F.L.A.S.H High School (9th Grade) Lesson 19:
Sexual Violence: Digital Communication & Safety

This lesson has been modified to accommodate a 30 minute class session and large class size.
For the complete lesson plan and more information about the FLASH Curriculum, visit www.kingcounty.gov/health/flash

Student Learning Objectives:

The student will be able to…
1. Identify advantages and disadvantages of using the internet and digital technology to communicate.
2. Identify three specific digital communication behaviors that put teens at risk for sexual violence.
3. Identify three behaviors that they are already doing or can choose to do it the future to keep themselves safe online.

Georgia Performance Standards: Health Education

HE HS2: Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.
-2g: Analyze how the perceptions of norms influence healthy and unhealthy behaviors.
HE HS4: Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.
-4b: Demonstrate strategies to prevent, manage, or resolve conflicts without harming self or others.

Lesson Plan

Activities:
1. Discuss ways that teens are currently using online and communication technology.

> **Teacher's note:**
> Student responses will be displayed on an overhead screen.

Teacher's script:

By a show of hands, how many of you would say that you have had to become more responsible since starting High Schoo? One of the big responsibilities you were given this year was your tablet. Not only is it very important to you for your class work, but you also have to be sure to take care of it. This Pad is a great source of technology that will give you invaluable experience and access to the world, but this access could sometimes be dangerous. Today we're going to talk about the ways they we use technology to communicate and how teens can keep themselves safe in these environments.

First, I want to hear from you. You all certainly know more than I do about what teens are already doing, so you tell me: What types of technology are teens using to communicate with each other? And tell me if there are certain things kids your age usually use it for – making plans, meeting new friends, etc.

> **Teacher's note:**
> Responses that we want should include: Internet, Social Networking Sites, Texting, Tweeting (Twitter), YouTube, and Chatting Online.

Teacher's script:

*How are your interactions online or over text **similar** to the interactions that you have in person? How are they **different**?*
*What do you see as the **positives or pros** that online interactions can offer?*
*What do you see as some of the **risks or cons** about online interactions?*

Teacher's script:
The internet and other phone technology – texting and chat – have some great advantages. They can help you meet new people, stay connected with friends and family, share information and learn new information. However, as discussed, there are some risks involved with these technologies too. Some of these risks are not new, but they can happen even more easily over the internet.

2. Facilitate a discussion about the risks of sexual violence and their connections to technology.

Teacher's script:
One of the risks of communication over the internet and of using social networking sites is that people may receive unwanted sexual attention, or even have people say offensive or scary things to them. Some people may even be sexually assaulted later by a person they first made contact with online. Sometimes people are scared or hurt by people they don't know at all – a stranger from a chat room or a person who pretends to be someone they are not. However, just like with other types of sexual assault, it is more common for someone to be hurt by someone they know, even If they don't know very well.

We mentioned earlier that one good thing about the internet is how easy it is to meet people online who have similar interests. These may be people you would never have met in real life – they may live in another location, or be friends with a different group of people, or they may be a much different age. One risk in online interaction, which we also see in real life, is that people sometimes initiate sexual relationships with people who are much older or much younger than them. The internet can make it easy for people who are much older or younger than each other to meet. Occasionally, they develop a relationship online and then meet in person and have sex.

In Georgia, the age of sexual consent is 16. This means that it is illegal for a person under the age of 16 to have sex. If a person over the age of 16 has sex with someone under the age of 16, they could be convicted of Statutory Rape or other charges. If two people under the age of 16 choose to have sex with each other, they are still breaking the law and could also be prosecuted. Sex with someone much older or younger is against the law, even when both people agree to have sex. It may also be dangerous for the younger person.

>*Why do you think that some teens end up in sexual relationships with people who are much older than them?*
>*Why might this be dangerous for the younger person?*

3. Identify Online Risky Behaviors.

> **Teacher's note:** A list of online risky behaviors will be displayed on the over head

Teacher's Script:
Looking at the list of online risky behaviors on the overhead, do any of them surprise you as being dangerous? Sometimes we may think that posting something as simple your address or where you work is harmless, but if someone was out to sexually assault you, by making that information public, you have made it very easy for them to find you. What we have to remember is that we never really know who is on the other side of the computer, or cell phone, or tablet. And because we don't really know who these people are, we have to be very careful about the information we give out. This is why it is also important to NEVER EVER send nude pics to anyone, no matter what. One reason is that it is illegal for anyone to send or receive naked images of a person under the age of 18. So even if someone is sending pics to their boyfriend or girlfriend, if either of them is under the age of 18, it is illegal. Another reason, is the once that pic leaves your hands, you have no control over what happens to it next. You don't know who else they may show it to or where they post it. Having these private pics on the internet could ruin your chances of getting into schools or getting jobs.
Now, we are going to read a few different scenarios and think about reasons why their behaviors are risky.

> **Teacher's note:**
> Scenarios will be displayed on the overhead screen. Have students volunteer to read aloud. Once read, ask students what was risky about each situation.

4. List ways that teens can keep themselves safe online or while using other digital technologies.

Teacher's Script:
What could each of the people in this scenario have done to keep themselves safer? So, we can't just say that some social networking sites are bad and some are good ... except for the ones that are illegal. Otherwise, which are good or bad is a matter of opinion. What is most important is how people behave online with one another – what they talk about, who they talk with, and how they talk with each other. These are the things that may put people at risk, or allow others to take advantage of them.

> **Teacher's note:**
> Review list of things that teens can do to keep themselves safe online, which was created during the scenario debrief. Make sure the answers include at least these things
> - Choose screen names you would feel okay saying to your parents or teachers.
> - If you are going to meet someone in person who you only know online, meet with others, and never just to have sex.
> - Don't talk about sex with people you don't know online.
> - Only send pictures you would be okay with sharing with others.

End of Lesson

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