

Internet Safety and Digital Citizenship—Springville Jr. High

In your student's 7th grade CTE Introduction class, he or she is scheduled to attend a presentation on Internet Safety and Digital Citizenship.

Scheduled days: January 16 & 17—In CTE class

The presentation is approved by the Nebo School District Healthy Lifestyle Committee and deemed age appropriate and valuable information for students growing up in the digital age. Some of the topics will be more delicate than normal school curriculum. The presenters will be John Allan from Nebo School District and Barbara Decker from Netsmartz of the Boys and Girls Club of Utah. The presentation will feature Power Point slides, video clips, and discussion. For more information contact John Allan at 801-354-7466 or john.allan@nebo.edu.

Nebo School District honors the lead role that parents and guardians play in teaching these important and sensitive topics to their children. The purpose of this presentation is to support parent's role in educating their children. Included in this document is the curriculum that will be covered.

If you desire to opt your child out of the presentation, please complete and detach the "Opt Out" slip found at the end of this document and return it to your child's CTE teacher. If you desire to have your student attend, you do not need a permission slip.

Topics

Value of internet: The internet is a wonderful tool and many students will eventually make a living from using the Internet. Utah homes have a high level of access to the Internet. Since many students will be immersed in the internet and technology, they need to be wise to the dangers and risks.

Sexual predators: A sexual predator is someone who wants to sexually abuse a youth. Sexual abuse will be defined as "Someone who touches someone in their private areas. Private areas are covered by their swim suit." 80% of sexual abuse happens by someone known to the family, therefore youth need to be aware of dangers of more than just "Internet predators".

Grooming behaviors: A potential predator uses grooming behaviors to prepare the victim. Typical grooming behaviors are:

- 1) Lots of attention, interest, pretend friendship, shared interests.
- 2) Gifts, touching (like a massage), flattery, claims of significant friendships or soul mates.
- 3) Secrecy, "don't tell your parents" (students are told that secrets are a warning sign).
- 4) Inappropriate subjects or "sexting"--talking about sexual topics or exchanging inappropriate pictures via technology. "If the predator can get the victim to talk about bad things, it is easier to act out bad things."
- 5) Meet in real life (predators want to be one-on-one with the victim).

By explaining the grooming process to students, it will help them recognize a threat. Many abuse crimes found locally involve grooming by text messaging.

Other safety suggestions: It is not an age appropriate activity for a 7th grader to be conversing with a stranger. The rule "don't talk to strangers" does not change with the internet. Also, problems usually occur when the person is at least two years older than the victim. "Be friends with people your own age. Be careful having lots of conversation with those older than you".

Social networking: Many students actively use a social networking site (Facebook, Instagram). The following are rules to increase safety:

- 1) Set your profile to “private” or “friends only”. Do not have your profile accessible to everyone on the Internet.
- 2) Only post images that represent you properly.
- 3) Post items and information that do not reveal too much personal information.
- 4) Only “friend” those that you have personally met. Be cautious with friending those that are older. Friending your professional teacher is inappropriate.
- 5) Parents should monitor their children’s sites. Friend or follow them.

Choose respectful media: 7th grade students will view perhaps millions of digital images in their adolescent years. Unfortunately, at no fault of their own, some of these images will be pornographic. Pornography is defined as an image that depicts naked or partially naked subjects in a sexual way. Pornography is harmful in two ways. One, it shows a lack of respect for the human body and opposite sex. Two, it can become addicting. The presentation talks about the brain chemical science of addiction. The consequences of pornography addiction are:

- 1) “Baggage” in future relationships.
- 2) Ruined relationships.
- 3) Loss of freedom (any addiction is a loss of freedom).
- 4) Prevent happiness (increase depression).
- 5) Limit success (hard to advance in the work place or even maintain employment).

If someone sees a pornographic image, a good coping strategy is to tell a trusted adult. This ends the secrecy that gives more impact to pornography. Good open communication with your student is important. With students being around many web enabled devices, the best filter is their own decision making ability (Internet filters are good too, but are not fail proof).

Ending cyberbullying: Cyberbullying is bullying through digital means. If you are cyberbullied, you need to tell a trusted adult. If you see someone being bullied, you can tell the bully to “knock it off” as you act as a “bully bystander”. You should also tell a trusted adult if you see bullying.

The crime of “sexting”: Sexting is the spreading of pornographic images or material by cell phone, social networking site or email. Students tend to think sexting is a joke, but it is really a crime. Pornography that shows a minor (someone under the age of 18) is considered child pornography. Three crimes are described if someone is sexting child pornography.

- 1) Producing child pornography--If someone takes a pornographic picture of themselves or another minor.
- 2) Distributing child pornography--If someone sends or forwards a pornographic picture of themselves or another minor.
- 3) Possession of child pornography—If someone has a pornographic image of a minor on their phone, email or social networking site, and they show intent to keep it. Telling an authority figure that you recently received an image is not a crime. It is the correct thing to do.

With both cyberbullying and sexting, it is important to tell a trusted adult. Do not delete the evidence. When things are out in the open, problems can be solved. Sometimes, you need to be a good friend or active bystander and go for help for your peers.

Opt Out

Student’s name _____ Period _____

Please opt my child out of the Internet Safety and Digital Citizenship presentation.

Parent signature _____