



Year 3: Internet Safety Grades 6-8

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

Preview “Internet Safety: Tweens!”, NetSmartz PowerPoint presentation and Presenter’s Manual. It will take more than one viewing because the video will support the teaching points of this lesson.

You will need a projector or computer with adequate sound for playing, the “Internet Safety: Tweens!” NetSmartz PowerPoint presentation which includes animated talking videos.

- **Activity #1: “Emails: What to open/delete?/Discussion (10 Minutes)**
 - Run copies for the class of Student Activity #1: “What Do You Like to Do Online?”
 - Video: [Online Targeting and Tracking Animation \(2:15\)](#)
- **Activity #2: “Internet Safety Tweens!” and Personal Information Worksheet (30 minutes)**
 - Download the “**Internet Safety: Tweens!**” NetSmartz PowerPoint
 - Run copies for the class of Student Activity #2: Personal Information
- **Activity #3: Cyber-Bullying Video (5 minutes)**
 - https://www.youtube.com/watch?time_continue=2&v=916K8xRxQZw
- **Activity #4: “Internet Safety BINGO” (10 minutes)**
 - Run copies of the Internet Safety BINGO sheets

Closing Prayer and 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 internet Safety as they constant goal whenever they are online. To assist parents/guardians vigilant and consistent in teaching their children the safe and responsible use of the internet.

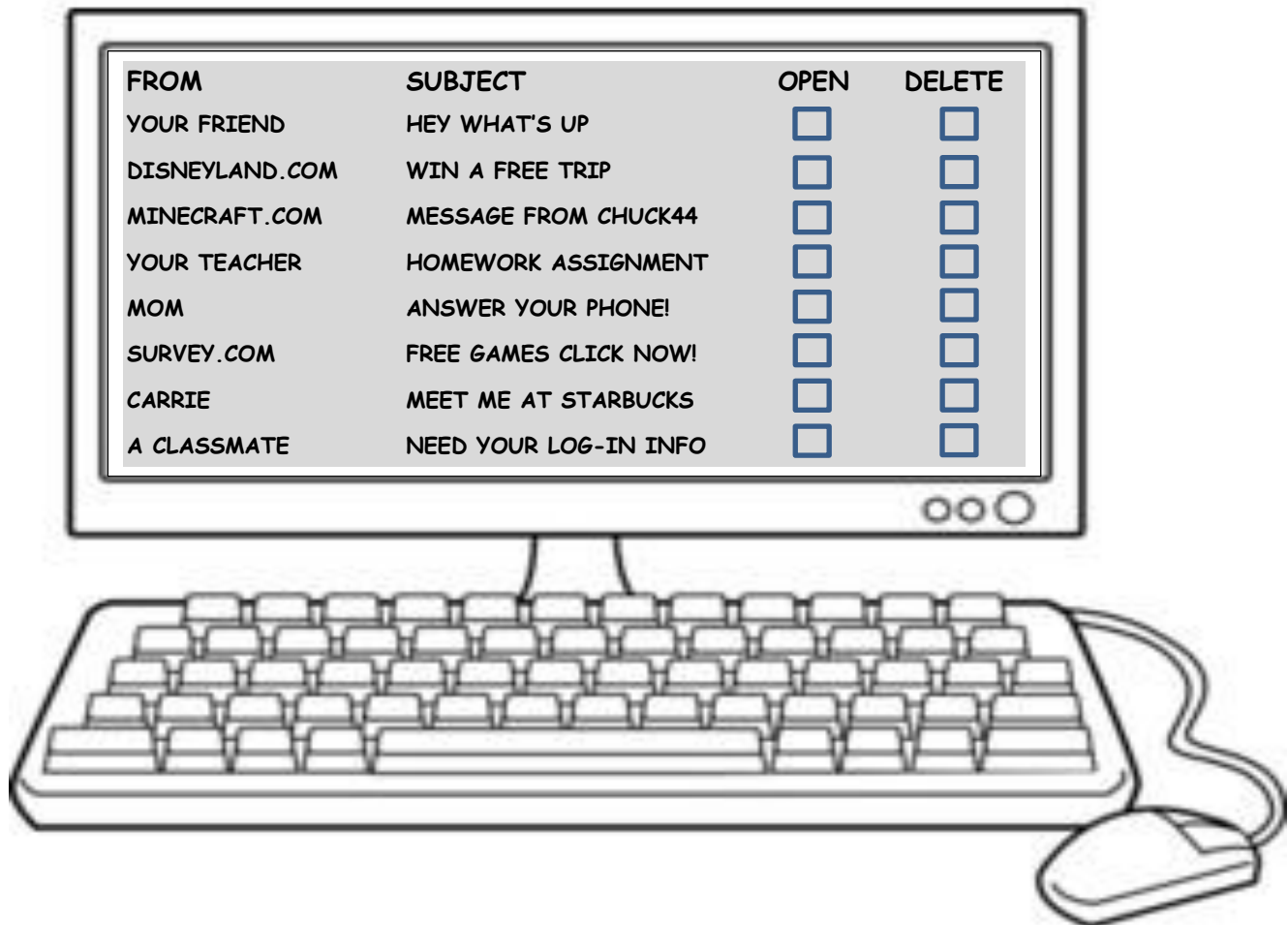
Objectives: **Students will learn**

- why internet safety is important
- what internet risks are and how to avoid them
- to define personal information and how to protect it
- how to avoid and report cyberbullying

ACTIVITY #1: Emails: Which to open/delete?**(10 minutes)****Activity #1: Emails: What to open/delete?**

Look at the computer below. There are emails on the computer stating who they are from and the subject. If an email says “your” assume it’s someone you know. Read the information and decide which emails to open and which to delete then check the appropriate box.

Discuss with the class the emails they opened and the ones they deleted. Have students explain their responses. Encourage class discussion by having other class members agree or challenge the responses of their classmates.



Slide 1



The activity we just completed shows that people you know and don't know can contact you through your email. Knowing which ones to answer and which ones to delete is very important because it is one way we stay safe online.

We are going to watch a presentation from NetSmartz that will help you to know about internet safety.

Slide 2



Internet safety is important, even if you have learned about it before because:

- The Internet is always changing, so it is important to learn new ways to be safe.
- As you get older, you will face more challenges and even dangers.

Today we'll be talking about:

- How posting something inappropriate online can have serious consequences.
- What kind of personal information is not OK to post and how to protect your privacy?
- What to do if you get unwanted requests from an older teen or adult.
- Why we all need to work together to stop cyberbullying.

Slide 3



What are some of the things you like to do online?

How many of you like to:

- Text or play games on your cell phone or your parent's phone?
- Use Google to help with your homework?
- Game online with a computer, PlayStation 4 or Xbox?
- Download music from iTunes?
- Watch videos on YouTube?
- Play in a virtual world like Fortnite or Minecraft?
- Chat with family and friends on Skype or Facetime?
- Use a social media site or app like Instagram or Twitter?

Slide 4



No matter what you like to do online, there's one rule that applies to any situation: avoid the risks!

Some examples of taking risks are:

- Sending mean messages, like cyberbullying.
- Posting inappropriate pictures.
- Talking to people you don't know.
- Visiting adult sites.

Slide 5

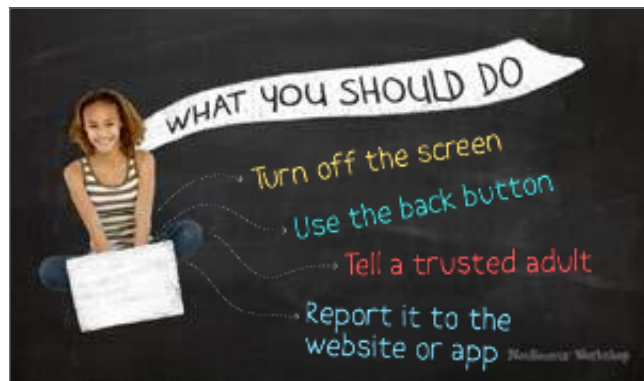


Seeing things you don't want to see is one of the risk to be avoided. This is called inappropriate content and it can include:

- **Adult activities**
- **Violence**
- **Hate speech**
- **Risky or illegal behaviors like dangerous stunts or drinking games.**

Seeing any of these could make you feel scared, uncomfortable or confused.

Slide 6



If you do come across inappropriate content online, you can:

- **Turn off the screen.**
- **Use the back button.**
- **Tell a trusted adult.**
- **Report it to the website or app where you found it.**

Slide 7



There is also inappropriate information that YOU shouldn't share online such as:

- Embarrassing things about you or other people.
- Revealing pictures.
- Pranks.
- Illegal behavior (drugs, alcohol, etc.).
- Hate speech.

Posting these things online means you may:

- Get a bad reputation.
- Be punished at home, at school or even by the law.
- Hurt your chances of getting into college or getting a job in the future.

Slide 8



(Double-click to show video.)

Slide 9



Remember to think before you post. Once you post something online, **YOU CAN'T TAKE IT BACK**. One good trick is to ask yourself, "Do I want my parents, grandparents or teachers seeing this?" If not, you shouldn't post it.

Slide 10



It is very important to protect your privacy online. Avoid posting too much online - that includes information and pictures. Revealing too much about yourself online is risky because:

- It can spread very quickly.
- It can reach people you may not want it to.

Now let's watch a video, that will show you just how quickly information can spread and how risky that can be.

Slide 11



(Double-click to show video.)

Slide 12



Did you see how quickly the rumor about Allie's crush spread around the school. Anything you post can spread much further than your school in a matter of seconds. That's why you should avoid sharing any personal information online.

Slide 13



There is also security risk if you share too much personal information online:

- Become the victim of an online scam.
- Or have your computer or online accounts hacked.

You should also be careful not to share your family or friends' personal information online either.

ACTIVITY #2: Personal Information**(10 minutes)****Activity #2: Personal Information**


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.


Personal Information Activity
Grades 6-8


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Slide 14



How many of you have a profile on a social media site, play in the virtual world or have a gaming account? (Pause for response.)

If you do, make sure you're

- not sharing too much personal information,
- using your privacy settings,
- accepting only friends you know and
- avoiding jokes that sound like threats.

Slide 15



Now let's talk about who you are talking to. It's important to understand that some people don't have the best intentions and may ask you to do things you don't want to do. This is called an inappropriate request.

No matter who makes the request a peer, an adult, a stranger, or a friend-you have the right to say "NO"

Slide 16



If anyone is asking you for personal information or sends you anything that makes you feel uncomfortable, scared or confused, you should block or unfriend them and report the inappropriate behavior to the website and immediately tell a trusted adult .

Slide 17



Not everyone online has bad intentions, but you should still be careful when talking to people you don't know. And even if the request doesn't come from an adult, you shouldn't meet offline. Watch this video to see how some new online friends can raise some red flags.

Slide 18



(Double-click to show video.)

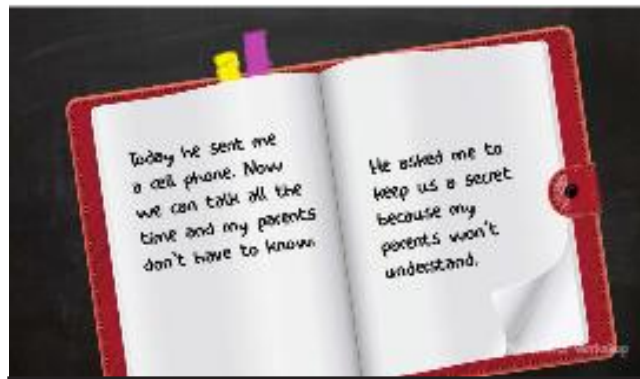
Slide 19



Some people may try to meet you offline by flattering you and pretending they care. This is called “grooming.” Don’t trust anyone who tries to:

- Send gifts through the mail, like bus tickets, cell phones or webcams.
- Turn you against your family and friends.
- Make you feel guilty or ashamed.
- Talk about adult things.
- Share or ask for revealing pictures.

Slide 20



Now let's take a look at this journal entry from a teen writing about someone they met online:

Can you see any signs that the teen is being groomed?

(Pause for response. If you need to prompt the audience, use the answers below.)

Grooming signs include:

- Getting a cell phone.
- Talking all the time.
- Keeping secrets from parents.
- Thinking parents won't understand.

Slide 21



Remember in the video of Kean and the girl he befriended online? The girl online was asking him to do things that made him uncomfortable and confused. If this happened to you what do you think you should do? What did his friends advise him to do?

- Block them.
- Do not accept her as a friend.
- Do not agree to meet them offline.
- Tell a parent/trusted adult.

Activity #3: Cyber-Bullying Video

(5 minutes)

PRESENTER: Today we talked about ways you can be safer online. Now let's talk about a little bit more about cyber-bullying. We are going to watch a short video that will help you understand more about this dangerous online activity.



Presenter:

Cyber-bullying is a very important topic and there are some things I really want you to remember:

- “Think Before You Post”.
- If you are being cyber-bullied block and report the content to a trusted adult.
- Finally, if you see cyber-bullying happening “Speak Up” and “Speak Out” in a positive manner.

Activity #4: Internet Safety Game

(10 minutes)

Preparation for Internet Safety Bingo:

There are ten templates with two Bingo cards on each sheet. Each template has the answers in a different pattern so be sure to copy all ten templates. It is suggested that you copy them on cardstock. Cut each sheet in half.

Instructions for playing Internet Safety Bingo:

Distribute an Internet Safety Bingo card to each student

Tell students:

- that you will read sentences that can be answered or completed by the words in the squares on their bingo card.
- to mark an **X** in the squares when they have found the answer.
- the first one to get **4** squares horizontally, vertically, or diagonally should raise their hand and say: "Internet Safety."

TEACHER:

- Read Internet Safety Bingo questions from the list until you have you the first winner.
- Have the winner read both the number and the answer from their winning squares and check it against the Answer Key.
- Continue the game, if time permits, to encourage further student participation and to reinforce the content of the lesson.

INTERNET SAFETY			
B I N G O			
Trusted Adult 1	Internet is Always Changing 2	Can't Take it Back 3	Privacy Settings 4
Personal Information 5	Website/App Where it Appeared 6	Cyber-Bullying 7	Risky 8
Or Even <u>By</u> the Law. 9	Your Password 10	People You Don't Know 11	Meet Them In-Person 12
Hate Language, Nudity or Violence 13	Phishing 14	Post 15	Grooming You 16

[Download the Bingo Sheet Cards](#)

**INTERNET SAFETY BINGO
QUESTIONS/ANSWER KEY**







1. When you see anything online that makes you feel uncomfortable, scared or confused who should you tell a... **Trusted Adult**
2. Studying internet safety is important because the... **Internet Is Always Changing**
3. Once something is posted, even if you erase it afterwards you... **Can't Take It Back**
4. What settings should you use to protect your online privacy?... **Privacy Settings**
5. Your name, address, school, and phone number is called... **Personal Information**
6. If you see an app with inappropriate content you should report it to your teacher/parent, and the... **Website/App Where it Appeared**
7. Sending a mean or hurtful message online is called?... **Cyber-Bullying**
8. Talking to people you don't know online can be very... **Risky**
9. If you post inappropriate content online you may be punished at home, school... **Or Even by the Law**
10. What is private and personal that you use to go online and should never be shared, except with a parent/guardian?... **Your Password**
11. You should never send pictures or videos of yourself, friends or family members, to... **People You Don't Know**
12. If someone befriends you online never... **Meet Them In-Person**
13. What are some types of inappropriate content you might see online?... **Hateful/Bad Language, Nudity or Violence**
14. If someone you don't know emails you request for information about yourself or your family, be careful because it may be a scam called... **Phishing**
15. Always remember to "Think Before You... **Post**"
16. If someone you meet online flatters you and pretends to be your friend be careful they could be... **Grooming You**

Closing Prayer / Take Home Activity

For the complete Tip Sheet, [click here](#)

Tips:

NetSmartz.org/TipSheets

Gaming Safely

Parental involvement is critical when it comes to helping children game more safely. Take an active interest in the games that your child plays and wants to buy. You can research games' ratings and content on www.esrb.org. This website is maintained by the Entertainment Software Rating Board which rates thousands of games each year.

Know which safety features are available on the gaming equipment that your child uses—a headset may have voice-masking features, for example.

Keep gaming consoles in an easy-to-supervise location and be aware of other places where your child may be accessing games.

Tell your child never to give out personal information while gaming or agree to meet anyone outside of the game.

Set rules about how long your child may play, what types of games are appropriate, and who else may participate.

Have your child check with you before using a credit or debit card online.

Check to see if the games your child plays have reporting features or moderators.

Start a discussion with your child

- » Can we play some of your favorite games together?
- » How do you respond if someone bothers you while you are gaming?
- » How much do you let people know about you while gaming?
- » What kinds of people do you game with?
- » Do you feel safe while you are gaming online? Why or why not?

NetSmartz Workshop
A PROGRAM OF THE
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End of Lesson Plan:

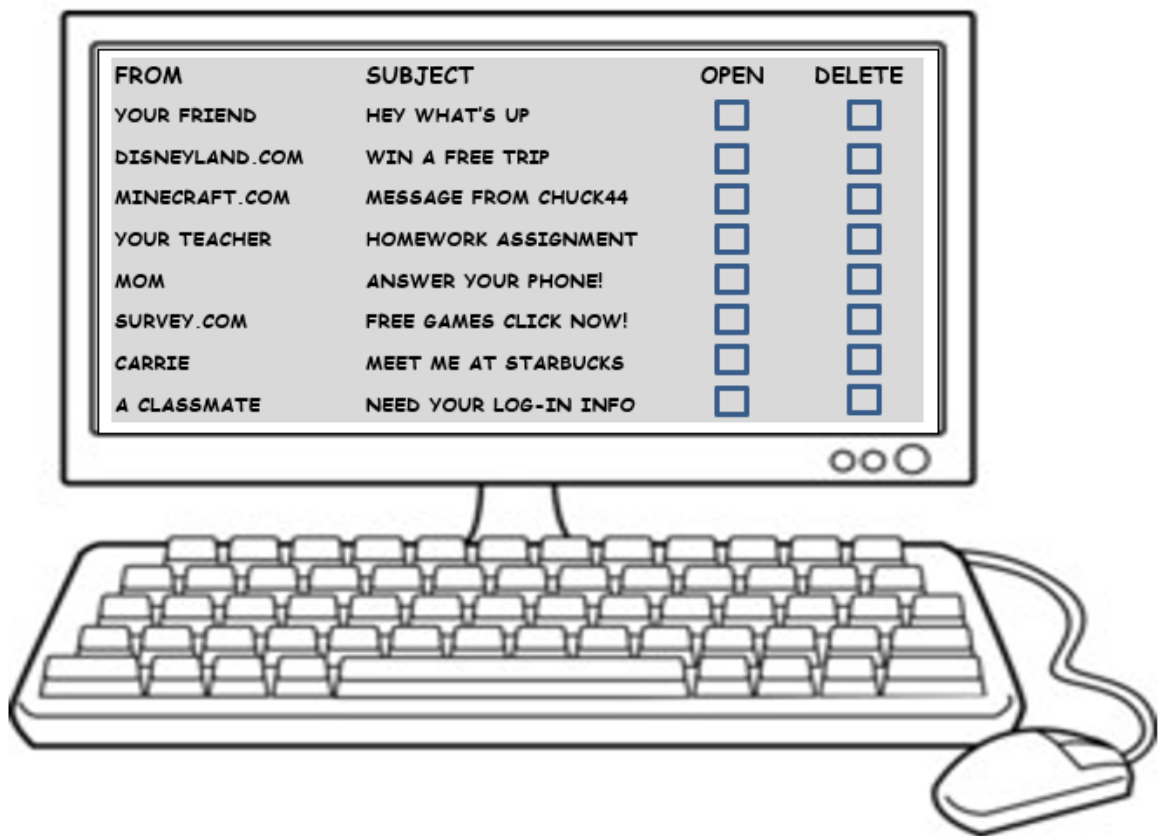
Closing the lesson with a prayer recited by the whole class focuses each student on the importance of personal faith and a relationship to God through prayer. PRESENTER write the prayer below on the board and recite together.

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.

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Activity #2 - Personal Information

Grades 6-8

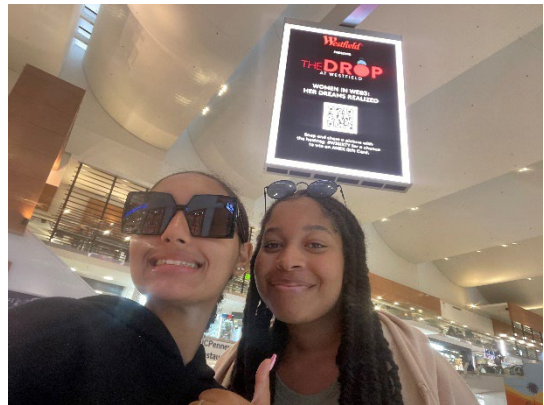
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