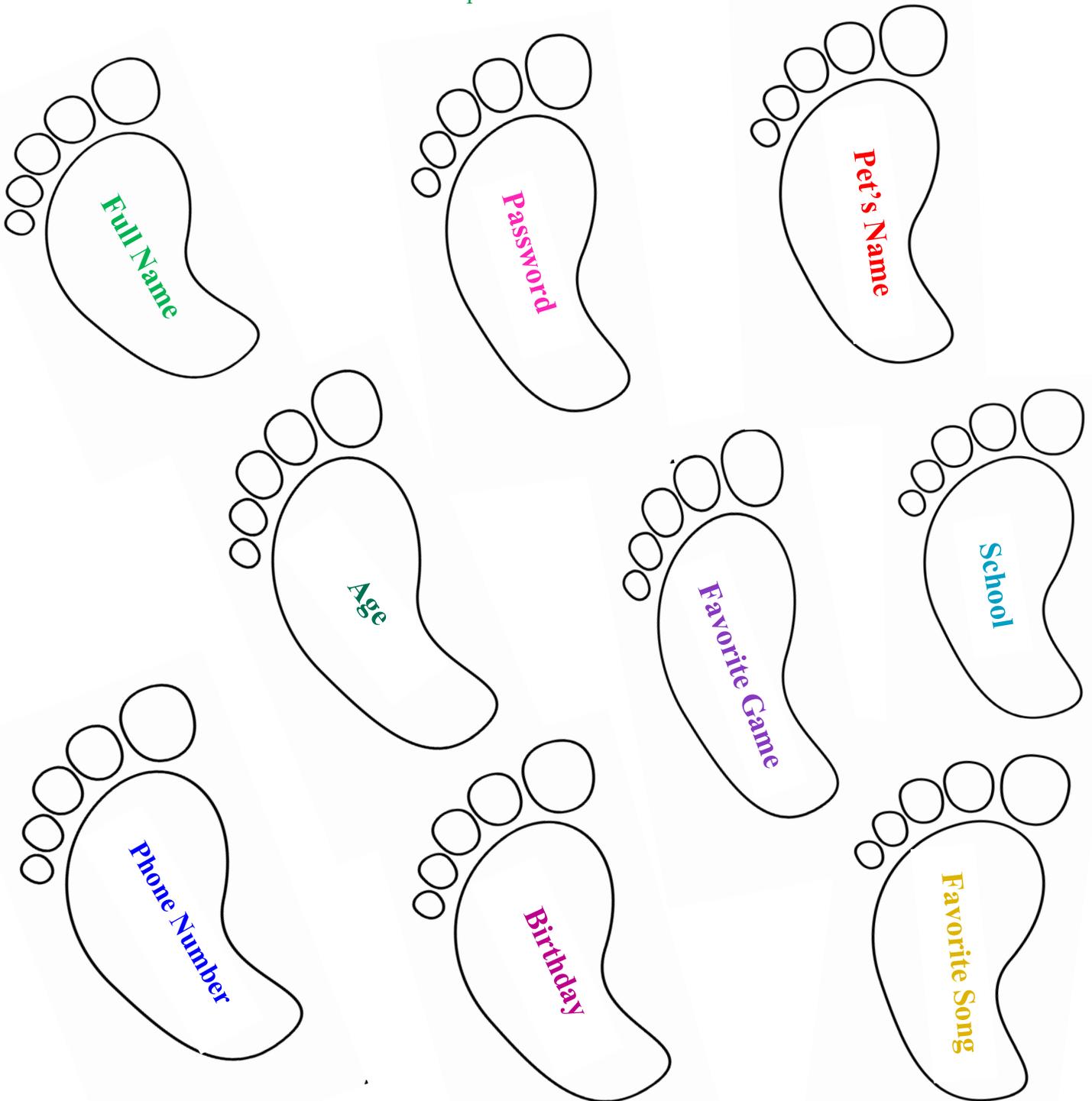




Activity - Digital Footprints Grades 3-5

Teacher Reads to Students: Every time you go on the internet to play a game, chat with a friend, find a picture of an animal, learn new words, or listen to a song, you leave “DIGITAL FOOTPRINTS”. Digital footprints show your activity on the internet. You must be very careful not to leave dangerous digital footprints that can give other people on the internet Personal Information About YOU!

Student Instructions: LOOK at the DIGITAL FOOTPRINTS below and place an “X” through the ones with information that should not be posted on the internet.



PARENTS' GUIDE TO SMART PHONE SAFETY

SMART OR SCARY?

Smartphones are essentially little computers, so you might be a little worried when handing one over to your child. Take some time to understand the risks and implement a few safeguards so that you can help your child use smartphones safely.



THE RISKS

▪ CYBERBULLYING

With the constant connectivity of smartphones, your child may be more susceptible to cyberbullying or have more opportunities to cyberbully others.

▪ GEOLOCATION

A GPS-enabled smartphone can reveal your child's location through online posts and uploaded photos.

▪ INAPPROPRIATE CONTENT

With smartphones, your child has mobile access to content you may consider inappropriate, such as pornography or violent videos.

▪ SEXTING

Your child may use the Internet and social apps to send, receive, or forward revealing photos.

▪ VIRUSES & MALWARE

Just like a computer, a smartphone is vulnerable to security attacks if your child accesses unsecured websites and apps.

5 WAYS TO BE SMARTER THAN THE SMARTPHONE!

1. Be a parent and a resource.

Establish clear guidelines, including time limits and consequences for inappropriate behavior, but be open so your child will come to you with any problems.

2. Set up password protection.

This will keep everyone but you and your child from accessing personal information stored on the phone.

3. Update the operating system.

New versions often contain important security fixes.

4. Approve apps before they are downloaded.

Make sure you understand their capabilities and approve their content.

5. Understand location services.

GPS features are useful when using maps, but you'll want to disable location-tagging when your child posts anything online.

For more resources visit NetSmartz.org/TipSheets

Copyright © 2012-2015 National Center for Missing & Exploited Children. All rights reserved.

A program of the

NetSmartz Workshop

NATIONAL
CENTER FOR
MISSING &
EXPLOITED
CHILDREN