



High School Engagement- Grade 9

How to Protect Yourself & Your Friends

PREVENTION THROUGH EDUCATION IS THE SOLUTION

Connect for Freedom is a 501(c)(3) nonprofit committed to providing free **online safety** and **human trafficking awareness** materials to education stakeholders.



Lesson

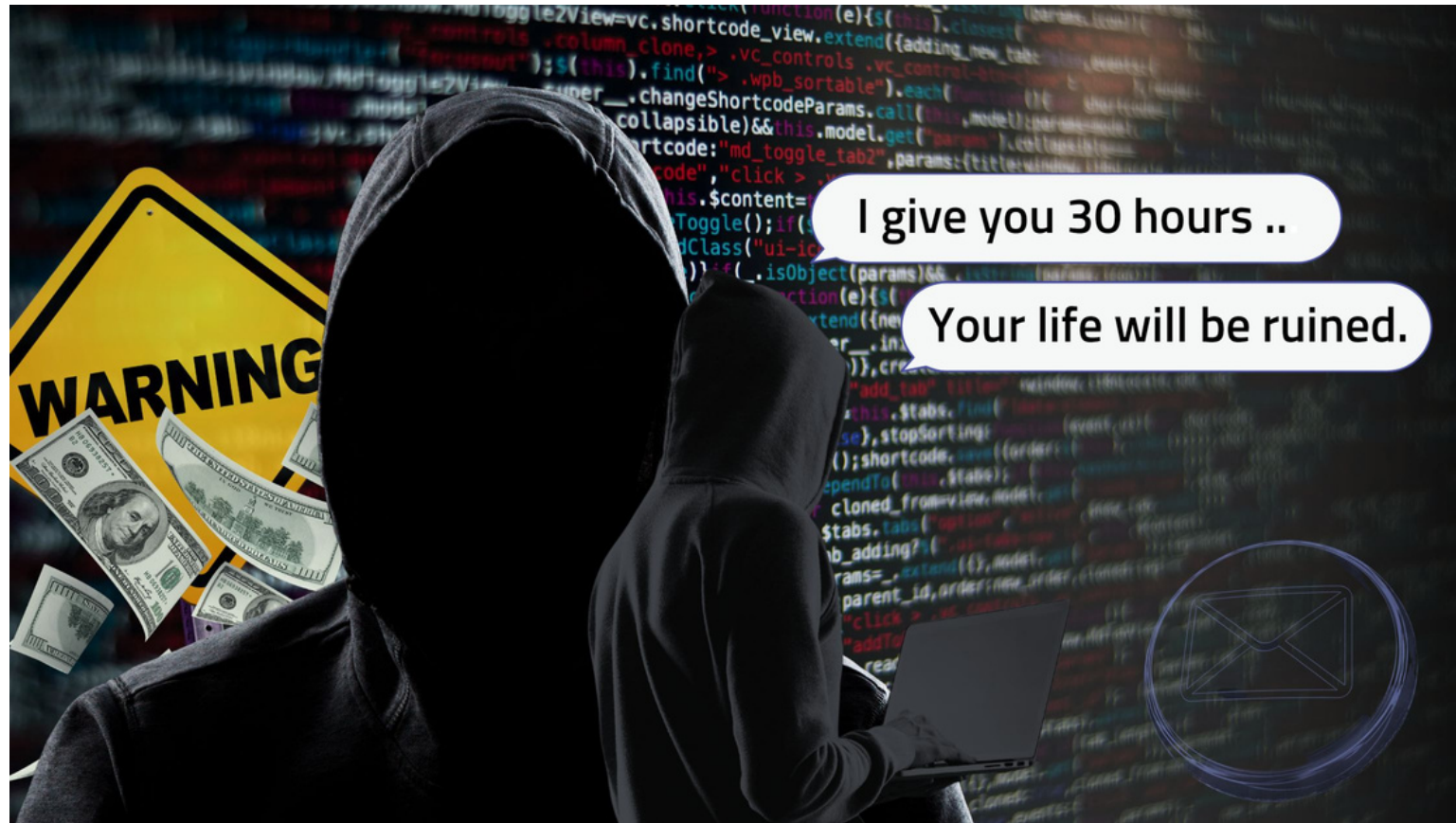


How to Protect Yourself &
Your Friends

Lesson Outline

1. Introduction to Online Sexual Exploitation
2. NCMEC “It’s Called Sextortion” Video (2 min.)
 - Discussion Question
3. Privacy Suggestions
4. Take Action
5. Fight Child Abuse “Friends Can Help Stop Sexual Abuse” Video (5 min.)
 - Discussion Questions
6. NCMEC Handout: Social Media Safety for Teens
7. Activity

Online Sexual Exploitation



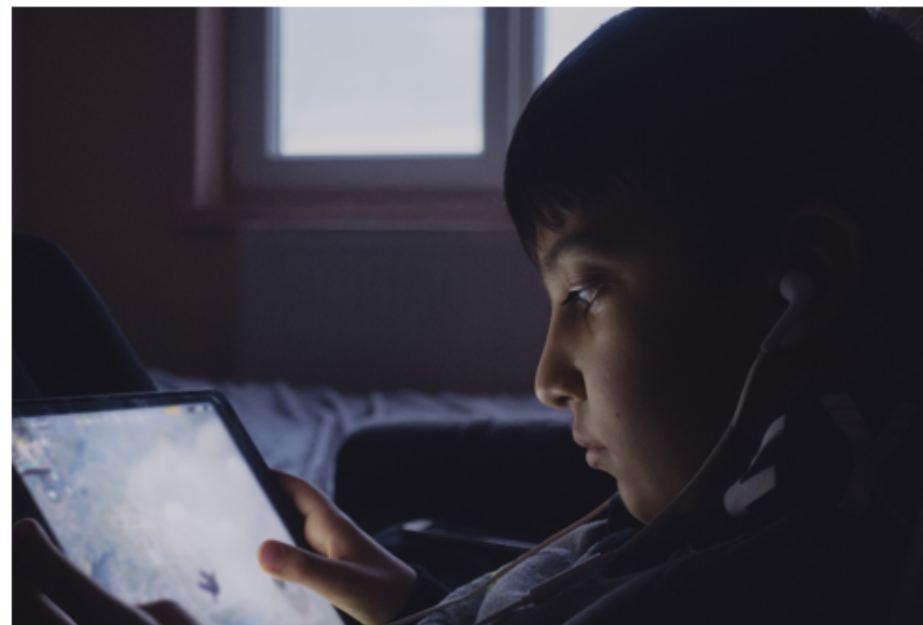
Online Enticement

- An individual communicates with a minor online with the intent to commit a sexual offense or abduction

Sextortion

- A form of child sexual exploitation
- A minor is threatened or blackmailed with their nude image with demands for additional images, sexual activity or money from them

Statistics on Online Enticement



In 2023, the CyberTipline received **186,819 reports of online enticement**, the category that includes sextortion.

Between 2021 and 2023, the number of online enticement **reports increased by 323%**.

98% of reported offenders were seemingly **unknown** to the child offline.

In a NCMEC analysis, **78% of reported victims were girls**, 13% were boys, and for 9% of reports, gender was unknown.

NCMEC “It’s Called Sextortion” Video



Duration: 1:41 minutes

Source: <https://www.youtube.com/watch?v=9Q4pxdUimAU&t=1s>

NCMEC “It’s Called Sextortion” Teacher Led Discussion Question

Nico is texting a girl that he met online. He thinks that she is a real person because he has other friends that are also friends with her on social media. Luckily, his friend speaks up and tells him that their teammate got sextorted recently by her.

What do you think Nico should do in this situation?

Privacy Suggestions



Have a different password for each account.

Use privacy settings.

Choose carefully who you add on social media.

Limit access to your location.

Look for the lock symbol or “https”.

Don't share any personal information online.

Don't share passwords.

Don't share or forward explicit content.

Take Action



Take screenshots of anything that looks or feels dangerous.

Block individuals who exhibit inappropriate or predatory behavior.

File a report with the police, offering as much information as possible about who is involved and in what ways.

Call a Cybertipline to report potential abuse or exploitation and receive additional recommendations for action steps.

Fight Child Abuse “Friends Can Help Stop Sexual Abuse” Video



Duration: 4:45 minutes

Source: <https://www.youtube.com/watch?v=c3L0iKqCaC0>

Fight Child Abuse “Friends Can Help Stop Sexual Abuse” Discussion Questions

The class should get into 2 groups and the teacher will designate each group a number. Each group will work together and answer the questions with their group number. Then each group will take turns presenting the answers to the class.

Group 1 Questions

What red flags did Maria notice in her relationship with Clay?

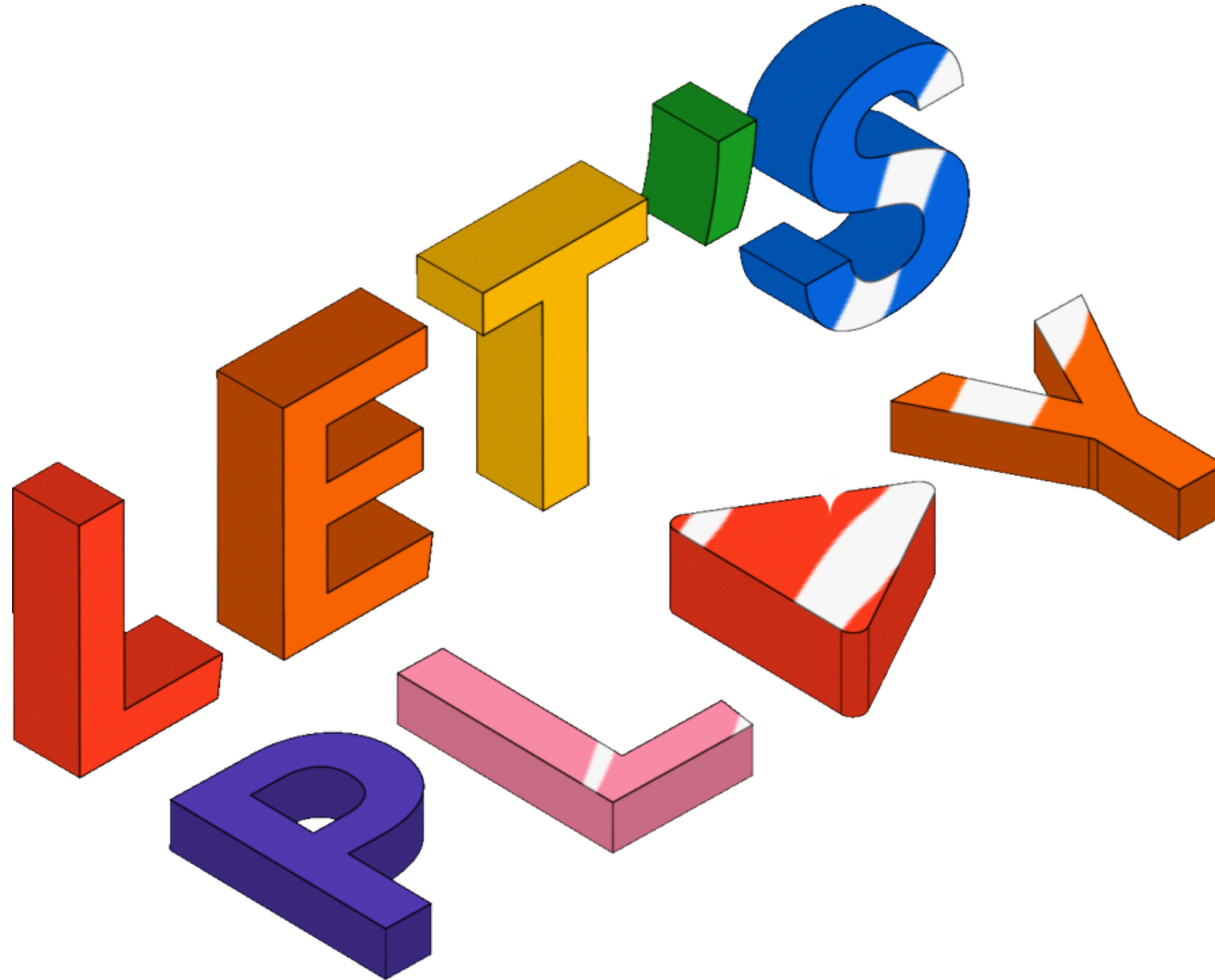
What should you do if you notice your friend is in a bad situation like Maria?

Group 2 Questions

Do you think Emilia have done something sooner to help Maria? If so, what?

What would you do if you had a friend in a similar situation?

Activity



Activity

We recommend playing
Connect for Freedom Protecting
Yourself Online Kahoot!

THE
END

Lesson Handout from NCMEC



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THE FOLLOWING CHECKLIST CAN HELP YOU TAKE STEPS TO KEEP YOURSELF SAFER ONLINE.

- **CHECK YOUR COMMENTS AND IMAGES.**
Have you posted anything inappropriate or illegal, like threats, nudity, alcohol, or drugs?
- **TALK TO YOUR FRIENDS ABOUT WHAT'S OK TO POST.**
Agree that you won't post embarrassing or hurtful comments or images of each other. Be clear that you'll delete – or if needed, report – any posts that are inappropriate, illegal, threatening, or could get you in trouble.
- **REVIEW YOUR ACCOUNT SETTINGS.**
Always ask yourself – what is on my profile and who can see it?
- **KNOW YOUR FRIENDS, CONTACTS, AND FOLLOWERS.**
These are the people who can see, share, and comment on what you post so you want to be sure you can trust them. Block and report anyone who makes harassing, threatening, or inappropriate comments.
- **KEEP AN EYE ON 3RD PARTY AND CONNECTED APPS.**
Some of these will allow you to log into one app using account information from another. Be careful, as this may allow the company access to your profile information.
- **DON'T FORGET MOBILE.**
When you use mobile devices like smartphones and tablets to post something or check in, you could also be sharing your location. Check your settings to make sure you're only sharing what you want to.
- **REPORT.**
You have the right to be safe online. If anyone cyberbullies you, make a report to the website or app. If anyone shares or asks you to share sexual messages or images, make a report to [CyberTipline.org](https://www.cybertipline.org).

NetSmartz®

For more resources visit Missingkids.org/NetSmartz/Resources.

Links to Lesson Materials

[NCMEC “It’s Called Sextortion” Video](#)

[Fight Child Abuse “Friends Can Help Stop Sexual Abuse” Video](#)

[NCMEC "Social Media Safety for Teens" Handout](#)

[Connect for Freedom Protecting Yourself Online Kahoot!](#)

Recap of Lesson

Online enticement is when an individual communicates with a minor online with the intent to commit a sexual offense or abduction.

Sextortion is when a minor is threatened or blackmailed with their nude image with demands for additional images, sexual activity, or money from them.

Privacy Suggestions

- Have a different password for each account.
- Use privacy settings.
- Choose carefully who you add on social media.
- Limit access to your location.
- Don't share personal information online.
- Don't share passwords.
- Don't share or forward explicit content.

Take Action

- Take screenshots.
- Block individuals.
- File a report with the police.
- Call a Cybertipline.