

Social Media Safety



Instruction and Activities for
Students in Grades 5-12 including
students with disabilities

Rocky Hill Consulting

Social Media Safety

Standards:

Center for Disease Control (CDC) National Health Education Standards

Standard Two: Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.

Standard Five: Students will demonstrate the ability to use decision-making skills to enhance health.

Standard Seven: Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

Objectives:

- I CAN commit to practice safe behaviors online and with social media
- I CAN explain the Social Media Rule of Thumb
- I CAN identify safe people to accept as friends or followers
- I CAN define social media, sexting, and explicit

Key Words:

- Anatomy
- Media
- STD
- Abstinence

Instruction:

1. **What kind of technology do you use everyday?** (phone, iPad, computer, chromebook, etc. lead students to also include television, DVR box, etc.)
2. **Social media is something most people use with their technology. What is social media?**
 - a. Websites and applications that enable users to create and share content or to participate in social networking.
3. **Break the word apart: What is social?**
 - a. interactions with other people
4. **What is media?**
 - a. means of mass communication
5. **Bringing these two words together shows us that social media is interaction among people that is mass communication**
6. **All social media is public and lasts forever, even if you delete it.**
7. **The use of technology has brought about many new responsibilities and issues. What are some of the problems that can happen when using social media or technology?**
 - a. identity theft, meeting strangers, sexting, etc.
8. **We will discuss some of the problems teens have that involve sex and relationships when using technology.**
9. **Who has heard of sexting? What is it?**
 - a. When people send suggestive or nude pictures to others using their cell phones.
10. **Sexting is illegal in most states. Teen sexting laws prohibit both sending and receiving explicit images. However, it isn't really possible to prevent someone else from sending you a photo. Because of that, sexting laws typically prohibit "receiving and keeping" any explicit images. If, for example, a teen receives an explicit or pornographic image from someone else, the teen hasn't violated a sexting law unless the teen chooses to keep the image. Some laws also include sexually explicit language sent to or from a minor - someone under the age of 18.**
11. **What does explicit mean?**
 - a. describing or representing sexual activity in a graphic fashion.

Social Media Safety

What is media?

What is social media?

What is sexting?

What does explicit mean?

Sexting Laws - Yes! It is ILLEGAL!

Check out your state's laws here:

<http://www.criminaldefenselawyer.com/crime-penalties/juvenile/sexting.htm#states>

1. How does your state define sexting?
2. What is one penalty a teen could face for sexting?
3. What are the long term effects of registering as a sex offender?



Instruction:

1. Most students don't realize how much information can easily be found about themselves online. They don't realize how permanent social media posts are.
2. Ask: **How much information is available about YOU online?!**
3. Introduce the Google activity - if you are comfortable Google yourself or someone you know to show how much information can be found.

Student Activity:

Google yourself. Type your name in and see what you can find. Answer the questions provided. After you have completed your google search, look up someone else that you know. Answer the questions provided.



Google Yourself!

1. Did you find anything that surprised you?
2. List one thing you found?
3. If you found nothing, why?
4. Did you find anything that you thought you deleted?
5. Did you find anything that someone else posted of you or about you?

Now Google someone you know.

6. Did you find anything that surprised you?
7. List one thing you found?
8. If you found nothing, why?

Instruction:

1. **Another problem teens face is providing too much information to people on social media.**
2. **What did you find that was interesting or surprising in your google search?**
3. **Based on that search what have you learned about the information you post?**
4. **What information can teens safely post online?**
 - a. First name, state, real age
5. **What information is never safe to post online?**
 - a. Address, phone number, fake age, school you go to, other personal information
6. **You have to be careful when accepting friends or followers on your social media apps. People are not always who they say they are, or as nice as they seem to be. It is NEVER acceptable to meet a stranger that you have been talking to online in person. It is very dangerous. When you are older if you choose to use a dating app make sure to meet the person in a public place with plenty of people around.**

Student Activity:

Put the number of each example in the proper column below. "Request" means a follow, or friend request of any kind in a social media app.

1. A request from someone who is already your friend
2. A request from someone with no picture, or the picture is not them
3. A request with an old profile picture
4. A request from someone you met at camp this summer
5. A request from your friend's cousin whom you do not know
6. A request from your friend's sister
7. A request from a total stranger

Safe to Accept	Not Safe to Accept
4	1
6	2
	3
	5
	7

Safety with Social Media



What information is safe to post online?

What information is NEVER Safe to post online?

Be careful who your friends are!

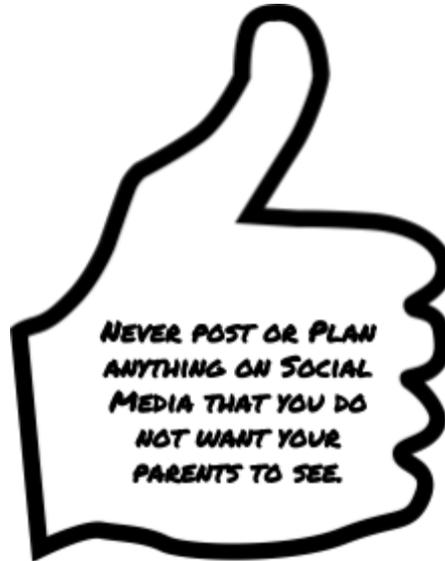
Put the number of each example the proper column below. "Request" means a follow, or friend request in any kind of social media app.

1. A request from someone who is already your friend
2. A request from someone with no picture, or the picture is not them
3. A request with an old profile picture
4. A request from someone you met at camp this summer
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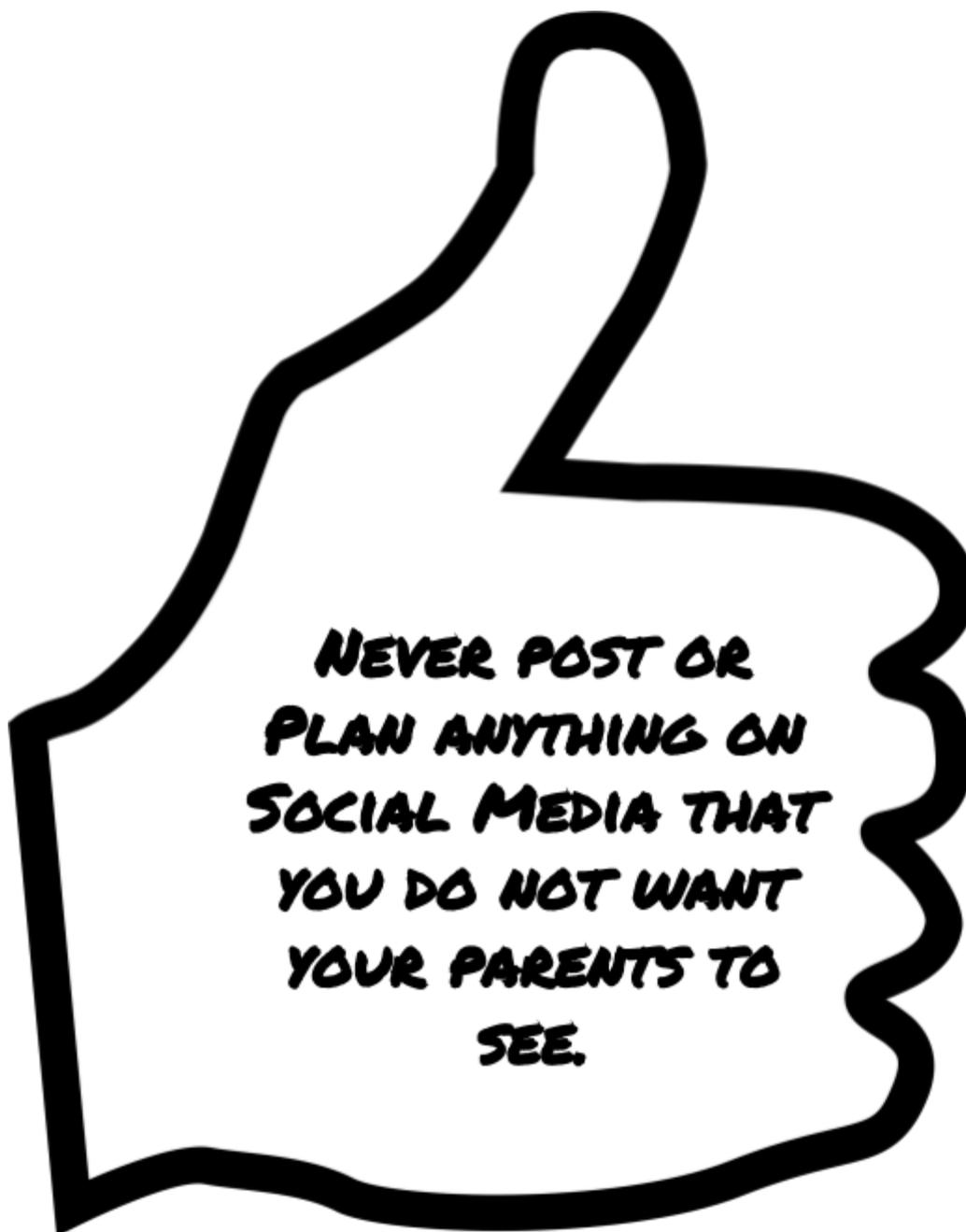
Safe to Accept	Not Safe to Accept

Instruction:

1. Share the Rule of Thumb for Social Media. Ask students to write this on their thumbs.



Rule of thumb for Social Media:



Instruction:

1. Discuss specific rules of social media
 - a. Keep your profiles set as private.
 - b. Remember that people can easily pose as someone else online.
 - c. Online profile photos cannot prove someone's identity.
 - d. If someone sends you inappropriate photos, tell an adult immediately.
 - e. Never give out personal information such as your address, phone number, or school name.
 - f. Don't accept friend requests from people you don't know — even if you have mutual friends.
 - g. If someone asks you to meet them in real life, tell an adult immediately.
 - h. NEVER meet a person you met online in real life.
2. Show this video: <https://www.youtube.com/watch?v=6jMhMVEjEQg>
3. Have you ever talked to someone on social media or online that you did not know?
4. Do you think this video is realistic or just a set-up?
 - a. 1 in 25 youths received an online sexual solicitation where the solicitor tried to make offline contact. (The US Department of Justice)
<https://www.nsopw.gov/en-US/Education/FactsStatistics>

Homework:

Your homework is to bring home the social media contract, discuss it with your parent or guardian, sign it, ask your parent or guardian to sign it, and return it to me.

Rules for Social Media/Internet

I promise to...

- Keep my profiles set as private.
- Remember that people can easily pose as someone else online.
- Remember that online profile photos cannot prove someone's identity.
- Tell an adult immediately if someone sends me inappropriate photos.
- Never give out personal information such as my address, phone number, or school name.
- Not accept friend requests from people I don't know — even if we have mutual friends.
- Tell an adult immediately if someone asks me to meet them in real life
- NEVER meet a person I meet online in real life.

Student Signature

Date

Parent/Guardian Signature

Date

