health
character
respect
drugs
career
harassment
violence
bullying
responsibility
alcohol
conflict
anger

The Internet and You:
Staying Safe
Grades 5-9

1013370

SUNBURST MEDIA™

Credits

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Teacher's Guide

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Table of Contents

Program running time: approximately 19 minutes

We highly recommend that teachers preview programs before
showing them in the classroom.

Introduction

Most young teens know how to navigate the Internet, but do they know how to protect themselves from the very real risks to their personal safety? Do they even recognize what these risks are? Many adults are not even familiar with some of the threats a teen may encounter and since teens are spending up to four and five hours a day online, it's very important that they become familiar with the problems they may face, before they actually face them.

The majority of teens who use the Internet report having been approached by a stranger online, often in a way that makes them uncomfortable. Others have had unpleasant experiences with acquaintances they trusted who use personal information to harass, intimidate , or play mean jokes on them. Teens, like adults, can receive unwanted emails about plastic surgery, once in a lifetime opportunities (scams), and pornographic material. It is important, therefore, for young people to recognize some of the potential pitfalls of life online. Teens need to know that just because they're sitting at home, it doesn't mean nothing bad can happen.

Using humor and a light touch, **The Internet and You: Staying Safe** helps teens begin to understand the risks of Internet use, ranging from downloading a virus, receiving unwanted email, and bullying to being targeted by sophisticated criminals including predators. Viewers are given a substantial list of safety tips about protecting their identity and privacy, as well as avoiding contact with strangers.

Teens are encouraged to protect their work, and recognize that something that is posted online is ultimately viewable by anyone, including those they never anticipated would be able to see what they have written. While young people are encouraged to use the Internet for schoolwork and social connection with friends, they are reminded that "caution" is the watchword.

Learning Objectives

When students have viewed this program and participated in the activities in this Guide they will be better able to:

- Understand that the Internet poses certain risks, often similar to those in the real world.

- Identify a broad range of specific risks they may encounter on the Internet.

- Realize that even situations they think are private may not be.

- Understand they must never meet anyone in the real world that they met online.

- Recognize they can use the computer for fun and work safely, if they remember to follow the safety tips in the program.

Program Summary

The program opens with an introduction from a teenage host who is then distracted when Jessica gets an email from a "Nigerian prince" asking for information about her bank account. According to the Prince, she will get a million dollars if she helps him move a hundred million dollars out of the country. He just needs her bank account number. The host explains to Jessica what an online scam is and that this situation is one: there is no Prince, and no hundred million dollars. If she gave him her family's bank account number, he would promptly empty it of all the family's savings.

The host gives an overview of what the Internet consists of and illustrates how email has changed modern life forever using a humorous example of a Civil War era teen inviting another teen to a social event in a written invitation. Next we see a teen who has accidentally downloaded a virus which has just wiped out the school report that he worked on all evening. The host explains how computers get viruses and encourages teens to back up all of their work every day. Next we see a teen with over nine hundred emails, most of them inviting him to buy real estate or vitamins. We see a teen reacting negatively to an obviously lewd enclosure (not shown). The host explains how users can avoid spam.

In a humorous depiction, the program illustrates how online criminals operate in an activity identified by the host as a "phishing" scheme. The host elaborates on other typical online schemes that result in the user being separated from his/her money for counterfeit goods, or material that will never arrive. The host reminds viewers about filters they can use to avoid unwanted email and exhorts them to never, under any circumstance, open an attachment they are not expecting, even from someone they know. The host adds: "If it sounds too good to be true, it is."

Next the focus turns to online bullying and shows examples of teens engaging all too typical scenarios: a girl threatens another to stay away from her boyfriend; a boy threatens another with physical violence. Amanda asks the host why someone would send her a threatening message like the one she just received. The host explains that Internet bullies want the same things real world bullies want — power over others. The host says it's

important to never answer a threatening message, and under no circumstances should anyone ever respond with a threat. The host advises teens to talk to a parent or other trusted adult if they receive a threatening message, and to save such messages as evidence, in case it is needed in the future.

The host talks about social networking sites and we see Jessica who thinks she's chatting with a cute eighth grader. He has even sent her a picture of himself but the host points out there is no way to know if that picture is really him. In fact, the magical stroke of a few keys, the other person appears. He is actually a slimy looking character in his forties. The host tells us that these social networking sites can be dangerous because Internet predators go to them looking for victims.

Next, we see Amanda as she is confronted by two girls with a printout of something she posted in which she wrote a nasty critique of the outfits they wore to school the previous day. She thought only her friends could see it, but she turned out to be wrong. The host explains that even sites we think are private may not be, and to be safe, a teen should never post anything he or she doesn't want to be seen by the public at large.

Next we see Tarik who was conned and gave out his family's credit card number online. The thieves used that to open a new account which they have used for thousands of dollars of merchandise. The host explains that this is called "identity theft" and to avoid it a person must never give out personal information to someone they don't know. A long list of the kind of information that should never to be shared is shown on the screen.

The host tells the audience that the most important safety tip is to never agree to meet someone you don't know. The person may not be who they say they are, and in fact they may be predators looking for victims. The host explains that predators are criminals who want to hurt their victims, usually physically. The host wraps up the program encouraging teens to enjoy themselves online safely by adhering to the safety tips in the program.

Guidelines for Group Discussion

Group discussion is an invaluable way to explore ideas and issues, foster creativity, and build communication and social skills in young students. The following guidelines can help you maintain a "discussion-friendly" classroom:

- **Create a climate of openness and acceptance.** Encourage students to show respect for the opinions of others and model this behavior yourself.

- **Establish ground rules.** Students can participate in formulating the rules for discussion. Rules will vary, but should include some of these general principles:

  – No putdowns, ridicule or sarcasm.

  – Everyone may speak without interruption.

  – Everyone has the right to pass.

- **Guard against inappropriate self-disclosure**. An intense discussion may lead students to reveal inappropriate information about themselves or others. Sensitivity and vigilance can help you head off such revelations.

- **Probe behind the neat and tidy answers.** To find out what students really think, it is often helpful to prolong discussion time and encourage greater depth. Offer a "What if...?"; bring out issues such as fairness, justice, intent or lack of it, and so on.

Discussion Questions

1. Why do you think Jessica believed a Nigerian prince would send her a million dollars?

2. How are computer viruses transmitted, and how can you protect your computer?

3. What is spam, and how can you limit the amount you receive?

4. How can you recognize a scam online? Is there a test you can apply to exciting offers?

5. How does a "phishing" scheme work?

6. What is cyberbullying?

7. How is cyberbullying similar to real world bullying?

8. How is cyberbullying different from real world bullying?

9. If you receive threatening messages online, what should you do?

10. Why is it recommended to save threatening messages, if you receive any?

11. Why is it a good idea not to believe everything (everyone) that you see online?

12. If someone sends you a picture of himself/herself, can you know it's really the person? Why, or why not?

13. What is a predator?

14. Why do predators go to teen sites to spend time?

15 . If someone makes you uncomfortable what can you say, or do?

16 . Can you ever be sure something you post online is private, available only to friends? What are some of the consequences of having a private posting seen by others?

17 . Why do so many teens think it's okay to post photos and give out personal information about themselves online?

18 . Do you think a criminal can use information in a photograph to locate a teen? How?

19 . What does it mean when we say that "anything that goes online stays online"?

20 . How do you decide if it's okay to post something online?

21 . Do you think most people are vulnerable when it comes to con artists? Why, or why not?

22 . What is identity theft, and how does it happen?

23 . What are the safety tips in this program? Which is the most important safety tip in this program?

24 . How can you protect yourself from identity theft online?

25 . If you think you made a mistake and gave information to someone you shouldn't have, what could you do?

◆ Activities

1. **Tell your students that one reason scam and con artists are so successful is that they play on people in basic ways taking advantage of many, sometimes contradictory, human traits such as the desire to be helpful (altruism) often mixed with greed.** The Nigerian Prince asked Jessica to help him out and then promised to give her a lot of money. This is a very potent combination of motivators. Another thing criminals look for is someone who is lonely, and they try to befriend that person. After the fact people who are victimized are surprised at how easily they were exploited. Ask your students to raise their hands if they think they would always recognize a scam, or con artist. Point out that those who think they aren't vulnerable are often the easiest to fool. Ask students to brainstorm a list of things a con artist might promise someone (money, free gifts etc.). Ask them to identify the ones they would most likely fall for.

2. **Ask students to brainstorm the ways a stranger on the street might get them to "help" out: help look for a lost pet, help them find their car etc.** Ask them to think about how this might translate online, if they met someone they didn't know.

3. **Ask your students to share some of the headings email messages use to get people to open them (ex. You won a new car!)** Ask them to brainstorm a list of headings that would tempt them.

4. **Ask students to pretend they are online and looking to make friends with some one.** What would they say to the person? Ask students to think about why a lonely teen might make an easy target, and might believe the ploys a predator would use. If they don't know what a ploy is define it for them: a tactic intended to fool someone.

5. **Ask teens to think about what this means: "If it's too good to be true, it is."** Ask them to suggest instances when they have seen an offer or advertisement for some thing they thought was "too good to be true."

◆ Agree / Disagree

Place an <u>A</u> or a <u>D</u> in the space provided depending on whether you agree or disagree with the statement. Be prepared to discuss your position and defend it with reasons.

_____   Adults worry too much about the Internet. It's actually pretty safe.

_____   I wouldn't be a likely victim of a con artist or predator…I'm too smart.

_____   Any adult posing as a teen online would be pretty easy to spot.

_____   The chances of downloading a virus are pretty small.

_____   I know how to use the Internet and won't have any problems.

_____   If I want to meet someone in person that I met online, I think it would be okay.

_____   People who get taken advantage of online are just not paying attention.

_____   I like playing jokes on other kids online — it's harmless.

_____   I would be able to tell if someone pretended to be someone they're not online.

_____   It's easier to bully someone online because you can't see them, and they can't see you.

Note: Each statement can be used as a starting point for a discussion. Students can begin by explaining why they agree, or disagree with the statement.

◆ Fill in the Blanks

Use the following words to fill in the blanks.

Word Box

public	save	report	filters
cyberbullying	spam	name	virus
phone number	private	open	illegal
address	phising	scam	downloaded
computers	predators	photograph	identity theft
power	ploy	answer	real

1. When a criminal tries to fool someone into thinking they will get something, usually money, for giving out information it is called a _____ .

2. Unwanted junk email is called _____.

3. People get taken advantage of in a scam when they fall for the _____.

4. The Internet is actually a global network of _____.

5. _____ can be used to block a lot of the spam sent to us.

6. Computers can get a _____ when an attachment with one is_____.

7. When criminals send out thousands of emails asking for personal credit or banking information, it called a _____ scheme.

8. The best way to avoid getting a computer virus is to never _____ an unexpected attachment.

9 . Bullying on the Internet is called _____.

10 . Threatening someone on the Internet can be _____.

11 . Bullies on the Internet want _____, just like real world bullies.

12 . You should never _____ a threatening email.

13 . You should always _____ a threatening email.

14 . You should _____ a threatening email to an adult you trust.

15 . Social networking sites for teens are know to attract _____.

16 . You should never meet someone you met online in the _____ world.

17 . A predator can use information in a _____ to identify and even locate a teen.

18 . Many times situations online that are thought to be _____ are actually _____.

19 . One of the most fastest growing crimes today is _____.

20 . You should never give out information about yourself to someone you don't know online including your _____, _____, or _____.

Fill in the Blanks

Answer Sheet

1. When a criminal tries to fool someone into thinking they will get something, usually money, for giving out information it is called a __scam__.

2. Unwanted junk email is called __spam__.

3. People get taken advantage of in a scam when they fall for the __ploy__.

4. The Internet is actually a global network of __computers__.

5. __Filters__ can be used to block a lot of the spam sent to us.

6. Computers can get a __virus__ when an attachment with one is __downloaded__.

7. When criminals send out thousands of emails asking for personal credit or banking information, it called a __phishing__ scheme.

8. The best way to avoid getting a computer virus is to never __open__ an unexpected attachment.

9. Bullying on the Internet is called __cyberbulling__.

10. Threatening someone on the Internet can be __illegal__.

11. Bullies on the Internet want __power__, just like real world bullies.

12. You should never __answer__ a threatening email.

13. You should always __save__ a threatening email.

14. You should __report__ a threatening email to an adult you trust.

15. Social networking sites for teens are know to attract __predators__.

16. You should never meet someone you met online in the __real__ world.

17. A predator can use information in a __photograph__ to identify and even locate a teen.

18. Many times situations online that are thought to be __private__ are actually __public__.

19. One of the most fastest growing crimes today is __identity theft__.

20. You should never give out information about yourself to someone you don't know online including your __name__, __address__, or __telephone number__.

◆ Make a List

List some things that you could do to help keep you safe online.

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

9. _____

10. _____

What Should You Do?

Answer the questions below by saying what you should do in each situation:

What should you do if you receive:

1 . Email with an attachment from someone you don't know? _____

_____

2 . An offer for a "great deal" on some new DVDs? _____

_____

3 . An invitation to a party from someone you know? _____

_____

4 . An invitation to a party from someone you don't know? _____

_____

5 . A threatening message? _____

_____

6 . A request for information about you and your family? _____

_____

7 . An offer for a credit card? _____

_____

8 . A message with a rumor about one of your friends? _____
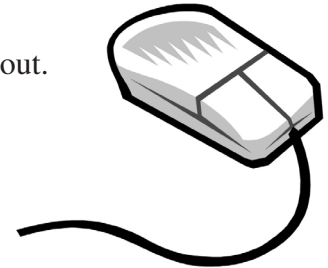
_____

9 . A request for a picture of you? _____

_____

10 . A message from someone you don't know who says they know you and wants

to meet ? _____

_____

◆ Best Websites

Share your favorite websites, including some that are good for research/schoolwork, by listing five and describing what they are about. Make copies for your classmates.

Five of my favorite websites:

1 . _____

This site is _____

_____

2 . _____

This site is _____

_____

3 . _____

This site is _____

_____

4 . _____

This site is _____

_____

5 . _____

This site is _____

_____

Suggested Reading

Aftab, Parry. *The Parent's Guide To Protecting Your Children In Cyberspace.* New York: McGraw-Hill, 2000.

Brown, David Michael. *Safety First On The Internet: A Common Sense Approach To Safely Using And Enjoying The Internet.* Philadelphia, Pa.: Xlibris, 2004.

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Kelsey, Candice. *Generation MySpace: Helping Your Teen Survive Online Adolescence.* New York : Marlowe & Company, 2007.

Lubka, Willie. *KISS Guide To The Internet.* New York, NY: Dorling Kindersley, 2000

Raatma, Lucia. *Safety On The Internet.* Chanhassen, MN: Child's World, 2005.

Ibid. *Safety Around Strangers.* Chanhassen, MN: Child's World, 2005.

Walsh, John. *The Safe Side: Internet Safety* [DVD] New York: Sony Wonder, 2006.

Wolinsky, Art. *Safe Surfing On The Internet* Berkeley Heights, NJ, USA : Enslow Publishers, 2003.

Wood, Ira. *How To Stay Safe At Home and Online*. New York : Rosen, 2002.

Websites

Kidshealth.org
Netsmartz.org
Onguardonline.gov
Safekids.com
Webwisekids.org

Related Titles from Sunburst Media

Real People Bullying, the Internet and You

◆ Script

HOST

Ahhh, the Internet. The 21st century's most popular technology. The Internet effects everything we do: the way we talk, the way we work, the way we shop, the way we play, chat with friends, research a school project, download music, or just play a few games.

Um, hold on a sec...Looking for something?

JESSICA

You won't believe this! I got an e-mail from this prince in Nigeria. He was kicked out of the royal family. He has a hundred million dollars in a Nigerian bank, and he has to get it out of the country. He says that if I help him, he's going to give me ten percent. That's like... like... a lot of money! All I have to do is give him my parent's bank account information.

HOST

While the Internet can be a wonderful tool, it also poses dangers, especially for the unwary. Uh, Jessica, you do realize that e-mail was a scam, right?

JESSICA

Scam?

HOST

There is no prince, there is no money in a Nigerian account. In fact, if you send him your parents' bank account numbers, there isn't going to be any money left in that account, either.

JESSICA

You mean he was lying to me? What a jerk!

• • •

HOST

The Internet can be a scary place, but if you're smart and you follow a few common-sense guidelines, you can take control of your Internet experience and make it a positive one. So, where to start? How about with the basics — as in: what actually is the Internet? This is the

Internet. And this is the Internet. And this guy IMing his buddy? You got it, the Internet.

At its most basic, the Internet is simply a giant collection of computers all connected together over a global network. When you visit a website, you're connecting your computer to someone else's computer that could be halfway around the world. Some of the more well-known areas of the Internet are the World Wide Web, blogs, chat rooms, social networking sites, Instant Messages and, of course, our old friend e-mail.

• • •

SMYTHINGTON
To my dearest Amanda. I would truly consider it an honor if you would do me the kindness of accompanying me to the establishment known as John's Fish Fry at 7:30 the third Friday of December. You have my fondest and deepest regards, Henry David Smythington.

• • •

AMANDA
Hank. Fish fry. Tomorrow night. 7:30. Ttyl.

• • •

HOST
Yep, E-mail has forever changed the way we communicate. Next to the World Wide Web, e-mail is probably the part of the Internet that everyone is most familiar with. It's a terrific tool, but it also poses dangers.

• • •

MANUEL
Give it back. Give it back!

HOST
Manuel here was using his computer to research and write his big history report. The poor kid was almost done when he accidentally downloaded a computer virus attached to an e-mail. A computer virus is a program that can do tremendous damage to your computer.

The virus that Manuel downloaded wiped his entire hard drive. All that work, lost forever. Not to rub it in, but Manuel didn't have his files backed up. Backing up means saving or copying your files to something other than your computer's hard drive. Some people like to back up to CD ROMs, flash drives, zip discs, special web sites, or external hard drives. At least once a week, or better yet, once a day, back-up your important files so that you can avoid this kind of disaster.

• • •

HOST

Computer viruses attached to e-mails are serious trouble. But here's another problem I'm sure we're all familiar with.

COMPUTER VOICE

You have... nine hundred and eighty five new messages.

TARIK

Sweet! I'm the man.

Do I want to invest in real estate? Do I want to meet single Russian women? Do I want to buy super-strength pills? What is all this stuff?

HOST

That's called spam. Junk e-mail — the digital version of all that stuff that ends up in the mailbox that nobody ever wants. Spam is annoying but mostly harmless. Mostly harmless, because every once in a while something shows up in your inbox that you wish you hadn't seen.

TARIK

Do I want to...Eeewww.

• • •

AMANDA

Ugh! That is so gross.

JESSICA

I think I'm going to throw up.

HOST

Some spam messages can contain content that is inappropriate for kids. In fact, four out of five kids report receiving spam e-mails that made them uncomfortable. And that's not the worst part. Some are outright scams. Remember Jessica and her Nigerian prince?

JESSICA

I heard that!

• • •

HOST

E-mail scams are big business. The world is full of guys like these two, who spend their days dreaming up new ways to con people out of their money. A lot of these scams won't directly affect kids like you, but you should be aware of them anyway.

So what works best for you guys?

COMPTHUG 2

Well, anytime we can get people to give us personal information, that's always good.

COMPTHUG 1

I like to send out a fake e-mail from a "legit" sounding company. I tell them there's something wrong with their account and I paste a link inside the e-mail. Now, when they follow this link, it brings them to a fake website which squeezes all sorts of good information out of them. Like their mother's credit card number.

HOST

That's called a "phishing" scam. Other e-mail scams involve selling something that you want at ridiculously low cost, items that are either counterfeit or that never show up, or schemes that promise to make you rich overnight. To stay out of trouble, with viruses, spams, or scams, just follow a few simple rules. First, make sure that your computer has up-to-date security and spam-filtering software. These are the special programs that block junk e-mail and prevent attacks on your computer.

COMPTHUG 1

What's she doing?

HOST

Second, don't read or even open an e-mail from someone you don't know. Don't follow

a link pasted in an e-mail, even if it's from a company that you know. And, most importantly, never, and I mean never, download an attachment that you weren't expecting. You could be downloading a virus.

COMPTHUG 2

Hey, wait...wait. Hold on. You shouldn't be telling people stuff like that.

HOST

And third, if it sounds too good to be true, it is.

COMPTHUG 2

Wait, where did she go?

• • •

HOST

Okay, now it's time to get to the serious stuff. Look familiar? Okay, how about this?

• • •

MEAN GIRL

I saw you talking to my boyfriend behind the gym. Don't ever talk to him again, or I'll tell everyone what a cheater and a liar you are.

HOST

Cyberbullying isn't much different from old-fashioned bullying. Except instead of knocking books out of your hand or stuffing you into a locker, the bully uses the Internet to intimidate.

AMANDA

Who would send a message like this?

HOST

Cyber bullies and regular bullies want the same thing — a sense of power over others.

AMANDA

What do you do about a cyber bully?

HOST

Well, bullies are looking to provoke a reaction, so the best thing to do is ignore them. Under no circumstances should you reply to a message sent by a cyber bully, or threaten back.

• • •

TARIK

So, what should I do about this? I mean, this is scary.

HOST

One out of five kids polled report being cyberbullied. The Internet has made things easier than ever for bullies. Now they can do their dirty work long distance, with less of a risk of being caught and with no one knowing who they are.

TARIK

So should I ignore this?

HOST

No. Any message that carries a physical threat should be reported to a trusted adult. And make sure that you save any threatening messages, you might need them later.

• • •

HOST

Physical threats have to be taken seriously. Potentially violent incidents have been prevented by quick-thinking kids reporting threatening messages to their parents, teachers, or to the authorities. So don't be afraid. Speak up.

• • •

HOST

Chat rooms and social networking sites are among the most popular destinations for kids on the Internet.

What are you doing?

JESSICA

I'm chatting on line with this totally cute guy. He wants to meet me. How cool is that?

HOST

That's not really safe, you know.

JESSICA

Oh please. He's an eighth grader at Hansbrook Middle School. And he's president of the student council.

HOST

Or is he? You know, people you meet on the Internet are not always who you think they are. This guy for example...you want to see who he really is?

JESSICA

Eeewwww.

• • •

HOST

This is serious business. Chat rooms and social networking sites are as dangerous as they are popular. In fact, they're by far the most dangerous places on the Internet for kids. The reason is simple. You never know who someone you meet online really is, so the potential for trouble is huge. Chat rooms and social networking sites pose three major dangers. Let's take a look.

• • •

AMANDA

Oh, hey guys.

HOST

Embarrassment is the first danger. Amanda wrote a detailed and nasty critique of those girls' wardrobes on her personal blog. She thought the site was private. She thought that only her friends could see it. But she was wrong, and now she has a little explaining to do.

There's no such thing as privacy on the Internet. Anything that you post, in a blog, in a

chat room, or on a social networking site can be seen by anyone else. Even so called private spaces aren't as private as you'd like them to be. To avoid sticky situations, don't post anything that you wouldn't want the world, this includes your parents, your friends, your siblings, your school mates, and even your teachers to see. Because they just might.

Now let's take a look at an even more serious danger.

• • •

MOTHER
A credit card bill? We don't have this type of card? What's going on?

• • •

HOST
Tarik was conned into giving his dad's personal information to someone he met on line. Those crooks used that information to take out a credit card in Tarik's dad's name and run up a pile of charges. This is called identity theft, and it's the fastest growing crime in North America.

And then there was Jessica, who thought she was chatting with a nice boy her own age a few towns over, but she was really chatting with a predator. A predator is an adult who gets pleasure out of harming children. This is one of the most serious dangers that Internet use poses for kids. Kids are taken advantage of and worse by predators who cruise the Internet searching for their next victim.

The good news is that there's a simple way to deal with dangers posed by identity thieves and predators. These are tips you must remember if you want to have a safe and happy Internet experience.

Never give out personal information to someone you meet online. This includes: your name, the school you go to, the names of your family members or any information about them, your phone number, your address, or even the town you live in. Don't give out any financial information, such as credit card numbers, bank account numbers, or social security numbers. Don't use your real name or part of your real name in your screen name. Don't indicate your gender in your screen name. And no matter how tempting, it's not a good idea for kids to post pictures of themselves online. A cute picture can attract the wrong kind of attention.

The idea is you don't want to give a potential bad guy any idea who you really are or how to find you. Your Internet identity should be totally anonymous and should have no connection to who you really are. In this day and age of identity thieves and predators, your true identity is a secret well worth guarding.

• • •

HOST

And finally, the most important tip of all?

JESSICA

Never agree to meet someone in person who you've only talked to online, right?

HOST

That's right. This is so important it cannot be stressed enough. Kids all over the world are abused and worse because they agreed to meet Internet friends, only to discover their "friends" weren't exactly who they were pretending to be.

• • •

HOST

The Internet is a wonderful tool that not only makes our lives easier, but can help bring the whole world together. The secret to a happy and healthy Internet experience is to follow a few common sense rules for Internet usage and to take control of your Internet experience. So, happy surfing. Now, if you don't mind, I have a few e-mails to attend to.

So how do I use this thing?...Just kidding.