## Topic:
Digital Safety

## Overview:
Students are introduced to the topic of Digital Safety. They learn to identify and use Digital Safety Rules when using any of their digital devices and understand what to do if they encounter an unsafe situation online.

## Learning Objectives:
- Students will be able to identify the Digital Safety Rules.
- Students will understand the importance of implementing Digital Safety Rules in various digital settings

## Essential Question(s):
- How can we stay safe online?
- How can you ensure you follow Digital Safety Rules??

## Content Standards/Benchmarks:
### National Health Ed. Benchmarks:
4.2.3 Demonstrate ways to respond in an unwanted, threatening, or dangerous situation.

### Florida Health Ed. Benchmarks:
HE.4.C.2.5 Explain how media influences personal thoughts, feelings, and health behaviors.
HE.4.C.2.6 Explain how technology influences personal thoughts, feelings, and health behaviors.
HE.4.C.2.4 Recognize types of school rules and community laws that promote health and disease prevention.
HE.4.B.4.2 Identify refusal skills and negotiation skills that avoid or reduce health risks.
HE.4.B.4.4 Demonstrate ways to ask for assistance to enhance personal health.

## Vocabulary:
Digital Safety, Digital Devices, Personal and Private Information, Safety Voice, Choices, Digital Safety Rules

## Material List:
Chart Paper
Paper iPad (Printable Component)

## Estimated Time Frame:
30 minutes

## Technology Tools:
Printer

## Lesson Description:
1. Discuss: Technology and Digital Devices (See Lesson Guide)
2. Teach: Digital Safety Rules (See Lesson Guide and Printable Component)
3. **Activity: Safe and Smart Choices Online**
4. Closing Statements (See Lesson Guide)

## Teacher Notes:
It is important to acknowledge the benefits of the Digital World. Teaching from a place of positivity and empowerment versus teaching from fear is critical to supporting students in developing positive online habits.

1. **Discuss Technology and Digital Devices**
   Let your students discuss their answers to the following questions:
   *What is technology?*
   *Why do we use technology?*
   *What are digital devices?*
   *What digital devices do you use?*

2. **Teach Digital Safety Rules**
   *The Internet is a place to learn, connect, and have fun. While we are using the Internet, it is important to make safe and smart choices. Just like there are safety rules for places you go (like home and school), there are safety rules for the Internet.*

   *Let's talk a bit more about safety rules.*

   Let your students discuss their answers to the following questions:
   *What Safety Rules do you use at school?*
   *What Safety Rules do you use at home?*

   *There are four Digital Safety Rules that you should keep in mind when using the Internet.*
   Let your students discuss their answers to the following question:
   *What Safety Rules do you think we should follow when we are on the Internet?*

   Write student's ideas on chart paper.

   *Now that we know a bit more about safety rules, let's talk about four different scenarios. Let's see if we can figure out which of the Digital Safety Rules each person follows in each of the four scenarios. Once we figure out the safety rule, let's write it down on our paper iPads as a reminder.*

   *Whenever you are online or unsure of a situation, you can use this iPad as a reminder of the Digital Safety Rules you should follow.*

   Give students a copy of the blank iPad to write their answers. Write the correct answers on chart paper for students to copy.

### Scenario #1:

*While gaming online, she gets a message from a stranger. She doesn't know this person and has never talked with them before. She knows for sure that she has never met this person in real- life before. She thinks it might be best to go get one of her trusted adults.*

*Which Digital Safety Rule do you think she followed?*
Allow students time to answer.

*She followed the Digital Safety Rule of **only talking to people you know**.*
*Let's write that on our iPads.*
Write "only talk to people you know" on the chart paper. Students write it on their iPads under the section labeled #1.

### Scenario #2:

*While watching videos online, someone asks him to share personal information about himself. They want to know things like his birthday, where he goes to school, where he likes to hangout, and the password to his accounts. He isn't feeling comfortable giving out such personal information. He gets a grown-up for help.*

*Which Digital Safety Rule do you think he followed?*
Allow students time to answer.

*He followed the Digital Safety Rule of **never sharing personal information**.*
*Let's write that on our iPads.*
Write "never share personal information" on the chart paper. Students write it on their iPads under the section labeled #2.

### Scenario #3:

*There is this new app she wants to download. She hasn't shown the app to her grown-ups and does not have permission to download it. She waits for her mom to get home to talk to her about downloading the app. She and her mom look over the app together to decide if it is safe for her to download.*

*Which Digital Safety Rule do you think she followed?*
Allow students time to answer.

*She followed the Digital Safety Rule of* **asking a grown-up before going to a new website or app**. *Let's write that on our iPads.*
Write "asking a grown-up before going to a new website or app" on the chart paper. Students write it on their iPads under the section labeled #3.

### Scenario #4:
*Someone online is making him feel very uncomfortable. He is feeling very confused and upset by the messages and pictures he is receiving. He leaves the messages alone and goes to tell a trusted grown-up.*

*Which Digital Safety Rule do you think he followed?*
Allow students time to answer.

*He followed the Digital Safety Rule of* **if something online makes you uncomfortable, tell a trusted grown-up**. *Let's write that on our iPads.*
Write "if feeling uncomfortable, tell a grown-up" on the chart paper. Students write it on their iPads under the section labeled #4.

*Remember that the Internet is just another place. You can use your other Personal Safety Rules (like Safety Voice) to make safe and smart choices online.*

Encourage students to keep their paper iPads nearby while online for a friendly safety rules reminder.

## 3. Safe and Smart Choices Online
*Now that we know more about Digital Safety Rules, let's play a game. Everyone get up and go to the back of the room.*

*I am going to tell you various scenarios. If you think the person in the scenario follows all Digital Safety rules, take two steps forward. If you think the person breaks a safety rule, take one step backwards. Let's begin.*

*You need to make a password for your new profile. You create a new password that's hard to guess. (Yes)*

*Students either take two steps forward or one step back.*

**Repeat for the following questions:**

- *You're doing homework online when an ad pops up. You click it and it takes you to a different site. Is this a safe choice? (No)*
- *They get a message from someone they don't know. They block the account from messaging them. (Yes)*
- *They download a new app without permission. The app asks for them to turn on location services. (No)*
- *An online stranger asks them for their address and phone number. They don't answer (Yes).*
- *They just took a trip and want to post a bunch of pictures online. They ask their mom for permission on which pictures to post. (Yes)*
- *When they got a message from a stranger, they got their trusted grown-up right away. (Yes)*
- *He has his profile set to public. Anyone online can see his pictures and details. (No)*
- *They get a message from someone they don't know. The person's profile picture looks nice. They start a conversation. (No)*
- *You want to enter an online contest. The website asks for a ton of personal information and pictures. They get their trusted grown-up to help them. (Yes)*
- *They have been chatting with someone they met online for a few months. Recently, the messages have started to make them uncomfortable. Even though they've been talking for a while, they stop answering the messages and tell a trusted grown-up what has been happening. (Yes)*
- *They make sure to follow all Digital Safety Rules while online. (Yes)*

## 4. Closing Statements

*We can use the Internet to learn new things, connect with others, or have fun. It is important to be a "responsible digital citizen" and stay safe while we are online. We can use our Digital Safety Rules to make safe and smart choices.*

# DIGITAL SAFETY RULES:

#1

#2

#3

#4

#5

If someone asks me to break a
Digital Safety Rule or I feel uncomfortable,
I can use my safety voice. I can go to
a trusted grown-up for help.