

High School 9th – 12th Grade
PROGRAMS AND RESOURCES
YEAR 3: INTERNET AND TECHNOLOGY SAFETY
(Updated: 9/2016)

*The Archdiocese of Los Angeles approves the following internet safety programs and resources for Year 3: Internet and Technology Safety. All children and youth must be taught by **February 15, 2017** and reporting of programs must be posted on VIRTUS® Online by **February 28, 2017**. It is important that our children and youth be taught this material as soon as possible because each day they are being exposed, even at very young ages, to the dangers of technology and the internet.*

Because of the size of the email files we are linking you to each resource either directly or through Brenda so that you can choose those materials that you select from the resources listed. Each resource has the suggested grade levels for the material but it is important to review all materials to select those that most fit the age and maturity of the children you will be teaching. We have tried to select a variety of resources for you to choose from. The majority of these resources are free except where indicated.

Part I: Parent Permission Slip and Handouts

Download the Permission Slip: [English](#) | [Spanish](#)

Teaching Touching Safety:
Year 3: Internet and Technology Safety
Archdiocese of Los Angeles
Permission Slip

TO: [Parent or Guardian]
FROM: [Name of School, RE, Confirmation or Youth Program]
SUBJECT: VIRTUS® Teaching Touching Safety Program for Children and Young People
DATE: [Date]

We at [Name of School, RE, Confirmation or Youth Program] are committed to your child's safety and well-being. Unfortunately, we hear of incidents of child sexual abuse happening. That is why learning how to prevent child sexual abuse is important, not only for us as adults, but also for our young people.

The topic for the 2016 – 2017 school year will focus on the importance of **Internet and Technology Safety**. Youth need to learn to help keep themselves safe. Many of today's young people use phones and other devices as their primary form of communication. They need a concrete understanding of the challenges and dangers of technology, such as cyberbullying, sexting, pornography and online predators. They also need the tools to help them to safely regulate the internet and the resources to turn to if they need help, including you as a safe adult in their life. (See attached article(s)).

The Teaching Touching Safety program is provided for free by the Archdiocese of Los Angeles, and is part of our ongoing effort to help create and maintain a safe environment for our youth and to protect all God's children from sexual abuse. For more information contact: semin@los-archdiocese.org.

If you have questions about the program, or would like to review any of the materials or DVDs, please feel free to contact [Contact Name] at [Contact Number].

[Name of School or RE, Confirmation or Youth Program]
Parent Permission Slip for the VIRTUS® Teaching Touching Safety Program

I understand that for my child to participate in the VIRTUS® Teaching Touching Safety Program I need to fill out and return this Parent Permission Form by [DATE]. I am specifically requesting that [NAME of school or program] present the Internet and Technology program to my child:

Child's Name:	
Parent's Name (printed):	
Parent's Signature:	
Date:	

Parent Handouts:

VIRTUS® Online
Instagram: Photo and Video Posting Dangers for Young People

Download the PDF: [English](#) | [Spanish](#)

Protecting God's Children for Adults
Instagram: Photo and Video Posting Dangers for Young People
By [Susan Egan, M.Ed.](#)

Introduction

Teens and tweens frequently post photos online using their cell phones. One of the most popular mobile applications (apps) for photo sharing is called Instagram. This free, online photo sharing and social network application was launched in 2010 and was acquired by Facebook in 2012.

Instagram allows members to digitally edit, upload and share photos and short videos with other members through the Instagram website, app, and other social media sites such as Facebook, Twitter, FourSquare, Tumblr, and Flickr—all with a single click.

Instagram Dangers


Instagram states in its Terms of Use that it is not for children under the age of 13. However, the age requirement can be bypassed easily by a malicious young person having posted an incorrect one when creating an account or even later producing a fraudulent ID when confronted for proof of age by the Instagram website.

The biggest danger for young people is that the photos and videos that they are posting on Instagram are accessible to countless unintended viewers as the Instagram member accounts are automatically defaulted to the "public" viewing setting, which means the images can be viewed by anyone in the world. To modify the public viewing feature, one must manually make changes to the Instagram default privacy settings.

Once one's profile has been personalized to more private settings, anyone who wants to see the photos will need to be the user's friend or be on Instagram's approved "follower" list. To be approved, one must send the user a request and the user must approve the request.

Images that young people upload to Instagram not only default to a public viewing setting but are also "geotagged" by default. Geotagging is the process of adding geographical metadata to photos or videos. This metadata usually consists of latitude and longitude coordinates. With this metadata, data, civic incidents, and are most often on the cutting edge of technology, can copy photos and can also generate Google map locations of where a young person spends most of his or her time.

Instagram recently launched "photo tagging" which is one of the newest social networking features that have Facebook's "tag" growth. This feature allows a user to tag people in a photo, which then automatically appears in the "Photos Of You" section of one's profile. Unfortunately, even if one is inactive and changes a young person's Instagram settings to "private" and enables the geo-location feature, there are still dangers. For example, if a young person's friends have not changed their profile default settings, the photos they upload and have tagged still have the same danger of a non-approved third viewer from accessing and tracking a young person's activities.



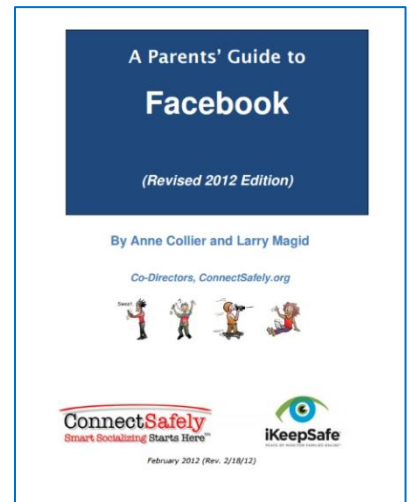
VIRTUS® Online Monitoring Computer Usage

Download the PDF: [English](#) | [Spanish](#)



[A Parent's Guide to Facebook](http://ikeepSAFE.org/parents/parents-guide-to-facebook/) <http://ikeepSAFE.org/parents/parents-guide-to-facebook/> (Revised 2012 Edition)

“As Facebook is constantly changing its features and policies, it is important that we continue to update helpful resources such as the Parents’ Guide to keep parents up to date on the most recent privacy and security threats and risks that exist on Facebook”, says Marsali Hancock, president of iKeepSafe. “The guide allows parents and teens to discuss skills and safeguards to utilize Facebook safely and securely, while creating a generation of responsible, ethical and resilient digital citizens.”



Part II: Programs and Presentations

For use with Grades 9th – 12th

Internet Safety: Tweens <http://www.netSMART.org/Presentations/Tweens>

Encourage Tweens

This 40-minute PowerPoint presentation for tweens contains

- Animated videos
- Age-appropriate tips
- Suggested breakout activities



Download the PowerPoint Presentation and the Presenter’s Guide here.
PowerPoint Presentation: [English](#) | [Spanish](#)
Presenter’s Guide: [English](#) | [Spanish](#)

For use with Grades 9th – 12th

Internet Safety: Teens

<http://www.netsmartz.org/Presentations/Teens>

Engage Teens

This 40-minute PowerPoint presentation for teens contains

- Documentary-style videos
- Practical advice
- Candid, thought-provoking discussions



Download the PowerPoint Presentation and the Presenter's Guide here.

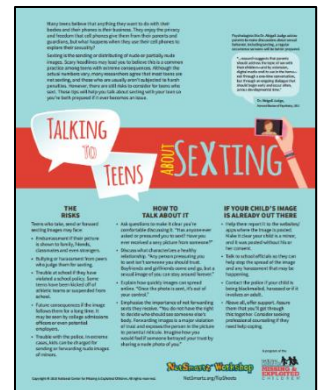
PowerPoint Presentation: [English](#) | [Spanish](#)

Presenter's Guide: [English](#) | [Spanish](#)

Talking To Teens About Sexting Tip Sheet

Many teens believe that anything they want to do with their bodies and their phones is their business. They enjoy the privacy and freedom that cell phones give them from their parents and guardians, but what happens when they use their cell phones to explore their sexuality?

Download the PDF: [English](#) | [Spanish](#)



For use with Grades 6th – 12th

Website Warrior

<http://www.nsteens.org/Games/WebsiteWarrior>

Pique students' interest in Internet safety with our latest game! Help Mike defeat viruses, phishers and Trojans before they ruin his band's website! Play through 5 different worlds and 16 unique levels. Hurry before the malware takes down his site!



DVDs for High Schools:

For use with Grades 9th – 12th

“Personal Safety Awareness for Venturing”

“Internet Safety and Pornography”

Year 3: Internet and Technology Safety

Technology is changing very rapidly. Because of those changes, new challenges are presented to the safety and well-being of Internet users. In this vignette, a group of teens decide to maintain a blog on the Internet. Through their blog, they discover some unfortunate consequences of unwise postings on their blog. This video clearly shows the serious consequences of posting inappropriate pictures online; it also demonstrates what can happen when a stranger finds his way on the student’s blog.

This resource can no longer be ordered, however, if currently have the Personal Safety Awareness for Venturing DVD, the “Internet Safety and Pornography” is still highly recommended High School students.



“Internet Safety and Pornography” Guide:

For a copy of the Personal Awareness for Venturing, [click here](#).

Personal Safety Awareness for Venturing

The Internet Safety vignette on this DVD resource is highly recommended for Junior High and High School students. It clearly shows the serious consequences of posting inappropriate pictures online; it also demonstrates what can happen when a stranger finds his way on the student’s blog. This DVD can be order directly from the Boy Scout’s website or from the Office of Endangered the Children for \$20.00 which includes shipping. For more information contact: scoutstore@scoutsusa.com

Technology is changing very rapidly. Because of those changes, new challenges are presented to the safety and well-being of Internet users. In this vignette, a group of teens decide to maintain a blog on the Internet. Through their blog, they discover some unfortunate consequences of unwise postings on their blog.

Following is Vignette 2 from the DVD Discussion Guide. Also include in the sample lesson plan from Our Lady of Miraculous Medal.

Personal Safety Awareness and Pornography

Vignette 2: Internet Safety

Watch the video.

Pause One—Discussion Questions:

- 1. There is a balance between having fun on the Internet and avoiding risks. What are the risks that this group created with their blog?
(Personal identification was compromised by posting pictures, e-mail addresses, real names, and the school name. This enabled individuals who may be dangerous to use the information to locate their homes and schools.)
- 2. How can you have fun with the Internet and avoid these risks?
(Keep personal information to a minimum. Allow only people you know to have access to your Web pages. Remove messages from others before allowing them to be posted on your blog. Block anyone who seems threatening.)

In the next segment, the bloggers’ decisions create a different kind of problem, while the girls continue to cope with Keith.

Watch the video.

Pause Two—Discussion Questions:

- 1. Javary’s decision to post an embarrassing picture of Scott on their blog may seem mild compared to a lot of the material posted on social networking Web pages. Why is it becoming more common for teenagers and employees to google pictures as part of their screening processes?

Our Lady of the Miraculous Medal Outline

This Lesson Plan was created by Our Lady of Miraculous Medal Confirmation Coordinator. It uses the Boy Scout DVD:

For a copy of the outline, [click here](#).

Our Lady of the Miraculous Medal Confirmation

Protecting God’s Children: Teaching Touching Safety

1. Opening Prayer - (10 minutes).
2. Filmed Video (5-7 minutes) Boy Scout **Internet Safety and Pornography**
 - a. This video will re-enact the dangers of social communication networks such as MySpace, Facebook, etc. Nothing graphic will be shown.
3. Teaching - broken down into 4 parts - (40 minutes)
 - a. Introduction to how the Internet could be dangerous and a vehicle for sexual predators.
 - b. Creeping - how sexual predators work their way into the person’s life (Leary)
 - c. The dangers of leaving “chat” screens.
 - d. Overview of safety tips.
4. Small Groups (Questions and role playing) 30 minutes. Students will discuss the topics a little with their small groups and be given a scenario. (10 minutes **questions**, 20 minutes practice role.)
 - a. Small Group Questions:
 - i. Did you learn anything from the presentation?
 - ii. What is one concrete way that you could protect yourself from dangers online?
 - iii. If someone was trying to befriended you online that you did not know, what should you do?
 - iv. If an adult or someone else was giving you attention that makes you uncomfortable, or even begins to give you things, what should you do?
 - b. Skills:
 - i. Group 1: Part A. A friend asks you for your user id and password to your Facebook what should you do? Come up with the skill related to this topic and your response. Part B. You decide to give out your user id and password, your friend has completely changed your profile, added pictures, too much information, etc that you did not agree to. What are the dangers? What should you do?
 - ii. Group 2: You are browsing through your friend’s MySpace, you notice a picture of yourself that you did not know was taken nor did you agree to - What should you do? Analyze the consequences of your friend’s decision. (See back of page)

Part III: Speaker (Fee Required)

Rhonda Storey is a DRE at All Souls in Alhambra and also a VIRTUS® Facilitator and Teaching Safety Coordinator. Rhonda does presentations for both youth and parents which focused on the dangers and safeguards for use of the internet and technology today. You may contact Rhonda Storey rhondalstorey@gmail.com

VIRTUS® Online Practical Strategies to Protect Your Social Media Presence


Download the PDF: [English](#) | [Spanish](#)

Protecting God's Children for Adults

Practical Strategies to Protect Your Social Media Presence

By **Smeer Hindoo, Ph.D.**

For better or for worse, social media is an integrated part of today's society. Each one of us has the opportunity to use social media wisely, without compromising our safety, privacy or reputation. The following strategies are practical ways that you can improve your social media presence and perhaps share with the youth who are already utilizing these online platforms.



Do not post or send anything you would be embarrassed for certain others to see. Think about what your family, friends or future employers might think if they saw it. How could you feel if that statement or picture was forever tied to your name and your identity? Does it really represent who you are? Remember, your keyboard may have a "delete" button, but once online it is often impossible to remove.

Do start early in building a positive online reputation. From the very first post you make on a new social media platform, think about how others will perceive and interpret what you share. Also, actively involve yourself in many positive activities. Get yourself featured in noteworthy projects. Figure out the best ways to create and maintain an online identity that strongly demonstrates integrity and maturity.

Do not compromise your identity. Identity thieves are constantly looking for new ways to obtain personal information, usually for the purpose of benefiting financially at your expense. Never post your address, date of birth, phone number, or other personal contact information anywhere on social media. Even with restrictions, access can be gained through fraudulent means such as by phishing, hacking or malware.

Do be considerate of others when posting and interacting. If you message someone and they do not respond, or if someone messages you and asks that you not post about them, take the hint and move on. Also do not post pictures of others without their permission. And if someone asks you to remove a picture, post, or to tag them, do so immediately.

Do not vent or complain—especially about specific people or organizations, in public spaces online. People will negatively judge you based on your attitude, even if your complaint has merit. Employers, schools and others have access to social media, and they are looking for that splash comment about your boss or co-worker really worth losing your job over? Be careful, too, about complaining in seemingly private environments or sending direct messages to others you think you can trust. You just never know who might eventually see your correspondence or posts.

Code of Conduct for Minors:

“Archdiocese of Los Angeles Boundary Guidelines for Junior High and High School Youth Working or Volunteering with Children or Youth”

Download [English](#) | [Spanish](#)

These Guidelines must be annually reviewed and signed by all minors who are working or volunteering with children or young people.

Archdiocese of Los Angeles Boundary Guidelines and Code of Conduct for Junior High and High School Youth Working or Volunteering with Children or Youth
Revised: 1/1/16 to 1/1/17 - 01/16

To ensure the safety of the children and youth in the Archdiocese of Los Angeles, all youth volunteers – both junior high and high school students, including students who are already 18 – who work or volunteer with children/youth must receive training on these Boundary Guidelines before undertaking their ministry in the Archdiocese of Los Angeles and must sign the Code of Conduct form to verify they understand their obligations.

Code of Conduct for Student Workers/Volunteers

I promise to strictly follow the rules and guidelines in the Code of Conduct. I understand that any action inconsistent with or failure to take action mandated by this Code of Conduct may result in my removal from my volunteer or work assignment.

As a student volunteer, I will:

- Respect the adults and supervisors with whom I interact.
- Behave in all times children or other youth entrusted to my care.
- Treat everyone with respect, loyalty, patience, integrity, courtesy and dignity.
- Take care to be positive, supportive and caring in my speaking, writing and actions with the children/youth.
- Avoid situations where I am alone with a child/youth.
- Use positive reinforcement rather than criticism or comparison when working with children/youth.
- Compliment fully on any recognition of areas of children/youth. Report suspected abuse to my supervisor, or if it involves my supervisor, report it to the principal or pastor at the location.
- Be aware that young people can easily become infatuated with a youth leader or an adult. If I sense that this is happening, I will not encourage it. I will make my supervisor aware of it so that the matter can be resolved, including restricting me to other activities.
- Maintain appropriate physical and emotional boundaries with the children/youth.
- Dress appropriately and not wear any clothing with offensive messages or pictures.

As a student volunteer, I will not:

- Endorse, during my ministry, any view contrary to the teachings of the Catholic Church.
- Consume or ingest or possess any alcohol or recreational drug.
- Smoke or use tobacco products.
- Use, possess or be under the influence of alcohol or illegal drugs.
- Verbally threaten or physically abuse any one.
- Use profanity in the presence of children/youth.
- Use discipline that humiliates or humiliates a child/youth.
- Treat a child/youth in a sexual, overly affectionate or other inappropriate manner.
- Remain late, request special favors from, or make sexually explicit statements to anyone.
- Place myself in a situation where my interaction with a child/youth cannot be witnessed.
- Participate in private visits, parties or other activities with the children/youth unless approved by my supervisor.
- Accept gifts from or go gifts to children/youth in any case without approval from my supervisor.
- Tolerate inappropriate or bullying behavior by a child/youth towards another child/youth.
- Freighten inappropriately with children/youth through electronic communications, social networks, media, over the internet or through other forms of communication.

We, the undersigned, have read and understand the Archdiocese of Los Angeles Boundary Guidelines and Code of Conduct for Junior High and High School Youth Working or Volunteering with Children or Youth, and will abide by them at all times. We also understand and agree that parent/guardian will be notified at the time of any reflection requiring dismission from work or volunteer assignment at the school or parish or other setting where the student is working or ministering, and that he/she will be used home at the expense of his/her parent/guardian.

Print Name: _____ Position: _____
Signature of Youth Volunteer: _____ Date: _____
Signature of Parent/Guardian: _____ Date: _____
Signature and Title of Witness: _____ Date: _____

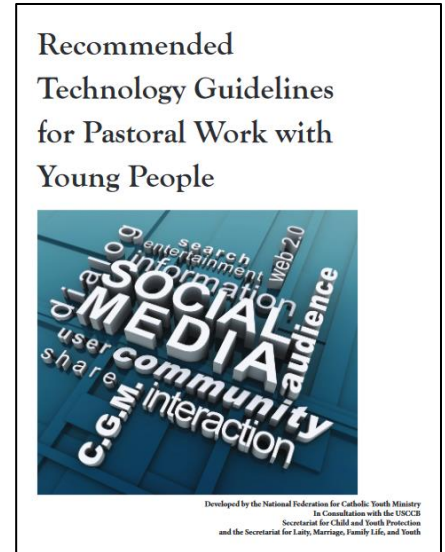
**Recommended Technology Guidelines
for Pastoral Work with Young People**

This is a resource to help with guiding youth on the last bullet point of these Guidelines:

As a student volunteer I will not:

“Fraternizing **inappropriately** with children/youth through electronic communications, social networks, media, over the internet or with other forms of communication.”

Download the [Technology Guidelines](#) here



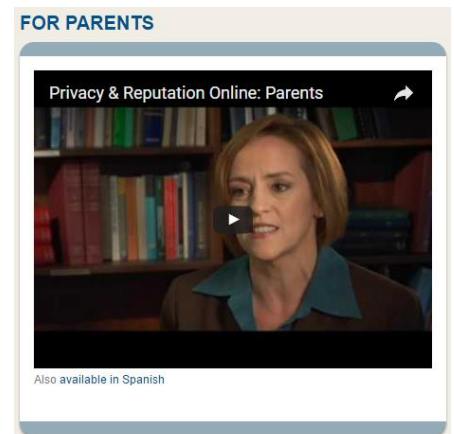
Project Pro: Privacy and Reputation Online
<http://ikeepsafe.org/parents/project-pro/>
(English Only)

Digital Reputation and Online Identity Management are important components of digital literacy. Today most individuals' lives are being crafted, digitized, collected, recorded, archived and made searchable. This resource guide provides information to help educators lead students to better understand the benefits of presenting a positive online image (as well as the potential consequences of a negative image) and the importance and steps to monitor one's online reputation.



Project Pro: Privacy and Reputation Online
<http://ikeepsafe.org/parents/project-pro/>
(English and Spanish)

Digital Reputation and Online Identity Management are important components of digital literacy. Today most individuals' lives are being crafted, digitized, collected, recorded, archived and made searchable. This resource guide provides information to help educators lead students to better understand the benefits of presenting a positive online image (as well as the potential consequences of a negative image) and the importance and steps to monitor one's online reputation.



Parent Resources:

Internet Safety

<http://www.netsmartz.org/Presentations/Parents>

This 45-minute PowerPoint presentation for parents and guardians of children ages 5-17 includes

- Facts of online risks
- Statistics, videos, and other resources
- Tips for keeping children safer online



Download the Parents PowerPoint Presentation and the Parents Presenter's Guide here.

Parent PowerPoint Presentation: [English](#) | [Spanish](#)

Parents Presenter's Guide: [English](#) | [Spanish](#)

Teaching Touching Safety Resources Online

<http://www.netsmartz.org/Parents>

This is the BEST internet safety website I have come across! If you click on the educators link they have everything you could possibly imagine on the website. Their videos are great!!!! And the presentations to go with them are great too. They allow you to download the presentations files for presentations, including the videos. I highly recommend spending some time on this site! It has tremendous resources.

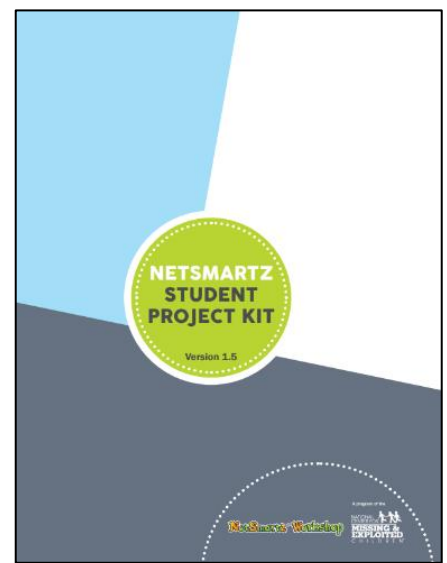
Additional Online Resources

NetSmartz Students Project Kit

<http://www.netsmartz.org/StudentKit>

NetSmartz teaches children ages 5-17 about online safety and digital citizenship. It offers free, age-appropriate resources including videos, games, e-books, webcomics, presentations, classroom lessons, and tip sheets to help children learn how to protect themselves and their friends online. Parents, educators, and law enforcement can use these materials to engage children in discussions about online issues ranging from privacy to cyberbullying.

This kit empowers middle and high school students to educate their peers and younger students about online safety and digital citizenship. While students prepare to give a project, they also have the opportunity to review and relearn important online safety concepts. The kit puts students in the driver's seat and allows them to engage with their peers as the Internet safety "experts."



Download the NetSmartz Student Project Kit: [English](#) | [Spanish](#)

[Faith and Safety](#)
[Technology Safety Through the Eyes of Faith](#)

A website sponsored by the USCCB and the Greek Orthodox Archdiocese of America. The website offers tips, advice, statistics, materials, webinars and links to resources to assist in maintaining a safe experience online for families. Some of the topics covered by the website are:

[Cell Phone Safety](#)

[Privacy and Safety](#)

[Safe Web Browsing](#)

[Email and kids](#)

[Pornography](#)

[Social Media](#)

[Strangers and Predators](#)

[Online Privacy](#)

[Geotagging and Videos](#)

