



High School Engagement- Grade 9

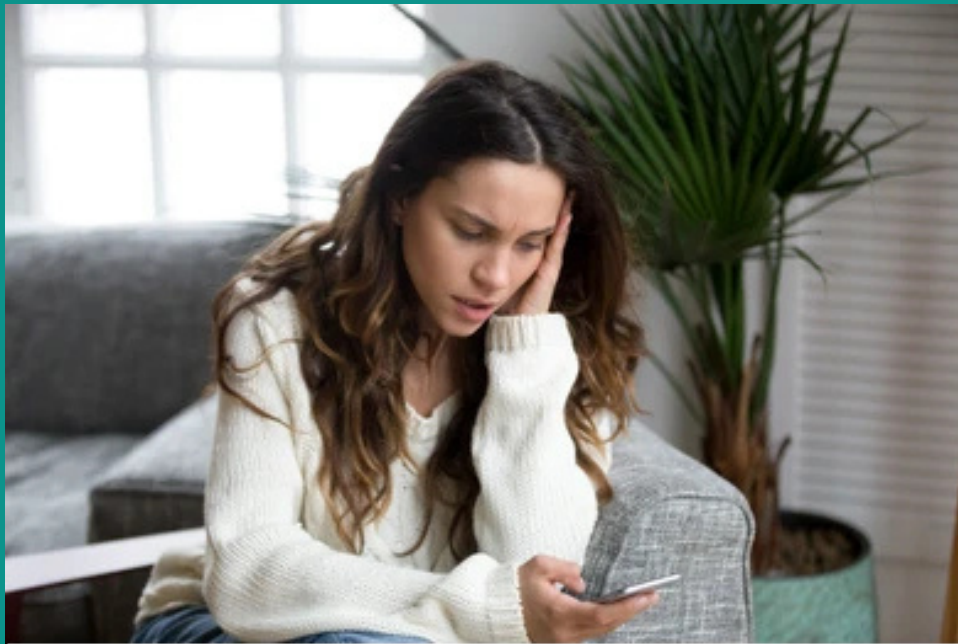
Online Decisions with Real Life Consequences

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

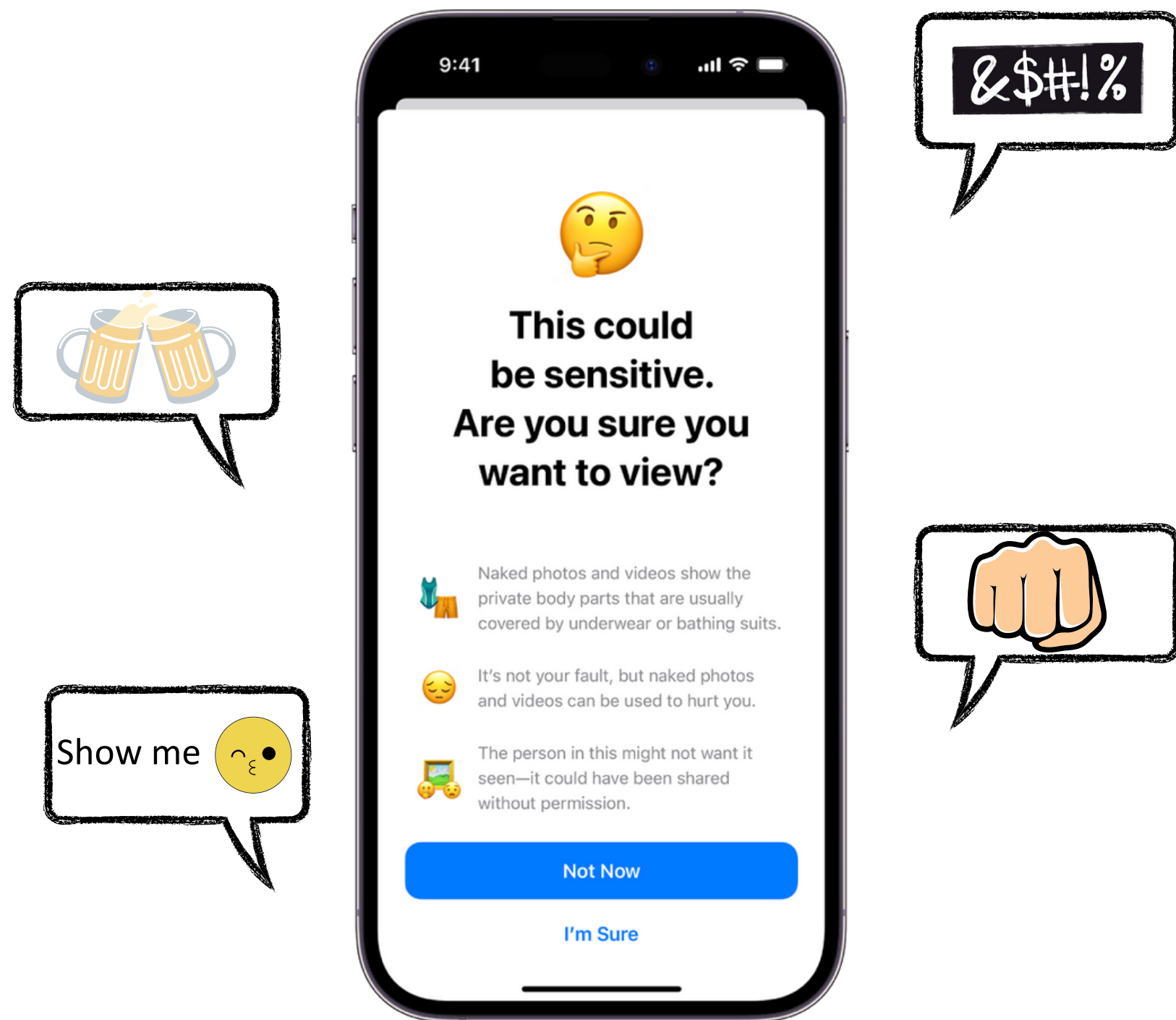


Online Decisions with Real
Life Consequences

Lesson Outline

1. Introduction to Online Safety
2. Common Sense Education “Teen Voices: Oversharing and Your Digital Footprint” Video (3.5 min.)
 - Discussion Questions
3. Sexting
4. Fight Child Abuse “Online Sexual Abuse Can Happen” Video (4.5 min.)
 - Discussion Questions
5. NCMEC Take It Down
6. NCMEC “Rewind” Video (0.5 min.)
7. Take the Pledge2Protect
8. The Dibble Institute Handout: Sexting: Advice for Teens
9. Activity

Online Safety



You should always be careful of what you post online. You should never post:

Images of alcohol/drugs

Sexual content

Profanity

Harmful/abusive words

Threats to someone's safety

Racist, sexist, and prejudiced language

Every Action Has a Reaction



Every action that we make in life has a reaction.
The same goes for what we post online.

What you post online gives people an idea of
**who you are, what you believe in, what you
like, what you dislike, etc.**

If you post content that is not appropriate, such
as sexual images or verbally abusive words,
people may have a negative image of you. **If you
want to depict a positive image, it is important
to be mindful of what we say and do.**

Negative Consequences



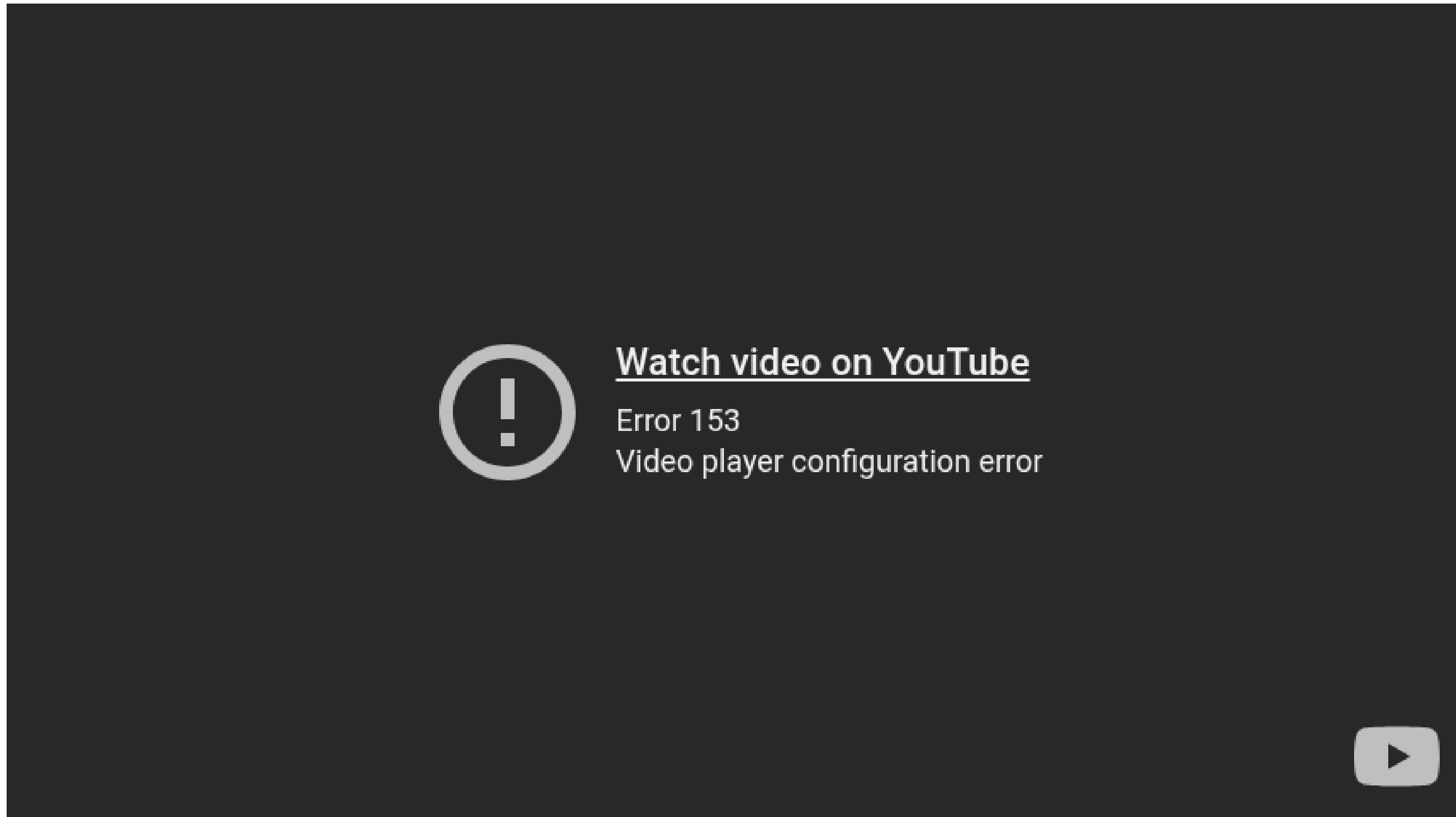
Posting harmful things online can impact even more than just people's perception of you.

It could impact your **future educational opportunities (i.e. college, law school, medical school)** and **job opportunities**.

You do not want something you posted today to negatively impact the rest of your life.

Always be mindful of what you post.

Common Sense Education “Teen Voices: Oversharing and Your Digital Footprint” Video



Duration: 3:34 minutes

Source: <https://www.youtube.com/watch?v=ottnH427Fr8>

*Do you think about the potential consequences
before posting online?*

*Have you ever posted something online that maybe
you should not have? Or known someone who has?*

Sexting



Sending someone a nude image or sexually explicit video can also have **severe negative consequences**.

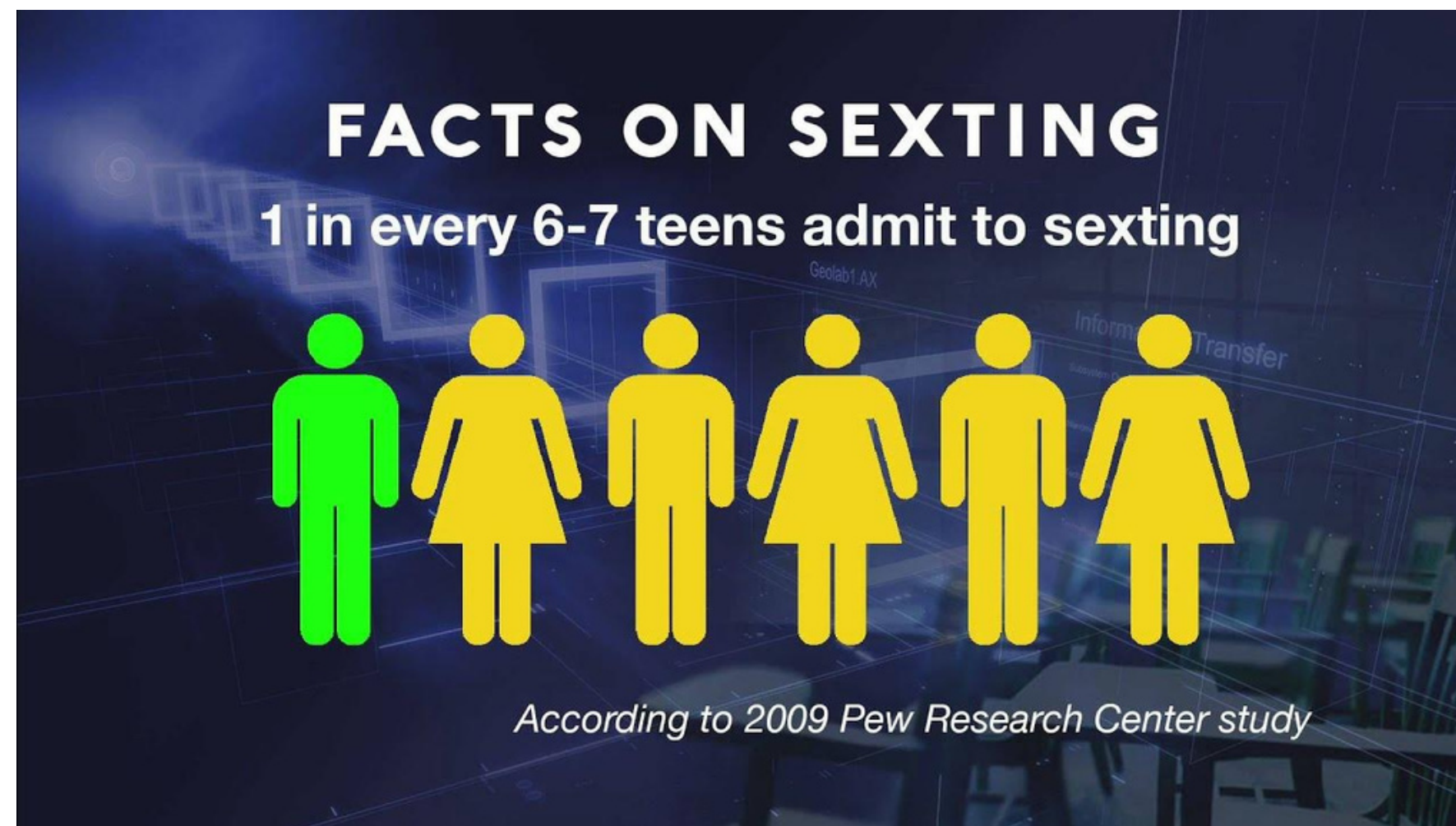
This online action can seem fun and flirty in the moment, but soon, that image could be posted online. This could lead to you feeling **violated, embarrassed, ashamed**, and even lead to **anxiety, depression, or suicidal thoughts**.

In some instances, **sexting can lead to being trafficked**.

Sexting

Sexting is sending, forwarding, or receiving a sexually explicit message, nude or partially nude image or video via cell phone, computer, or other electronic device

If you are under the age of 18, a nude image of yourself is child pornography.



Risks of Sexting

There are risks associated with sending a nude image of yourself.

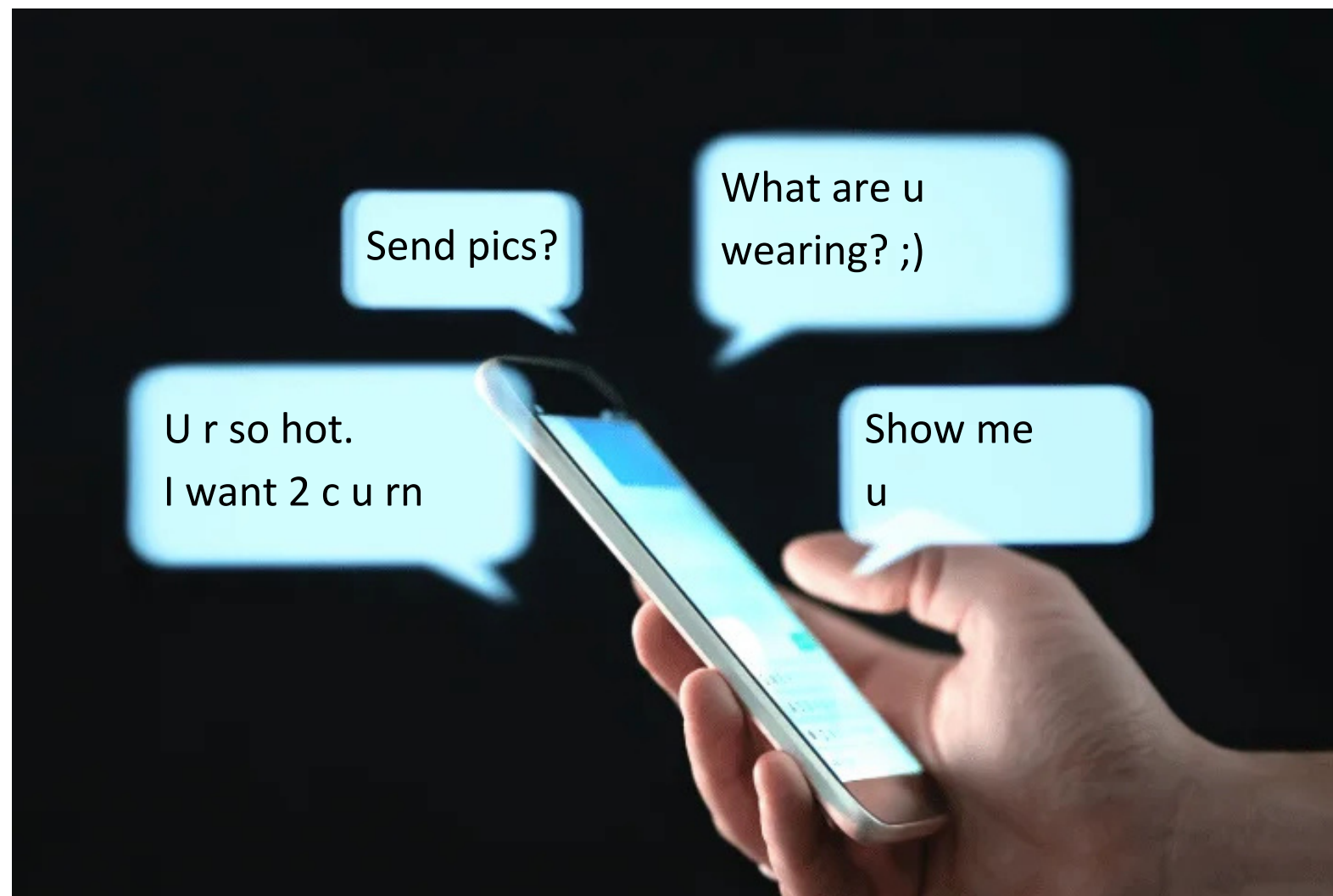
The image could be:

Posted on social media or inappropriate websites.

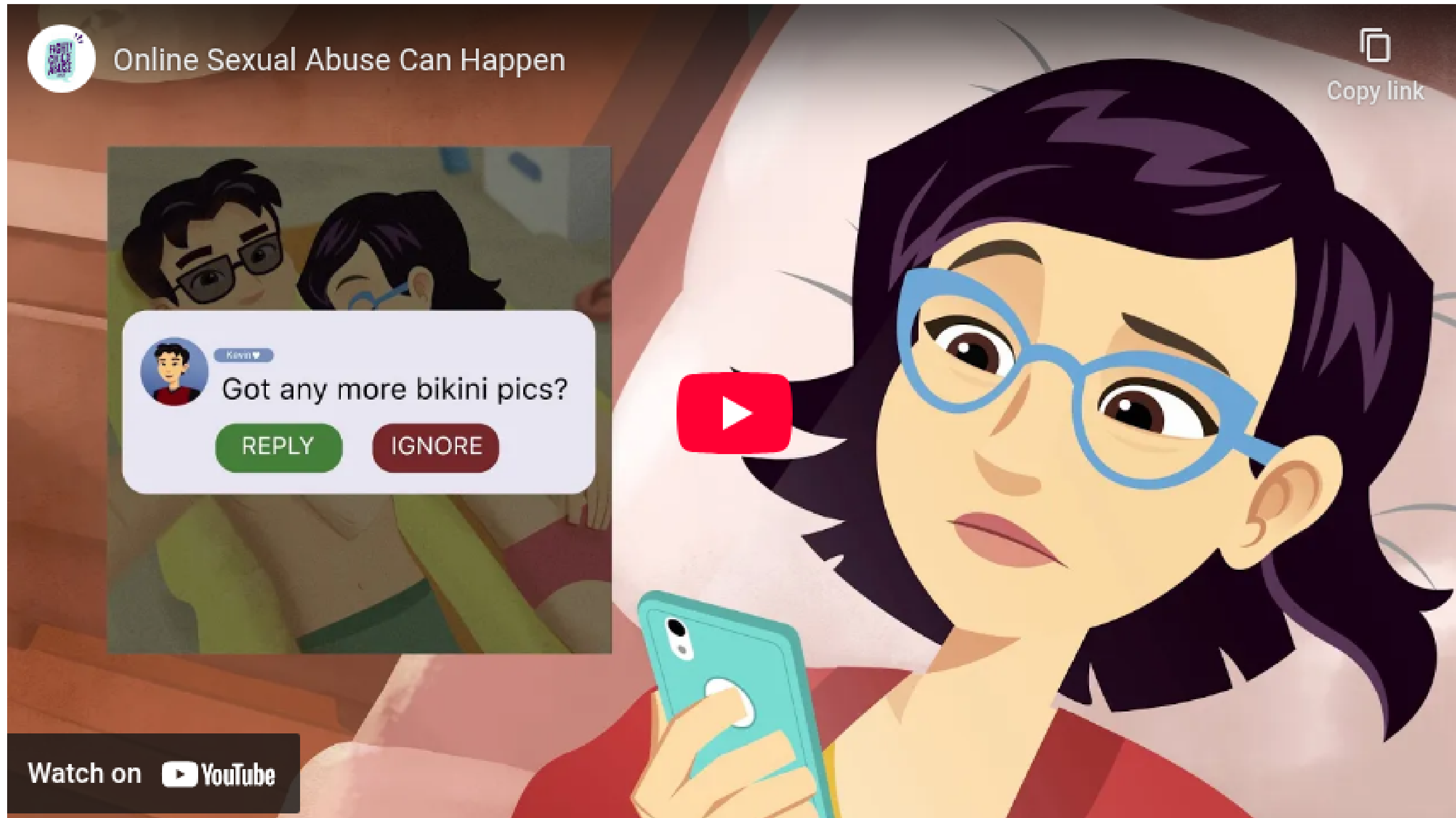
Used to embarrass or bully you at school

Sent or forwarded to others without your permission.

Getting you in trouble with school, your parents, future job opportunities, or educational experiences.



Fight Child Abuse “Online Sexual Abuse Can Happen” Video



Duration: 4:38 minutes

Source: <https://www.youtube.com/watch?v=CEivufW2IWs>

Fight Child Abuse “Online Sexual Abuse Can Happen” Teacher Led Discussion Questions

Kevin did not respect Kim or her boundaries. He showed several red flags that continued to escalate until he posted her private, intimate pictures online.

What red flags did Kevin exhibit?

What should someone do if they are in a similar position?

NCMEC “Take It Down”

What is it?

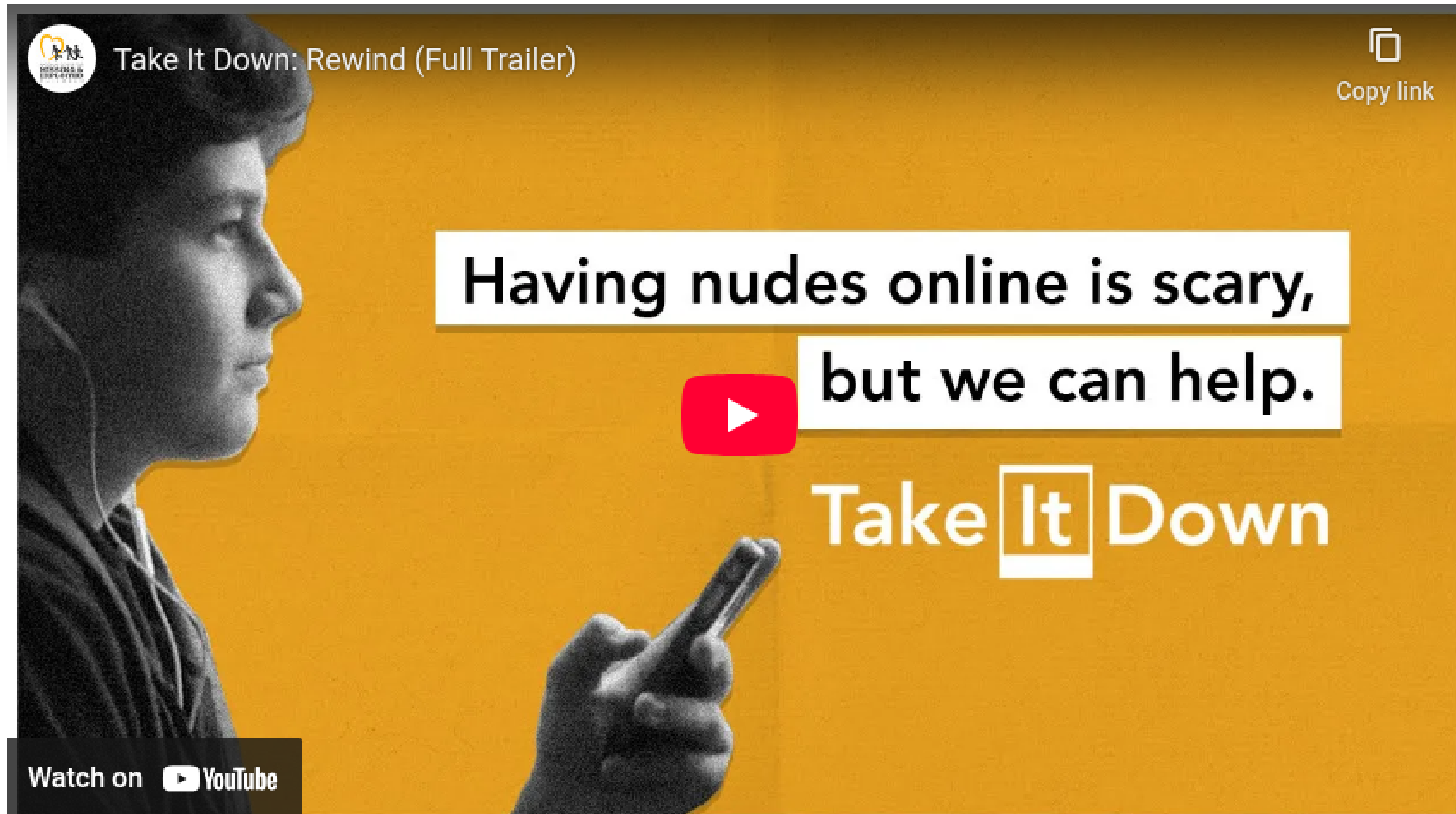


A **free service** that can help you remove or stop the online sharing of nude, partially nude, or sexually explicit images or videos taken of you when you were **under 18 years old**.

You can remain **anonymous** while using the service and you will not have to send your images or videos to anyone.

It will work on public or unencrypted online platforms that have agreed to participate.

NCMEC “Rewind” Video



Duration: 0:30 minutes

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

Take the Pledge2Protect

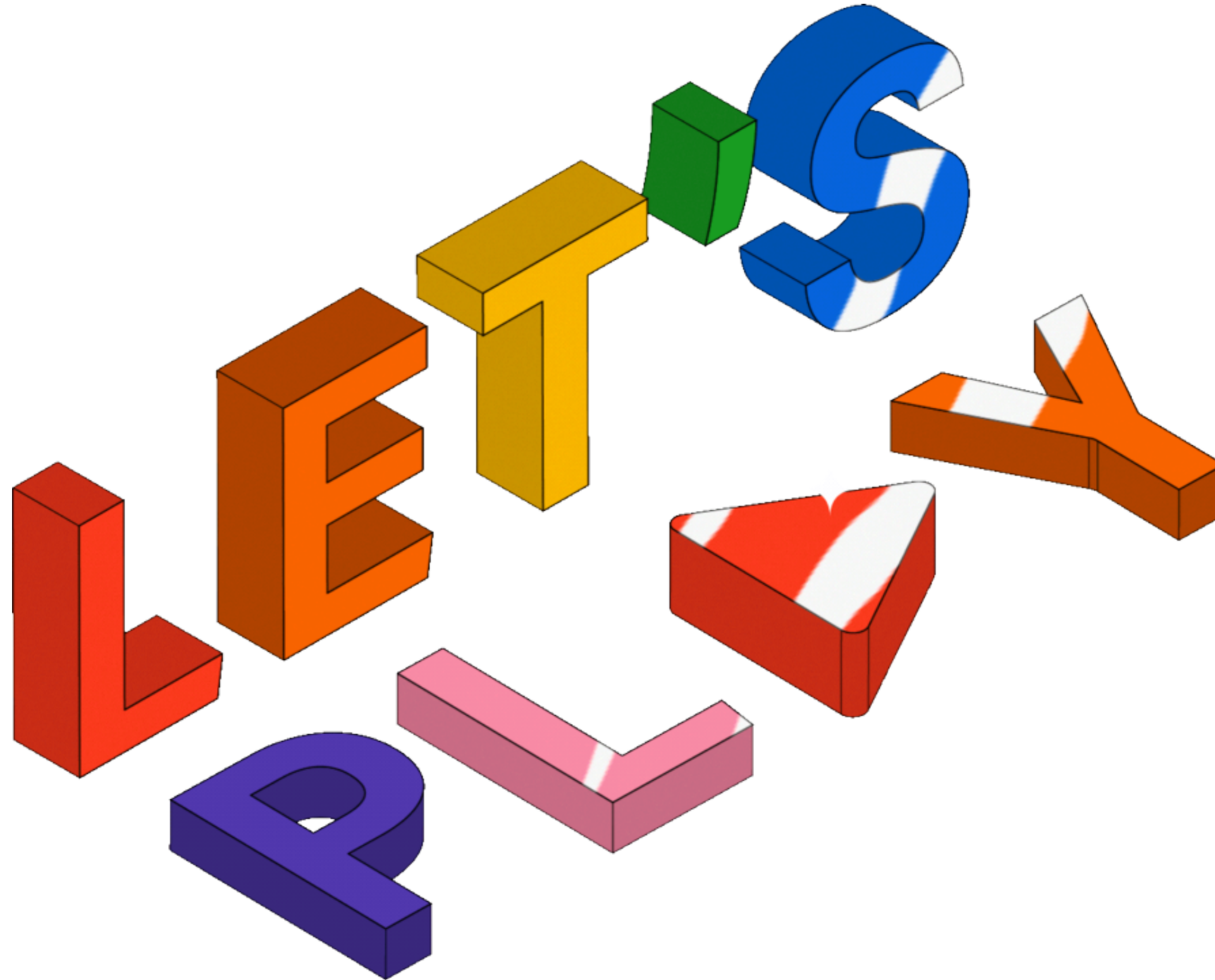
1. I pledge to not create or share real or AI-generated sexually explicit images of myself or my peers. Next up- review the How2Spot Peer-on-Peer Risks: A Guide for Teens.
2. I pledge to review the Exit Strategy Checklist, create my own exit strategy and talk about this with my friends so we are prepared if something goes sideways online or doesn't feel right.
3. I pledge to bookmark the How2Report page and review the You're Never Alone Support Directory resource in case online exploitation happens to me or a friend.
4. I pledge to set all my apps, games, social media accounts and devices to private and to turn off location data services on social media and all apps, except the ones my family and I need.
5. I pledge to know who is on my friends and followers lists, remove strangers and only accept people I know in real life and block or remove anyone who makes me feel uncomfortable.

Take the Pledge2Protect

For more information, please scan the QR code below.



Activity



Activity

We recommend playing
Connect for Freedom
Top 5 Quiz Online
Decisions.

THE
END

Lesson Handout from NCMEC

Sexting: Advice for Teens

May 2016

Sameer Hinduja, Ph.D. and Justin W. Patchin, Ph.D. | Cyberbullying Research Center

Sharing pictures with romantic partners is a natural part of any relationship. It's important, however, that you are doing so safely, responsibly, and appropriately. Exchanging explicit (nude) images is not only uncool, it's illegal. It can get you in trouble with your parents, your school, and even the police. Think twice before taking an explicit picture of yourself, or sending one of yourself—or someone else—to another person. You never know where it could end up or what kind of trouble you could find yourself in. Follow these basic principles to keep your privates private.

1. **Delete any explicit images sent to you.** Even having these images on your phone could land you in a heap of trouble.

2. **Do not distribute explicit images.** If someone sends you an explicit image of themselves or someone else, do not pass it on to anyone else. Try to think about how you would feel if someone sent similar pictures of you to someone else that you didn't know or wouldn't want to see.

3. **Ignore or flat-out reject any requests from others for inappropriate images.** It is just not worth it, no matter how much you like the other person—even if you think you can trust them. The potential risk is just too high. If they really care about you, they will understand.

4. **Block individuals who make you uncomfortable with how they talk to you (or what they send to you).**

5. **Distract the person requesting inappropriate pictures from you.** Engage them in conversation about something else, or direct them to a cool YouTube video you just saw, or an app you think they would like. If they continue to ask about the pics, let them know that they should just chill out.

6. **Don't support your own objectification.** You are not a piece of meat. You don't want people to like you because of your body, but because of your mind and heart. Giving in and sending explicit images just feeds their appetite for more, and continues to devalue your worth.

7. **Sexting doesn't define a healthy, functional romantic relationship.** Sure, it's fun, flirtatious, and

risqué, but remember that these images could be seen by a wider audience (including your parents, teachers, or the police).

8. **Send images that are *suggestive*, but not *explicit*.** Keep private parts covered at all times. It's fine to send your partner a picture, just make sure it's PG-13 and not X-rated. Even so, realize that these too may be broadcast to others. If you wouldn't be concerned if your whole school (or grandma!) saw it, it's probably ok.



9. **If you receive (or someone shows you) an explicit image of someone you know, contact that person to tell them that their images are being circulated.** You would want someone to tell you if an image of yours like that was going around.

10. **Inform an adult you trust if you are concerned about the well-being of the person in the image.** If you are worried about the person who is in the picture, whether they are a friend or not, you may need to get help from an adult.

Links to Lesson Materials

[Common Sense Education "Teen Voices: Oversharing and Your Digital Footprint" Video](#)

[Fight Child Abuse "Online Sexual Abuse Can Happen" Video](#)

[NCMEC "Rewind" Video](#)

[know2protect Pledge2Protect for Teens](#)

[know2protect How2Spot Peer-on-Peer Risks: A Guide for Teens](#)

[know2protect Exit Strategy Checklist](#)

[know2protect How2Report](#)

[know2protect You're Never Alone Support Directory](#)

[The Dibble Institute "Sexting Advice for Teens" Handout](#)

[Connect for Freedom Top 5 Quiz Online Decisions](#)

Recap of Lesson

Type of content to never post online:

- Images of alcohol/drugs
- Sexual content
- Profanity
- Harmful/abusive words
- Threats to someone's safety
- Racist, sexist, and prejudiced language

Posting negative or harmful things online can impact:

- People's perception of you
- Education
- College opportunities
- Job opportunities

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A free service that can help you remove or stop the online sharing of nude, partially nude, or sexually explicit images or videos taken of you when you were under 18 years old.