

## **Online Safety: Ages 8-12**

### **1. Introduction (~5 min)**

- In a time where a lot of us are spending lots of time on the internet, it's important to be mindful of online safety and health.
- Survey what types of social media the students use and screen time

### **2. Activity 1: Self confidence (~10 min)**

- a. Virtual option: Create a google doc with tabs for each person and students can add one compliment for each person in the class. At the end, people can view their google doc to see what people have said about them.
- b. In person option: Hand out sheets of paper to each student and have them write their names at the top. Pass around sheets of paper in an orderly fashion around the room. Write one compliment for the person whose name is at the top of the paper. At the end, you should get a paper with your name and compliments about you!
- c. Have a discussion about how social media can affect your self-esteem. Explain that lots of pictures are photoshopped and do not accurately represent the person's life.
  - i. There's more to you than just your appearance and there isn't just one standard of beauty. Remember to get out of the virtual world once in a while and reconnect with your real friends.

### **3. Activity 2: Skit (~15min)**

You meet a lot of strangers online and it's good to recognize scenarios that are not safe. Today we will be trying a skit where we can show a few scenarios.

A student, Steven, meets someone through an online gaming site named Daniel. Daniel wants to be friends and would like to meet you at a local Starbucks. Assign two students to play Steven and Daniel and have them improv their meeting. Discuss with the class what actions Steven can take to stay safe when he meets Daniel.

### **4. Activity 3: Detecting Phishing Emails (~5 min)**

Show students many images of weird looking emails on the attached worksheet ( [https://docs.google.com/document/d/1RinkRWbj1apGzJuU86qe1cfJz6ix8Z\\_yCpcdt0Y9x3U/edit?usp=sharing](https://docs.google.com/document/d/1RinkRWbj1apGzJuU86qe1cfJz6ix8Z_yCpcdt0Y9x3U/edit?usp=sharing) ) and ask them how they know when emails are real and can be trusted. [10 Social Media Scams](#)

Discussion 1: What would you do?

Discussion 2: What should you do to avoid being scammed?

- Contact the original company (such as google, yahoo, Facebook, Instagram) to double-check the information in the email
- Do not enter your password or private information (such as address, credit card number etc). into random websites
- Use unique passwords for different accounts
- Double check the information given in the email online

### **5. Conclusion**

Share what you learned today.

These are some examples of “phishing” emails. What differences do you notice between these emails and other emails you receive?



[contact](#) Posted: 12 hours ago [profile](#)

**FREE!! 2008 Jeep Wrangler (my house)**

condition: **like new**

**2008 Jeep**

odometer: **48000**

paint color : **black**

type : **offroad**

drive : **4wd**

fuel : **gas**

transmission : **automatic**

title status : **clean**

MINT!! Runs like a top!! Got it in divorce  
Get It the hell out of here so it doesn't rem  
me of my cheating lying ex!!

It yours free!!! I have clean title! CALL C  
CALL CALL CALL CALL CALL  
CALL!!!!!!!!!!!!!!

[show contact info](#) anytime day or night 24/7!!

First come first serve!! Won't have access to  
computer...so [show contact info](#)

An ad or message saying you've won a lottery or free gift card that requires a phone number or banking info to redeem.



1 Unpersonalized phrasing

2 Wording that sounds urgent



Yahoo Mail <ellieslaback@yahoo.com>

Wed, Sep 23 at 3:13 PM

**yahoo!**

Dear Valid Subscriber,

We are upgrading all old versions of YAHOO! Please sign in for your new verification to avoid the closure of your account.

[UPGRADE VERSION](#)

Thank You.

@2020 Yahoo Mail

PLEASE DO NOT REPLY TO THIS MESSAGE

All replies are automatically deleted. For questions regarding this message, refer to Yahoo online service.



What would you do if you received one of these emails? What can you do to avoid scams online? Have you received any phishing emails, texts, or social media messages?