

MADE IN HIS IMAGE

A SAFE ENVIRONMENT CURRICULUM

Resources for Internet and Media Safety

The tools, devices, and services for media use have increased dramatically in recent years. While this is positive in many ways, these new methods of getting connected also pose many new threats, especially for youth. **Statistics about exposure to pornography, outright sexual solicitation and cyberbullying demonstrate the need to be vigilant.**¹

The reality is that the internet is the biggest threat facing our youth right now – and the access they have to the internet is staggering.

Young people need to be educated and vigilant when it comes to internet and media. They need to know safety rules for using the internet, texting, social networking, playing video games, etc.

The following collection of resources is provided as a helpful supplement to the materials in the MADE IN HIS IMAGE Safe Environment Curriculum.

PART 1: RESOURCES FOR PARENTS

MADE IN HIS IMAGE proceeds from the conviction that **parents are key to the safety of children and youth.** From young children to adolescents, the role of parents is crucial in the area of internet and media safety.

MADE IN HIS IMAGE includes two parent resources: ***WHAT CAN PARENTS DO TO PROTECT THEIR CHILDREN?*** (for parents of students in grades K-6) and ***WHAT CAN PARENTS DO TO PROTECT THEIR TEENS?*** (for parents of Junior High and High School students).

Each of these resources includes a brief but helpful section on internet and media safety intended to raise awareness and highlight resources available for parents.

The text of each of these sections is printed below.

¹ <http://www.internetsafety101.org/Pornographystatistics.htm>

What Can Parents Do To Protect Their Children? (K-6)

Recommendation #8: Be vigilant with your children's media use. Be sure your children know safety rules for using the internet, texting, social networking, playing video games, etc.

The tools, devices, and services for media use have increased dramatically in recent years. While this is positive in many ways, these new methods of getting connected also pose many new threats, especially to the young. Statistics about exposure to pornography, outright sexual solicitation and cyberbullying demonstrate the need to be vigilant.² The reality is that the internet is the biggest threat facing your child right now – and the access your child has to the internet is staggering. Parents need to be educated and vigilant when it comes to internet safety. The good news is that great resources are available for parents. Netsmartz.org is an excellent source to become familiar with the risks associated with various media devices and sources, as well as the steps parents can take to ensure the safety of their children.

*Another danger that is often overlooked by parents is video games. Video and computer games are everywhere. Many of them involve innocent entertainment and learning. But a great number (and more than you might think) involve extremely graphic displays of violence and sexuality. In many of the most popular games the players are often encouraged (and even rewarded in the game) for brutal displays of violence, even sexual violence. Parents are strongly encouraged to learn about the dangers of video games and monitor their child's exposure to them. *Plugged In* (www.pluggedin.com) is excellent source for reviews from a Christian perspective of a great variety of games, movies, music and more.*

What Can Parents Do To Protect Their Teens? (Jr. High and High School)

Recommendation #8: Be vigilant with your teen's media use. Be sure they know safety rules for using the internet, texting, social networking, playing video games, etc.

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Video Presentations for Parents

The **National Center for Missing and Exploited Children** has produced an excellent collection of resources for internet and media safety for students, parents and educators. One available resource is a free 45-minute PowerPoint presentation for parents and guardians of children ages 5-17. It includes facts of online risks; statistics, videos, and other resources; tips for keeping children safer online. The presentation can be viewed online or downloaded from www.netsmartz.org/Presentations/Parents.

² <http://www.internetsafety101.org/Pornographystatistics.htm>

PART 2: RESOURCES FOR EDUCATORS

The **National Center for Missing and Exploited Children** has produced an excellent collection of resources for internet and media safety for students, parents and educators. Visit www.netsmartz.org.

PLEASE NOTE: The Diocese of Steubenville has not officially endorsed the educational materials provided by the National Center for Missing and Exploited Children and has no control over the content of the materials. These materials are produced for a secular audience, and so Catholic School Teachers and Catechists must use discretion when using them.

General Teaching Materials

NetSmartz provides a veritable library of resources for educators to download and use for free. Materials are provided for a broad range of ages, including Primary (Ages 5-7), Intermediate (Ages 8-10), Middle School (Ages 11-13), and High School (Ages 14-17).

Available resources include:

- 1. Videos/Activity Cards**
Animations and documentary shorts accompanied by classroom lessons
- 2. Internet Safety Presentations**
Interactive PowerPoint presentations for adults, teens, tweens, and younger children
- 3. Safety Pledges**
Age-appropriate rules that can be used as a contract or pledge
- 4. Handouts**
Tip sheets and discussion guides.
- 5. Teachable Recipes**
Recipes that combine Internet safety lessons with culinary fun

Teaching materials are available for the following issues. Topics in **bold** are strongly recommended:

- Abduction
- Basic Internet Safety
- Blogging
- Cell Phones
- Children as Victims
- **Cyberbullying**
- Digital Ethics
- Digital Literacy
- **E-mail, IM, Chatrooms**
- File Sharing
- Gaming
- Identity Theft
- Inappropriate Content
- Meeting Offline
- Predators
- Real-World Safety
- Revealing Too Much
- **Sexting**
- **Social Networking**
- Spyware, Spam, Scams
- Webcams

Go to www.netsmartz.org/Resources to download teaching materials.

Specific Diocesan Requirements

The following resources fulfill the minimum requirements for instructing students in internet safety.

Primary (Ages 5-7)

- **Safe Use of Internet** and **Cyberbullying** (Router's Birthday Surprise):
 - Lesson Plan and Handout:
http://cdn.netismartz.org/activitycards/IS_P_Routers_Birthday_Surprise.pdf
 - Video: www.netismartz.org/RBS
 - An additional (optional) lesson and handout is also available:
http://cdn.netismartz.org/activitycards/IS_P_Routers_Birthday_Surprise2.pdf

Intermediate (Ages 8-10)

- **Safe Use of Internet** and **Cyberbullying** (Bad Netiquette Stinks):
 - Lesson Plan and Handout
http://cdn.netismartz.org/activitycards/IS_IM_Netiquette.pdf
 - Video: www.netismartz.org/NetSmarzKids/BadNetiquetteStinks
 - An additional (optional) lesson and handout is also available:
http://cdn.netismartz.org/activitycards/IS_IM_Netiquette2.pdf

Middle School (Ages 11-13)

- **Safe Use of Internet** and **Social Networking** (Friend or Fake):
 - Lesson Plan and Handout
http://cdn.netismartz.org/activitycards/IS_MS_FriendorFake.pdf
 - Video: <http://www.nsteens.org/Videos/FriendOrFake>
- **Cyberbullying** (Cyberbullying: You Can't Take It Back):
 - Lesson Plan and Handout
http://cdn.netismartz.org/activitycards/IS_MS_CB_CantTakeItBack.pdf
 - Video: www.netismartz.org/RealLifeStories/CantTakeItBack

High School (Ages 14-17)

- **Safe Use of Internet** and **Social Networking** (6 Degrees of Information):
 - Lesson Plan and Handout
http://cdn.netismartz.org/activitycards/IS_HS_6DegreesOfInformation.pdf
 - Video: www.netismartz.org/RealLifeStories/6DegreesOfInformation
- **Cyberbullying** (Cyberbullying: Broken Friendship):
 - Lesson Plan and Handout
http://cdn.netismartz.org/activitycards/IS_HS_CB_BrokenFriendship.pdf
 - Video: www.netismartz.org/RealLifeStories/BrokenFriendship

Additional NetSmartz Internet Safety Presentations

NetSmartz offers free, multimedia Internet safety presentations tailored for specific audiences — parents and communities, tweens, teens, and younger children.

Their presentations utilize the **latest statistics**, **online resources**, **videos**, and **expert tips** to educate, engage, and empower children and adults to be safer on- and offline.

Teach Younger Children – View online or download from www.netsmartz.org/RBS.

Use ***Router's Birthday Surprise*** as a presentation to cover Internet safety only (35 minutes) or Internet and real-world safety (45 minutes) with Primary and Intermediate students. The presentations include:

- Easy-to-remember safety rules
- Age-appropriate explanations of online and/or personal safety risks
- Animated video combined with engaging presenter's dialogue

Encourage Tweens – View online or download from www.netsmartz.org/Presentations/Tweens

This 40-minute PowerPoint presentation for tweens contains:

- Animated videos
- Age-appropriate tips
- Suggested breakout activities
- (Also includes Presenter's Guide)

Engage Teens – View online or download from www.netsmartz.org/Presentations/Teens

This 40-minute PowerPoint presentation for teens contains

- Documentary-style videos
- Practical advice
- Candid, thought-provoking discussions
- (Also includes Presenter's Guide)

Online Educator Training Program

NetSmartz offers an online training program for anyone teaching Internet safety to children ages 5-17, including: Educators, Library Media Specialists and Youth Group Leaders. *Teaching Digital Citizenship* is a self-paced online training program sponsored by Club Penguin. In this training, you will learn about the risks children face online, key lessons you should be teaching, and which NetSmartz resources to use for each age group. Go to www.netsmartz.org/Training to learn more.

Special Note: Short Videos

NetSmartz has produced several short but powerful videos that are recommended for use in the MADE IN HIS IMAGE curriculum for Junior High and High School students.

- ❑ **Your Photo Fate** – This eye-opening video is about the consequences of sending photos. **Once you send a photo online, there's no way to control it.** It's out of your hands. Stream it or download it: www.netsmartz.org/RealLifeStories/
- ❑ **You Can't Take It Back** – A teen **regrets his participation on a website** created to rate others at his school. Stream it or download it: www.netsmartz.org/RealLifeStories/
- ❑ **Survivor Diaries** - Ryan and Noah share their stories to show that **online victimization** can happen to **boys too**. Stream it or download it: www.netsmartz.org/RealLifeStories/
- ❑ **Broken Friendship** – A friendship is broken when a teen gives her best friend's **password** to some other girls at school. Stream it or download it: www.netsmartz.org/RealLifeStories/

Guidelines for Internet and Media Safety

MADE IN HIS IMAGE includes a resource for students in Junior High and High School entitled **“Called to Greatness: Guidelines for teens for making choices that protect their safety and well-being.”** The resource includes the following internet and media safety guidelines. Educators are strongly encouraged to emphasize these guidelines and use them for classroom discussion.

- **Think before you text, email or post anything.** Once something is sent electronically you can't take it back, and you can't always control what problems it may cause or where it may end up. Be aware of the unintended consequences of your media choices.
- Keep in mind that people online are **real people with real feelings**. Don't use the internet to post rude, cruel or obscene things about other people.
- Talk to your **parents** about their expectations for the internet and media use.
- Never take or send **pictures** of yourself or others that are sexy, indecent or immodest.
- Avoid all forms of media and entertainment that **glamorize sex and violence**. The more people are exposed to these messages, the more they accept them. This causes people to lower their standards of conduct, makes it more difficult to enter into genuinely healthy relationships, and causes them to distance themselves from God.
- Don't give your **passwords** to anyone except your parents, not even your best friends. Having your password accessible to others makes you vulnerable to others using your accounts to hurt or embarrass you.
- Set your social network settings to **private**. Only friend people that you actually know.
- Never give out **personal information** that will allow people to identify you.
- Never agree to **meet** anyone in person that you met online.
- Never respond to any **comments** that are rude or obscene.
- **Talk to your parents** about anything you encounter online that makes you feel uncomfortable, scared or dirty.
- **Don't believe** everything you read online, and **don't let yourself see** everything there is to see online. A staggering number of sites on the internet actively seek to expose youth to inappropriate, dangerous and offensive information.