



KidsHealth.org/classroom

Teacher's Guide

This guide includes:

- Standards
- Related Links
- Discussion Questions
- Activities for Students
- Reproducible Materials

Standards

This guide correlates with the following National Health Education Standards:

Students will:

- Comprehend concepts related to health promotion and disease prevention to enhance health.
- Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.
- Demonstrate the ability to access valid information and products and services to enhance health.
- Demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.
- Demonstrate the ability to use decision-making skills to enhance health.
- Demonstrate the ability to use goal-setting skills to enhance health.
- Demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.
- Demonstrate the ability to advocate for personal, family, and community health.

National Health Education Standards:

<http://www.cdc.gov/healthyschools/sher/standards/index.htm>

Many students are online a lot — using smartphones, iPods, and laptops. The Internet is a big part of their social lives. That's why kids have to understand how to make good choices when it comes to protecting themselves and their identities online. These activities will encourage your students to think critically about online safety, including how much information to reveal and to whom.

Related KidsHealth Links

Articles for Kids:

Safe Cyberspace Surfing

KidsHealth.org/en/kids/internet-safety.html

Your Online Identity

KidsHealth.org/en/kids/online-id.html

Carpal Tunnel Syndrome

KidsHealth.org/en/kids/carpal.html

Discussion Questions

Note: The following questions are written in language appropriate for sharing with your students.

1. Do you go online? How often? What types of things do you do on the Internet? Do you use your phone to stay in touch with people using social media?
2. Protecting yourself online is all about keeping certain things private. What are some things you shouldn't reveal online? What are some things that are safe to share? How do you make sure you're safe if you use video chat sites?
3. If you go online, chances are you've created a screen name. Without mentioning your specific name, let's talk about some of the words and numbers people use a lot. Do some of these seem to give away too much information? Why is it better to have a screen name that's a little harder to figure out?
4. If someone says something online that makes you feel upset or uncomfortable, what should you do? What should you do if someone asks to meet you in person?



Activities for Students

Note: The following activities are written in language appropriate for sharing with your students.

Hello, Nina

Objectives:

Students will:

- Identify potential Internet dangers
- Enhance decision-making skills online

Materials:

- Computer with Internet access
- Pencil or pen
- “Hello, Nina” handout

Class Time:

- 1 hour

Activity:

Nina must have the smartest computer in the world. It actually tries to keep her from making bad decisions when she is online. And it talks! The first time it happened was when Nina was about to send her picture to someone she met online. The computer said, “Don’t do it, Nina!” and then shut down. The second time was when she got a message from a stranger saying she’d win a prize if she replied with her name, address, and phone number. This time, the computer said “Bad idea!” and shut down again. The third time, someone Nina had never met asked to meet her at a park. She was just about to say “yes,” when the computer spoke again. “Hello, Nina,” it began. “This is your computer. I am very concerned about some of the decisions you have been making.”

After reading the KidsHealth.org articles on Internet safety, finish the computer’s speech to Nina. Be sure to include:

- why Nina’s behavior hasn’t been safe
- the right way to deal with strangers online

Extension:

As a class, create a poster about online privacy. Draw a line down the middle of a piece of posterboard and label one column “Delete” in red and one column “Send” in green. In the “Delete” column, have students write the kind of information that’s best kept off the Internet. In the “Send” column, write down things that are OK to share.



Good Chat, Bad Chat

Objectives:

Students will:

- Evaluate fictional screen names for privacy
- Assess if information is appropriate for sharing online

Materials:

- Computer with Internet access
- Pen or pencil
- “Good Chat, Bad Chat” handout

Class Time:

- 30 minutes

Activity:

They say time flies when you’re having fun, and going online is a perfect example of that. Sometimes you log on and in what feels like a minute, a whole hour has gone by! It’s easy to get caught up in online games and chats, but that doesn’t mean you should forget about safety. You have to keep in mind that people are on the other side of every click – and they might not be who they say they are. To help you think about how much to share online and with whom, check out the messages on the “Good Chat, Bad Chat” handout. Look at everything from the screen name to the type of information revealed. What can you tell about each person from that brief conversation? Did anyone do anything in this chat room that you would consider unsafe? When you’ve completed the handout, discuss your findings with a classmate, then we’ll talk about it as a class.

Extension:

Have students search for themselves on the Internet to check for any potentially revealing or hazardous information.

Reproducible Materials

Handout: Hello, Nina

KidsHealth.org/classroom/3to5/personal/safety/online_safety_handout1.pdf

Handout: Good Chat, Bad Chat

KidsHealth.org/classroom/3to5/personal/safety/online_safety_handout2.pdf

Quiz: Online Safety

KidsHealth.org/classroom/3to5/personal/safety/online_safety_quiz.pdf

Answer Key: Online Safety

KidsHealth.org/classroom/3to5/personal/safety/online_safety_quiz_answers.pdf



Name: _____

Date: _____

Hello, Nina

Instructions: After reading the KidsHealth.org articles on Internet safety, finish the computer's speech to Nina. Try to include why you think Nina's behavior has not been safe and the best way to deal with strangers you meet online.

Hello, Nina. This is your computer. I noticed you wrote back to someone you do not know! I am concerned that you are not keeping yourself as safe as you could.



Name: _____

Date: _____

Good Chat, Bad Chat

Instructions: Let's peek in on a website where lots of kids like to chat. Check out everything from the screen names to the type of information that's being shared. What can you tell about each person? If you think a kid is being unsafe, write why in the space below. If you think everything is OK, draw a happy face. :-)

jaijai: That girl is such a loser. Why are your friends with her?

cjones122904: I don't take the bus to school. I walk.

Goalie12: So pumped for the game!

kayla_smith: I'll send you a pic. Send me yours first. Do you live nearby? I'm at 15 Maple St.

luv2laugh: I LOVEEEEE purple!

hoopsfan: I can meet u @ the park near your house. What time? How will I know it's u?

gr8sk8brder: Wiped out today. Ouch!



Name: _____

Date: _____

Quiz

Instructions: Answer each question.

1. Name four things about yourself that you should not share online:

2. Before you enter a contest or join a club online, you should always:

- a. ask a parent
- b. change your password
- c. tell all your friends
- d. send money

3. True or false: If you wouldn't say it to someone's face, don't say it on the computer.

4. You just got an email from a stranger that says, "You've won!" One thing you definitely shouldn't do is:

- a. show a parent
- b. open it to see what you've won
- c. delete it
- d. log off

5. True or false: It's OK to send your picture to someone you met online, as long as they sent you theirs first.



Quiz Answer Key

1. Name four things about yourself that you should not share online:
Any four of the following: full name, address, phone number (home and cell), school name, age, birthday, location, email address, Social Security number, photos

2. Before you enter a contest or join a club online, you should always:
 a. ask a parent
b. change your password
c. tell all your friends
d. send money
3. True or false: If you wouldn't say it to someone's face, don't say it on the computer.
4. You just got an email from a stranger that says, "You've won!" One thing you definitely shouldn't do is:
a. show a parent
 b. open it to see what you've won
c. delete it
d. log off
5. True or false: It's OK to send your picture to someone you met online, as long as they sent you theirs first.