Teacher's Guide

This guide includes:
- Standards
- Related Links
- 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

Grades 9 to 12 • Personal Health Series
Online Safety

It seems like teens are always connected via their phones and computers. It's important that they understand that these technologies pose risks and require responsibilities. These activities will encourage students to think critically about what it means to be safe online.

Related KidsHealth Links

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

Sexual Harassment and Sexual Bullying
TeensHealth.org/en/teens/harassment.html

Should I Send My Boyfriend Naked Pictures?
TeensHealth.org/en/teens/sexting.html

Technology: 5 Ways to Reboot Yourself
TeensHealth.org/en/teens/reboot.html

Texting on the Move
TeensHealth.org/en/teens/texting.html

5 Ways to Get Drivers to Stop Texting
TeensHealth.org/en/teens/no-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. Going online and using the Internet can provide hours of entertainment and a wealth of information — as well as lots of potential problems with hackers, scammers, and predators. How can you enjoy being online while staying safe? What online problems and threats do you take most seriously?

2. What's your "digital footprint"? What does it tell others about you? Have you ever checked yours?

3. Think about the phrase "gone viral." What does it say about the way things spread online? What kind of news or information tends to spread the fastest? Why?

4. Would you say access to online chatting, the Internet, and texting are a right or a responsibility for teens (or both)? Why?

Activities for Students

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

Digital Footprints

Objectives:
Students will:
- Think critically about their digital footprints
- Examine the power of words and context as they relate to online profiles

Materials:
- Teen magazines and scissors
- Word processing program, or pen or pencil and paper

Class Time:
- 45 minutes

Activity:
Matt applied for a job as a camp counselor. The interview seemed to go well, and he was confident he'd get the job. But they never called back. Matt's friend later told him that the camp director had searched Matt's name and found pictures of Matt at a wild party. The director said he didn't feel comfortable hiring Matt. The irony is Matt was only at that party for 15 minutes. He went there to pick up his friend who'd had too much to drink.

Angry posts, embarrassing photos, things a friend said about you as a joke — these are all part of your online presence, also known as your digital footprint. Unfortunately, people (especially future employers) can use this information to make decisions about you. Once this happens, you don't get a chance to take things back or explain the situation. To illustrate how one snapshot in time can be taken out of context, cut out a picture of people from a teen magazine. Then make up two stories for the picture: one that paints the subjects in a positive light and one that paints them in a negative light. If you came across that picture online, discuss how your opinion of these people would be instantly influenced by what you read.

Extensions:
1. You're a member of a new band called "Digital Footprints." Write a song reminding people why they need to be careful about what they put online.

2. Take stock of your own digital footprint. Remember this advice: If there's anything online that you wouldn't want a parent to see, take it down.

Interview and Review

Objectives:
Students will:
- Think critically about online safety
- Interview peers about their online behavior

Materials:
- Word processing program
- Pen or pencil and paper

Class Time:
- 45 to 90 minutes

Activity:
In groups of three or four, students will take a turn posing one particular question about online safety to the other students in the group; for example:
- "Have you ever done something online that you later regretted?"
- "What's one rule about online safety that you always follow?"
- "What would you do if someone posted a terrible picture of you online?"
- "Would what you do if someone started sending you annoying text messages and wouldn't stop?"
- "How have you adjusted the privacy settings on your Facebook page?"
- "How would you react if someone did something to make you feel uncomfortable online?"

Each student writes his or her question and the group's responses, without names, on a sheet of paper. Then the teacher collects the sheets and reads the most interesting questions and answers aloud to the class.

Extensions:
1. As a class, brainstorm a "do" list of online safety behaviors that you learned from this lesson.

2. As a class, brainstorm an anonymous "don't do" list of regrettable online behaviors that classmates reported during this lesson.

Reproducible Materials

Quiz: Online Safety
TeensHealth.org/classroom/9to12/personal/safety/online_safety_quiz.pdf

Answer Key: Online Safety
TeensHealth.org/classroom/9to12/personal/safety/online_safety_quiz_answers.pdf

Name: _____ **Date:** _____

Quiz

Instructions: Answer each question.

1. Information you post about yourself online or via text messaging is your _____.

2. When you post a photo online, it stays there:
   a) 6 months
   b) 1 year
   c) until you take it down
   d) possibly forever — other people could have copied it

3. List three ways to protect your computer from viruses:
   _____
   _____
   _____

4. True or false: When you're on social networking sites, using the site's default privacy settings is OK — you don't need to make them more private.

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

6. Identify and describe the type of repetitive stress injury you can get from typing or playing videogames.
   _____
   _____
   _____

7. If you're being cyberbullied and ignoring it doesn't make it stop, it might be a good idea to:
   a) press the red button, launching a full-scale nuclear war against the cyberbully
   b) throw away all smartphones, iPads, and computers
   c) get help from a parent, school counselor, or other trusted adult

8. True or false: Virus protection software is a must for every computer.

9. True or false: It's OK to share your password with your BFF.

10. True or false: If you'd feel weird if your parent saw it, it's not a good thing to post.

Quiz Answer Key

1. Information you post about yourself online or via text messaging is your _____ *digital footprint* _____.

2. When you post a photo online, it stays there:
   a) 6 months
   b) 1 year
   c) until you take it down
   d) possibly forever — other people could have copied it

3. List three ways to protect your computer from viruses:
   Install and frequently update anti-virus software; delete without opening emails with suspicious subject lines like "Funny Video!!" or "See these pics!!"; delete without opening email attachments from anyone you don't know

4. True or false: When you're on social networking sites, using the site's default privacy settings is OK — you don't need to make them more private.

5. 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

6. Identify and describe the type of repetitive stress injury you can get from typing or playing videogames.
   Carpal tunnel syndrome, in which swelling occurs inside a narrow "tunnel" formed by bone and ligament in the wrist. This can cause pain, tingling, numbness, and weakness in the hand and wrist.

7. If you're being cyberbullied and ignoring it doesn't make it stop, it might be a good idea to:
   a) press the red button, launching a full-scale nuclear war against the cyberbully
   b) throw away all smartphones, iPads, and computers
   c) get help from a parent, school counselor, or other trusted adult

8. True or false: Virus protection software is a must for every computer.

9. True or false: It's OK to share your password with your BFF.

10. True or false: If you'd feel weird if your parent saw it, it's not a good thing to post.