Living Online: Using Technology Wisely—Lesson Guide

**Target Audience**
Adolescents 11-14

**Time**
Entire program — 1 hour, depending on discussion

**Program Objectives**
- Ways to portray a positive image online
- How certain images you put on social network sites can have a negative impact on you
- Ways to protect yourself from a negative image
- The correct facts about social media sites
- How to be cautious and responsible online
- Increase awareness of sexting
- Understanding of how to prevent/decrease sexting and intervene when sexting happens

**Supplies:**
- Laptop/projector
- Internet
- Paper—enough for each participant
- Pens/Pencils—enough for each participant
Living Online: Using Technology Wisely

A guide for middle school students

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At the end of this educational program, participants will learn:

- How to portray a positive online image.
- How images put on social network sites can have a negative impact.
- How to protect oneself from a negative image.
- Factual information about social media sites.
- How to be cautious and responsible online.
- How to prevent/decrease sexting and intervene when sexting happens.
Who Are You Online?

Who Are You Online? Activity

- Who are you?
- What does your social media use look like?
- How do you want to be seen on social media?
Social Media Sites 101

Social Media Sites 101 Activity

• Split into groups

• Identify social media site

• List everything known about the site

• Develop a list of pros and cons

• Appoint student leader to discuss

• Leaders will present group thoughts with the class

• The whole group will discuss findings
The Facts: Types of Technology
Snapchat

What it is:

- Sending a picture to your friends via your phone. The picture lasts up to 10 seconds and disappears.

What’s Great about it:

- A way to share goofy, and fun photos with friends!

Risky?

- Yes, Snapchat is very risky.
Twitter

What it is:

- A way to stay connected through short, quick messages (140 characters or less).

What’s great about it:

- Fun way to share messages with friends and family. You can also favorite tweets, or retweet it, which will show on your profile.

Risky?

- Twitter can be risky.
What it is:
- Free photo and video sharing app available on IPhone and Android devices.

What’s great about it:
- Fun way to share photos and moments going on in your life.

Risky?
- Yes, Instagram can be risky.
Facebook

What it is:
- Social media site where you can post photos, statuses, and add friends!

What’s great about it:
- Great way to stay connected with friends and family, and post what is going on in your life.

Risky?
- Yes, Facebook is risky.
What it is:
- Video-sharing media site on which users can upload, views, and share videos.

What’s great about it:
- Fun way to see a quirky side of friends, hear new music, and listen to reviews on products.

Risky?
- Yes, YouTube is risky.
Vine

What it is:

A mobile app owned by Twitter that enables its users to create and post short video clips, with a maximum length of six seconds.

What's great about it:

Fun way to share life in motion with your friends and family.

Risky?

Yes, Vine is risky.
What it is:

- Users post questions about themselves or others and wait for responses.

What’s great about it:

- Different way to ask questions!

Risky?

- Extremely Risky.
What it is:

- Online chat group
- Post, read and respond to the confessions of others

What is good about it:

- Users can feel free to share important info

Is it risky?

- Yes
Chatroulette

What it is:
- Online chat website with users of all ages from across the globe
- Web-based conversations are used with audio and text

What is good about it:
- Users can meet people from

Risky?
- Very Risky
“To post or not to post, that is the question”

- Read each scenario and determine whether or not you agree with the posting
- An imaginary line will be drawn with one end having the “Post” sign with the other having the “Not Post” sign
- Determine where you fall on the line and place yourself accordingly
- Discuss reasons that led to your decision.
“To Post or Not to Post”

Cell Phone Number?
Want to volunteer? Come and help Fill The Dome!
Facebook Status:

“Home alone for the weekend – the parents are gone to a wedding out of town!”
“To Post or Not to Post”

WTF!
“To Post or Not to Post”

YouTube Video:

“Check out the video of the fight in the hallway yesterday!”
“To Post or Not to Post”

Tweet:

“Shout out to the football team for the big win this weekend!!”
Be Cautious and Responsible Online

- Be aware of what you are posting on social media sites.
- Everything you post is public and permanent.
- Be aware of friend requests.
- Be cautious about “Checking In”
- Understand Apps
Privacy Settings: Facebook

- How to Unlike:
  - a Page
  - a Photo

- How to have your Profile Set to Private

- How to Delete something from your Timeline
Privacy Settings: Twitter and Instagram

Protecting your Tweets

Tweet privacy

Protect my Tweets

If selected, only those you approve will receive your Tweets. Your future Tweets will not be available publicly. Tweets posted previously may still be publicly visible in some places. Learn more.

Protecting photos on Instagram

Photos are private

Toggle to require authorization before anyone can follow you. Your existing followers won’t be affected.
Accepting Snaps

Deleting/Blocking Users
Privacy Settings: Smartphone

- Always use passwords
- Download updates for latest security
- Check with adults before downloading apps
- Turn off location detecting devices
Sexting—The New Norm?

Activity

What is sexting?
What is Sexting?

- Webster’s: “the sending of sexually explicit messages or images by cell phone”

- “Sexting generally refers to sending sexual images and sometimes sexual texts via cell phone and other electronic devices”

- “Defined as sending, receiving, or forwarding sexually explicit messages or nude, partially nude, or sexually suggestive digital images of one’s self or others via a cell phone, email, internet, or SNS”
78% of teens have a cell phone, and almost half (47%) of those own smartphones.

28% of teens have admitted to sending a sext.

Girls were asked more often to send a sext (68%) than boys (42%).

6% of sexters report pressure from strangers online to sext (Dake, et al., 2012)
Reasons Behind Sexting

Most Common Reasons

- “loose” relationship
- As a prank or joke

Pressured sexters are more likely to report engaging in self-cyber bullying, anxiety, and dating violence; more likely to report picture seen by one or more other people
Sexting has a very serious and negative side to it, and can lead to many consequences.

You may think that you are sending the sext or picture to one person, yet that one person might send it to others.
Consequences of Sexting

- Legal
- Emotional
If Sexting and Cyberbullying Take Place:

- Save all communication from cyberbullying
- Document when it was received and sender information
- Report incident(s) to Internet providers and appropriate authorities
- Block the cyberbully
- Change online contact information

(Kowalski, et. Al., 2008)
Who’s Watching

- School administrators
- Employers
- Parents
- Teachers/professors
- Predators and bullies
- Law enforcement
- Attorneys and the court system
- Coaches/co-curricular activity advisers
Questions to Ask

- “Would you want your parent or guardian to see this video/picture or read this message?”

- “Would you want your boss or teacher to see and/or read this?”

- “Is posting or sharing this message/video/picture helpful or hurtful?”

- “Would you want someone you don’t know seeing this picture or video?”
Be an Example of the Six Pillars!

- Trustworthiness
- Respect
- Responsibility
- Fairness
- Caring
- Citizenship

(John Templeton Foundation, 2008)
What Can You Take From All of This?

- Be in control of your privacy settings
- Be aware of what is being posted, and how it is being posted
- Do not sext. As discussed, it can lead to many negative consequences
- Post a positive image of yourself

If you see it, stop it! Take a stand!
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Twitter. (2013). Retrieved from https://twitter.com/about


