

# SD72 PARENT HOME LEARNING LESSON



## Digital Wellness – Smart Online Talk



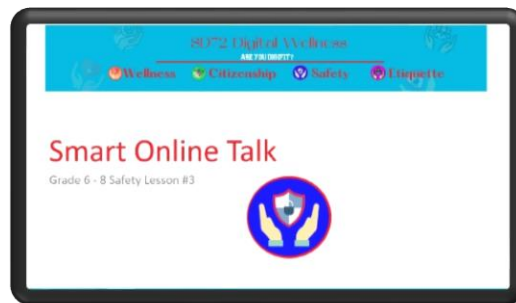
**PURPOSE / SKILL:** Digital Wellness – Safety Lesson #1

**How can you be smart when communicating online?**



- Differentiate the positive OR negative scenarios for online communicating.
- Identify situations in which online messages become threatening, inappropriate or make you feel uncomfortable.
- Develop rules for safe online messaging

**MATERIALS:** Lesson PowerPoint – Link [HERE](#); Pen; Paper; Poster Paper



**INSTRUCTIONS:** Follow the instructions included in the PowerPoint – they are presented in a step-by-step fashion with all the links for videos and handouts included.

## APPLY – SMART ONLINE TALK – SAFETY TIPS

If you develop a friendship with someone online, be sure to ask yourself the following questions:

- Has this person asked me to keep any information secret?
- Has this person flirted with me, or asked me about anything sexual?
- Has this person asked me about anything private?
- Have I felt pressured by this person to do anything?
- Do I feel untrue to myself — like I'm not sticking to my values — when I talk to this person?

**If the answer is "Yes," to ANY of these, then this friendship is risky and it's time to stop talking to this person.**

### Internet Safety Traffic Light

	<b>STOP!</b> Too dangerous to proceed.	The person you are talking to or website you are visiting is not acting appropriately and the conversation needs to end.
	<b>SLOW DOWN!</b> Proceed with caution; be prepared to stop.	This person or website is making you feel uncomfortable. You're alert for any signs of inappropriate or suspicious behavior.
	<b>GO</b> But keep watching for hazards.	You feel safe and enjoy interacting with this person or website online. If you're prepared to slow down if you need to. You have not provided any private information.

**ACTIVITY:** Videos, brainstorming, poster, challenge.

## ACTIVITY

### ONLINE SAFETY TRAFFIC LIGHT

Click on the icon/link below to access a list of online interaction scenarios. For each of them, determine whether it is a "red light, yellow light or green light" interaction and provide an explanation "why". Scroll down to the "Discussion Point" page for additional information.




**SCENARIOS**

**POSSIBLE NEXT STEPS/EXTENSION ACTIVITIES:**

- Practice different scenarios of possible interactions.
- Create a Public Service Announcement on smart teen online interaction.

*Tips and Tricks, Extension activities and Additional Information for Parents are located on the last two slides.*