



KidsHealth.org/classroom

Teacher's Guide

This guide includes:

- Standards
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- Discussion Questions
- Activities for Students
- Reproducible Materials

Standards

This guide correlates with the following National Health Education Standards:

Students will:

- Comprehend concepts related to health promotion and disease prevention to enhance health.
- Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.
- Demonstrate the ability to access valid information and products and services to enhance health.
- Demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.
- Demonstrate the ability to use decision-making skills to enhance health.
- Demonstrate the ability to use goal-setting skills to enhance health.
- Demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.
- Demonstrate the ability to advocate for personal, family, and community health.

National Health Education Standards:
<http://www.cdc.gov/healthyschools/sher/standards/index.htm>

Middle schoolers are increasingly independent, social, and online. It's a recipe for fun, but it can lead to trouble. Students need to understand that impulsive behavior online can jeopardize their identities, reputations, and safety. And improper use of a computer can cause physical problems as well. These activities will encourage your students to think critically about online safety.

Related KidsHealth Links

Articles for Kids:

Safe Cyberspace Surfing

KidsHealth.org/en/kids/internet-safety.html

Your Online Identity

KidsHealth.org/en/kids/online-id.html

Carpal Tunnel Syndrome

KidsHealth.org/en/kids/carpal.html

Articles for Teens:

Online Safety

TeensHealth.org/en/teens/internet-safety.html

Protecting Your Online Identity and Reputation

TeensHealth.org/en/teens/online-id.html

Cyberbullying

TeensHealth.org/en/teens/cyberbullying.html

Technology: 5 Ways to Reboot Yourself

TeensHealth.org/en/teens/reboot.html

Texting on the Move

TeensHealth.org/en/teens/texting.html

Repetitive Stress Injuries

TeensHealth.org/en/teens/rsi.html

Discussion Questions

Note: The following questions are written in language appropriate for sharing with your students.

1. What kinds of things do you like to do online on your computer or mobile device? How are your online activities different from when you were younger?
2. How "permanent" do you think things you text or write online are? When you post a picture or a comment, then delete it a few days later, is it gone forever?
3. If someone you make friends with online asks you to send your photo, should you? What if an online friend asks you how old you are? Is it OK to give your age, last name, street address, e-mail address, phone number, or other personal facts? What would you do?
4. What are the qualities of a strong password?



Activities for Students

Note: The following activities are written in language appropriate for sharing with your students.

Don't Go, Jo!

Objectives:

Students will:

- Learn why it's never safe to meet online "friends" in person
- Practice writing a persuasive argument

Materials:

- Computer with Internet access
- Word processing program or pen and paper
- "Don't Go, Jo!" handout

Class Time:

- 30 minutes

Activity:

"Going to the lake @ 8 to meet him! TTYL <333"

That's the text you just got from your friend, Jo. And you know exactly who she's talking about. It's that guy she met in a chat room who says he looks just like Justin Bieber. She's been telling you some of the things he says online, and you're totally creeped out. And now she's going to meet him?! You check your watch. It's 7 o'clock, which means you have exactly one hour to change her mind. You decide on a Plan A and a Plan B. Plan A is to call her and try to talk her out of it. But first you need to organize your thoughts. Using the "Don't Go, Jo!" handout, write your best argument for convincing Jo not to meet this guy in person. You realize, though, that if she still decides to go, you'll have to move to Plan B, which is to tell your parents, Jo's parents, or another adult you can trust. Will Jo think you're a snitch? Possibly. Will she be mad at you? Possibly. Could you be saving her life or at least saving her from a whole lot of trouble? Absolutely. And that's what friends are for.

Extension:

With a parent, create a contract detailing all the ways you promise to be safe online and while texting. Parents may want to create their own pledges as well, including such things as a promising not to talk on a cell phone or text while driving.



Internet + X Behavior Might = Y Result

Objectives:

Students will:

- Identify and discuss possible consequences of risky online behavior.

Materials:

- Computer with Internet access
- Pencil or pen
- “Internet + X Behavior Might = Y Result” handout

Class Time:

- 30 minutes

Activity:

Online safety is all about recognizing risky behaviors and avoiding them. First, we’ll read the KidsHealth.org articles about online safety, then we’ll complete the “Internet + X Behavior Might = Y Result” handout. Afterward, we’ll discuss the answers and talk about ways we can remember to be safe online.

Extension:

Sitting improperly or too long at a computer can lead to physical problems, including:

- Painful tingling in your wrist when using the computer mouse
- Your back hurting while you sit at the computer
- Straining your eyes to read the text on the computer monitor

Have students list the possible computer-based causes for each of these problems and how they can be avoided.

Reproducible Materials

Handout: Don’t Go, Jo!

[KidsHealth.org/classroom/6to8/personal/safety/online_safety_handout1.pdf](https://www.kidshealth.org/classroom/6to8/personal/safety/online_safety_handout1.pdf)

Handout: Internet + X Behavior Might = Y Result

[KidsHealth.org/classroom/6to8/personal/safety/online_safety_handout2.pdf](https://www.kidshealth.org/classroom/6to8/personal/safety/online_safety_handout2.pdf)

Handout: Internet + X Behavior Might = Y Result Answers

[KidsHealth.org/classroom/6to8/personal/safety/online_safety_handout3.pdf](https://www.kidshealth.org/classroom/6to8/personal/safety/online_safety_handout3.pdf)

Quiz: Online Safety

[KidsHealth.org/classroom/6to8/personal/safety/online_safety_quiz.pdf](https://www.kidshealth.org/classroom/6to8/personal/safety/online_safety_quiz.pdf)

Answer Key: Online Safety

[KidsHealth.org/classroom/6to8/personal/safety/online_safety_quiz_answers.pdf](https://www.kidshealth.org/classroom/6to8/personal/safety/online_safety_quiz_answers.pdf)



Name: _____

Date: _____

Don't Go, Jo!

Instructions: Your friend Jo just texted you saying she's planning to meet some guy she met online. You know this is a really dangerous idea. Write a convincing argument to get Jo to change her mind.

A large, black-outlined speech bubble shape that occupies most of the page. Inside the bubble, there are 20 horizontal lines for writing. The bubble has a tail pointing towards the bottom right corner of the page.



Name: _____

Date: _____

Internet + X Behavior Might = Y Result

Instructions: Match each of the risky behaviors in the left column with a possible consequence in the right column by drawing lines to connect the pairs.

RISKY BEHAVIOR

- 1 Posting an online message that a family is going on vacation next week.
- 2 Writing a funny story about a friend on a social networking site.
- 3 Using easy-to-remember password like "12345" or "password" to sign onto a social networking site.
- 4 Giving an email address to someone in a chat room.
- 5 Sharing a cell phone number with a friend of a friend on a social networking site.
- 6 Downloading a movie file from a file-sharing website.
- 7 Meeting someone online then agreeing to meet them face-to-face.

POSSIBLE CONSEQUENCE

- a The file is infected with a virus, causing the computer to stop working.
- b The person turns out to be a dangerous adult.
- c Someone starts sending spam texts to the cell phone, running up the monthly bill.
- d Someone guesses the password, signs on, and makes inappropriate comments in the chat room, getting the password-lazy person in trouble.
- e Someone burglarizes their home while they're away.
- f The friend gets angry about private information being shared.
- g Someone starts e-mailing disturbing pictures and writing inappropriate messages.



Internet + X Behavior Might = Y Result Answer Key

RISKY BEHAVIOR

- 1 Posting an online message that a family is going on vacation next week.
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ANSWER KEY

1 – e
2 – f
3 – d
4 – g
5 – c
6 – a
7 – b

POSSIBLE CONSEQUENCE

- a The file is infected with a virus, causing the computer to stop working.
- b The person turns out to be a dangerous adult.
- c Someone starts sending spam texts to the cell phone, running up the monthly bill.
- d Someone guesses the password, signs on, and makes inappropriate comments in the chat room, getting the password-lazy person in trouble.
- e Someone burglarizes their home while they're away.
- f The friend gets angry about private information being shared.
- g Someone starts e-mailing disturbing pictures and writing inappropriate messages.



Name: _____

Date: _____

Quiz

Instructions: Answer each question.

1. Name five things about yourself that you should not share online:

2. When you post a photo of yourself, it stays online:

- a) for 3 months
- b) for 6 months
- c) until you take it down
- d) possibly forever – people can re-post it, and deleting doesn't always work if someone else has copied your picture

3. True or false: Just because a stranger you encounter on the Internet tells you he is a teenager doesn't mean he really is. He might be a dangerous adult pretending to be a teen.

4. It's a good idea to take a physical activity break after sitting at a computer for _____ minutes.

5. To reduce eye strain, the computer monitor should be positioned with the top of monitor level with:

- a) your chin
- b) your eyes
- c) your forehead



Quiz Answer Key

1. Name five things about yourself that you should not share online:
Any five of the following: full name, address, phone number, school name, age, birthday, location, email address, Social Security number.

2. When you post a photo of yourself, it stays online:
a) for 3 months
b) for 6 months
c) until you take it down
d) possibly forever – people can re-post it, and deleting doesn't always work if someone else has copied your picture
3. True or false: Just because a stranger you encounter on the Internet tells you he is a teenager doesn't mean he really is. He might be a dangerous adult pretending to be a teen.
4. It's a good idea to take a physical activity break after sitting at a computer for 30 minutes.
5. To reduce eye strain, the computer monitor should be positioned with the top of monitor level with:
a) your chin
b) your eyes
c) your forehead