### Preparation:
- **Review** complete lesson before beginning instruction.
- **Preview** the video links; they will support discussion of the main points in this lesson plan.

**What you will need:**
- Computer, Wi-Fi connection, Projector
- Copies of Teen Quiz, Digital Media Questionnaire, Apps footprint (1 per group), 7 Virtues sheet, Teacher's Guides and booklet
- Pens/pencils - writing surface & take-home pages.

### Activities and Timeline:  About 65 minutes

**Opening Prayer:** Serenity Prayer (2 minutes)

**Activity #1:**
- Student Worksheet Activity #1: Teen Social Media Quiz (5 minutes)
  - NetSmartz video "Two Kinds of Stupid" (3.5 minutes)

**Activity #2:**
- Student Worksheet Activity #2: “Digital Life Questionnaire” with Teacher's Guide (20 minutes)
  - [Use: One Digital Life Footprint for each group of 5 or project image on screen]

**Activity #3:**
- Two NSTeens Video clips:
  - Offline Consequences (2:07 minutes) & Julie's Journey (3:06 minutes)

**Activity #4:**
- VIRTUES - Living Them on-line: with Teacher's Guide (15 minutes)

**Take Home Activity:**
- (Optional or take home) Student Worksheet Activity #3 “A call to Action” Blank Phone (10 minutes)
- Take Home: Student Reflection Sheet (5 minutes)

**Closing Prayer / Distribute Parent Take Home Handouts (5 minutes)**

### Overview of Lesson Plan:

**Principle:**
Learn to set limits and be in control of their decisions and choices online. To be Smart, to be safe, to use discernment in developing their Cyber Profile, learn to use it in a more positive way, to be able to reflect our Catholic values to not limit their future careers, and to get adult help and advice as needed.

**Catechism:**
- #2496 The means of social communication (especially the mass media) can give rise to a certain passivity among users, making them less than vigilant consumers of what is said or shown. **Users should practice moderation and discipline in their approach to the mass media. They will want to form enlightened and correct consciences the more easily to resist unwholesome influences.**

- #1804 **Human virtues** are firm attitudes, stable dispositions, habitual perfections of intellect that govern our actions, order our passions, and guide our conduct according to reason and faith.

- #2252 Parents have the first responsibility for the education of their children in the faith, prayer, and all the virtues. They have the duty to provide as far as possible for the physical and spiritual needs of their children.

**Goal:**
Empower young people with the tools and knowledge they need to become advocates for themselves and others whenever they encounter “dangers” online. We want to encourage them to be responsible online and communicate anything that makes them make uncomfortable, scared or confused. To assist parents/guardians in helping their children make safe and appropriate choices when navigating their social media lives.

**Objectives:**
- To evaluate the content and time spent online.
- Identify and protect their personal information.
- Recognize the importance of the need to establish limits and control in using social media.
- Understand the impact and permanency of what they chat, share, tweet and post online.
- To give them the tools to use their faith in action.
- How to discern inappropriate material and how to communicate concerns to a safe adult.
- Communicate what they have learned in the lesson, with their parents/guardians.
ACTIVITY #1: Teen Social Media Quiz and NSTeens “Two Kinds of Stupid” Video Clip (10 minutes)

This activity will help the students evaluate their social media usage. Give each student a copy of activity #1 as they come in and give them about 5 minutes to fill it out. This activity is meant to open up the topic and begin with some fun.

For the complete handouts, click below

[Teen Social Media Quiz](#)  [Teen Social Media Quiz TE (Presenter Only)](#)

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NSTeens “TWO KINDS OF STUPID” VIDEO (3.5 MINUTES)
This is a group activity. Place one footprint in the center of each group (or you may project it onto a screen) and give each student a copy of the question sheet. Give the students about 5 minutes to use the footprint or their personal knowledge to complete the worksheets. Collect and save all footprints.

When the students are finished, use the Footprint Teacher’s Guide as your guide to review each question and pose the discussion questions (in red) to the whole group. This is where you may get other apps or even some more dangerous apps brought up. Please refer to the TG on apps for your information only. Please use caution in teaching too much information that some teens may not know yet. Don't let the topic run away! Teens will want to shock you, but just keep to the lesson and discuss other issues one-on-one after class. PLEASE don’t let footprints go home!

For the complete worksheet and TE Guide, click below

**Digital Life Footprint & Digital Questionnaire**

**Digital Life Footprint Answer Key**
ACTIVITY #3: Two NSTeen Videos

Year 3: Internet Safety
Grades 9-12

ACTIVITY #3: Two NSTeen Videos

Offline Consequences 2:07

Julie's Journey 3:06

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ACTIVITY #4: VIRTUES and Using Them with my Social Media Life

Introduce the worksheet by telling students that the information they are given about our Catholic virtues can be applied to how they use their social media accounts. Read the top portion aloud to the whole class, then have them read each Virtue and answer the questions by checking the appropriate box. After they are finished, use the teacher's guide to review each Virtue with them asking the questions in red.

For the complete worksheet and TE Guide, click below

**VIRTUES ~ Living Them On-line**

**VIRTUES ~ Living Them On-line TE**

Activity #4 Student worksheet

Activity #4 Teacher's Guide (Presenter Only)
ACTIVITY #5 (Optional): Student Worksheet #3 “A call to Action Blank Phone” Activity / Small Group Discussion (10 minutes)

Use this activity if you happen to have more time and need an extra activity - otherwise please send this activity sheet home with the students. **OR** it can be used at a later date in class. Each student will take home the Reflection Sheet to use on their own or with their parent/s to share what they learned in class.

For the complete handouts, click below

**Your Digital Footprint – Where Will Yours Lead?**

**Take Home Reflection Sheet**

"Food for Thought" – Goals for Using Social Media

Date: ____________

* What did I learn today? * What changes can I make to my digital habits?*

* Can I cut my internet, texting, chatting, gaming time in half? Can I set some time limits for my online time?*

* Can I remove some of the apps on my phone? Are there some apps that I should stop using NOW?*

* Have I Googled my name lately? What does my cyber footprint look like?*

* What apps will help me build a positive Google search and cyber profile?*

* What will I do with the time that I free up? For example: spend more time on homework/studying? Spend some time with my family?*

* Can I take my phone, tablet, computer etc. and show it to anyone - a friend, sibling, parent, teacher? Nothing to hide!*

* Will I honestly consider reporting something online like a “threat to life”, to protect a friend, even if they get mad for awhile?*

* Will I resist bullying and sharing unnecessary things or images online?*

* Will I respect myself and others and get adult help when I need it – before I get into trouble? Will I speak up when something is wrong?*

* Can I use the values I’ve been taught by the Church and my parents to share my faith online and in person?*

**Closing Prayer:**

End the lesson with a prayer

God desires that we live in peace, respect, and safe from all that might harm us. Therefore, we eagerly seek His guidance in all aspects of our lives. Let us pray:

**Closing Prayer**

Come, Holy Spirit, fill the hearts of your faithful. And kindle in them the fire of your love. Send forth your Spirit and they shall be created. And you will renew the face of the earth.

Lord, by the light of the Holy Spirit you have taught the hearts of your faithful. In the same Spirit help us to relish what is right and always rejoice in your consolation. We ask this through Christ our Lord. Amen.
Parent Take Home Sheets

For the complete handout, click below

Citing and Resources

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CITING AND RESOURCES

- N4L [https://www.n4l.org]
- NetNanny [https://www.netnanny.org]
- Common Sense Media [https://www.commonsensemedia.org]
- Screen Acers [screenacers.com]
- Web Wise Kids [www.webwisekids.org]
- Connect Safety [connectsafety.com]
- Childnet International [www.childnet.com]
- Thats Not My Phone [www.thatsonlymyphone.com]
- Privacy Eyes [www.privacyeyes.com]
- Social Media Safety [socialmediasafety.com]
- Common Sense [www.commonsense.org]

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For the complete handout, click below

What Can You Do to Keep Child Safe?

What Can You Do to Keep Your Child Safe?

- Teach your child to engage in constructive conversations and avoid name-calling or bullying.
- Explain what type of information should never be shared online.
- Depending upon the age and maturity level of your child, as well as your relationship with him or her, you might be able to explain why you don’t want your child to access certain types of material. For example, the sex depicted in perverted images isn’t generally representative of real life or Christian values, and a young teen may not recognize the difference without your guidance.
- Let your kids know that you are there to help if they encounter scenarios or situations that may feel scary or uncomfortable.

Keep your child safe by making sure to limit the hours that your child can access the Internet on her/their own device and make sure to block sites that you don’t deem appropriate by using parental controls. It is never too late to talk to your children and teens about apps and social media sites that you feel are inappropriate for them to be using. With good communication and a little help from you like NetNanny, NetNanny, Screen Acers, and NetNanny, parents can keep their kids protected and balanced while getting the benefits of being online and using a mobile device.

Many apps allow users to communicate with friends by importing their contact information; however, many apps can be shared by strangers and online social predators. For children, a child’s email address or phone number. Keep in mind that any public access or the option to use your parents' email to do this can cause problems. It is important that your parents be aware of who your child is talking to.

This is made easier by using technology that allows parents to view your child’s activity and app usage. If possible, use an app to track and monitor the child’s device usage and activity. You can also check the history in the app to review older videos, making managing past conversations a lot simpler.

When allowing your child access to communication apps, it is important to ensure that they understand how they work, who can use them, and for how long. Teaching them what is appropriate to share on any social media may also go a long way in preventing dangerous situations.
Teen Social Media Quiz

A. Couldn't imagine a day without my phone!
B. Social Media is not a huge part of my life.
Which one are you?! A or B?

How many hours a day are you online or using your cell phone?

- □ 30 minutes to an 1 hour
- □ 1 - 2 hrs
- □ 2 - 3 hrs
- □ 3 - 4 hrs
- □ 4+ ~ my phone never leaves me

Where is your cell phone when you’re asleep?

- □ Under my pillow (charging)
- □ Next to my bed charging and still on
- □ In my bed next to me - I fall asleep with it
- □ In my parents’ room so I’m not on it
- □ Charging next to me but turned off
- □ Sometimes I don’t even know

How many social media accounts do you have?

- □ 2 or 3
- □ 8 or less
- □ 10 +
- □ I don’t even know

Who do you talk to the most online?

- □ Friends mostly, sometimes family
- □ Anyone who will talk to me
- □ Other gamers
- □ Strangers on forums or chat rooms
- □ Listening to music
- □ Gaming
- □ Texting with friends
- □ Googling
- □ Social media posting and sharing
- □ Watching YouTube videos
- □ In chat rooms
- □ Researching for school or information
Check how many of these you have. Circle the ones you use the most.

- E-Reader
- MP3 player
- Smart phone
- Tablet/iPad
- Smart watch
- Gaming station
- A "simple phone"
- Computer/laptop

How often do you use email?

- Everyday
- Only for school
- Only when I sign up for a new account or an app on my phone that requires it
- I have it but I don’t check it unless I have to!

Have you ever run into a wall because you were looking down at your phone while walking?

- Yes
- No
- Maybe

Everyone is talking about this new app. You...

- Already have it - you always have it first
- Download it - if everybody’s using it, it must be okay
- Check it out just to see what everyone’s talking about
- Don’t care - you don’t really follow the crowd
- Chat with your mom/dad because they have to approve DLs
- Wait to see what your friends say about it

When someone sends you a link to a funny quiz, you can’t wait to...

- Take it and share your results
- Take it but don’t share the results
- Text it to a friend
- Post it on FB/Twitter/Instagram etc...
- Post it, depending on what it is and if it should be shared - it might not really be funny!

Your parents took your phone away as punishment for something you did. What is your reaction?

- Well... OK, now I have an excuse to ignore people for awhile
- What? Nooooooo, I’m gonna die!!!
- So unfair - My parents are so mean!
- A week?? Ok, I can do this - breathe.
- Whatever, I’ll just use my friend’s phone.
- That’s what tablets are for - I can get around my parents.

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What type of Internet user are you?

A. Couldn't imagine a day without my phone!
B. Social Media is not a huge part of my life.

Which one are you more like?! A or B?

How many hours a day are you online or using your cell phone?

Did you know that there are apps for your phone that keep track of how long you’re on social media?

Where is your cell phone when you’re asleep?

Cell phones tend to get hot and have caused fires under pillows! Fun fact.... Did you know that cell phones actually deprive you of sleep. Studies suggest that staring at your screen before bed can keep you awake longer due to the blue light that is projected.

How many social media accounts do you have?

Get some general reactions

Who do you talk to the most online?

Get some general reactions

You spend most of your time online...

Listening to music
Gaming
Texting with friends
Googling
Social media posting and sharing
Watching YouTube videos
In chat rooms
Researching for school or information
Check how many of these you have. Circle the ones you use the most.

Get some general reactions

How often do you use email?

Get some general reactions

Have you ever run into a wall because you were looking down at your phone while walking?

Yes. No. Maybe.

Get some general reactions

Everyone is talking about this new app. You...

Get some general reactions

When someone sends you a link to a funny quiz, you can’t wait to...

Get some general reactions

Your parents took your phone away as punishment for something you did. What is your reaction?

Get some general reactions

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1. Name some apps that are sites meant for public sharing of opinions, current affairs, crafts or what you ate for dinner.

_______________________      _______________________     _______________________     _______________________

2. What apps do you have to check the box that you are 17 or older for?

_______________________      _______________________     _______________________     _______________________

3. Which apps have become forums for cyber bullying?

_______________________      _______________________     _______________________     _______________________

4. Name some apps that allow you to "chat" with strangers or go on "live" at any time.

_______________________      _______________________     _______________________     _______________________

5. Which "ghost" or vault apps can you use to hide from your parents, teachers, or others?

_______________________      _______________________     _______________________     _______________________

6. Which apps are unsafe, dangerous, pornographic, or used for sexting?

_______________________      _______________________     _______________________     _______________________

7. Which apps will help you build a positive cyber profile/image?

_______________________      _______________________     _______________________     _______________________

8. What are some fun music or gaming apps?

_______________________      _______________________     _______________________     _______________________

Copyright © 2019, Archdiocese of Los Angeles in Collaboration, Rhonda Storey, DRE
1. Name some apps that are sites meant for public sharing of opinions, current affairs, crafts/hobbies or what you ate for dinner.
   Facebook  Twitter  Snapchat  Instagram  WeChat  Pinterest
   What do you think is too much information to share online?

2. Which apps do you have to check the box that you are 17 or older for?
   iFunny  Monkey  Tinder  Blendr  Ogle  Omegle  Live.me  Afterschool  MyLOL
   Why do you think there's an age limit on some apps?

3. Which apps have become forums for cyber bullying?
   Kik  iFunny  GroupMe  Snapchat  Twitter  Afterschool
   Have you ever experienced any cyber bullying? What did you do about it?

4. Name same apps that allow you to "chat" with strangers or go "live" at any time.
   Live.ly  Live.me  Monkey  Yubo  YouNow  Discord  Facebook  Instagram
   What are some dangers of open chat rooms? Who do you go to if you are asked to do something inappropriate or dangerous? Should you meet online "friends" offline?

5. Which "ghost" or vault apps can you use to hide from your parents, teacher, or others?
   Poof  Calculator%  Clock  SecretLock  Vault
   Why do we need to hide certain content?

6. Which apps are dangerous, pornographic, used for sexting, or are unsafe?
   Tumblr  Hooked  Blendr  Ogle  Omegle  Live.me
   Do you think these types of apps follow our faith and how we should behave? Is it legal to share, post or send pornographic images?

7. Which apps will help you build a positive cyber profile/image?
   Facebook  LinkedIn  Pinterest  Blogs  ZeeMee
   Why is this so important to your future?

8. What are fun music or gaming apps?
   Spotify  Pokemon Go  Fortnite  Angry Birds  Soundcloud
VIRTUES ~ Living Them On-line

A Virtue is a "habit of doing good". A prudent person determines and directs his/her conduct in accordance with their best judgment. **CCC - 1803-1845**

As you prepare for Confirmation, the 4 Cardinal and 3 Theological Virtues can help guide you in how you use social media and create your cyber profile. We reflect what we post!

<table>
<thead>
<tr>
<th><strong>Prudence</strong> - taking all of the facts, weighing them and then doing not necessarily what is easiest, but what is wisest, and Godly.</th>
<th>Do I show prudence in making the wisest choice in what I post, text, chat, snap, and share on social media?</th>
<th><strong>Yes</strong></th>
<th><strong>No</strong></th>
<th>Sometimes</th>
</tr>
</thead>
</table>

**Justice** - Seeking the good, honoring God and neighbor.

Do I gauge my actions when I am angry or upset and want to post something I shouldn’t or may regret later?

<table>
<thead>
<tr>
<th><strong>Fortitude</strong> - Strength to resist temptation, doing what is right with courage and patience.</th>
<th>Have I ever gotten into content that was inappropriate, dangerous or life threatening?</th>
<th><strong>Yes</strong></th>
<th><strong>No</strong></th>
<th>Sometimes</th>
</tr>
</thead>
</table>

**Temperance** - Balance in use of created things, using them in moderation & for good.

Do I moderate my time on social media - creating a healthy balance of real social time vs. social media time?

<table>
<thead>
<tr>
<th><strong>Faith</strong> - Belief in God &amp; belief in all He has said &amp; revealed to us.</th>
<th>Do I share my faith online and in school? Am I willing to stand out as a Catholic?</th>
<th><strong>Yes</strong></th>
<th><strong>No</strong></th>
<th>Sometimes</th>
</tr>
</thead>
</table>

**Hope** - Trusting God’s promises in prayer and in work for justice.

Do I trust in God and prayer to guide me in my decisions and choices I make every day, especially online?

<table>
<thead>
<tr>
<th><strong>Charity</strong> - The giving of oneself for the caring of others' needs.</th>
<th>Am I able to stand up for what is truly right and just? Do I show charity when someone is in distress?</th>
<th><strong>Yes</strong></th>
<th><strong>No</strong></th>
<th>Sometimes</th>
</tr>
</thead>
</table>
A Virtue is a "habit of doing good". A prudent person determines and directs his/her conduct in accordance with their best judgment. *CCC - 1803-1845*

As you prepare for Confirmation, the 4 Cardinal and 3 Theological Virtues can help guide you in how you use social media and create your cyber profile. We reflect what we post!

**NetSmartz Teen Video Q & A - TG**

| **Prudence** - taking all of the facts, weighing them and then doing not necessarily what is easiest, but what is wisest, and Godly. | Do I show prudence in making the wisest choices in what I post, text, chat, snap, and share on social media? | **Offline Consequences:**
| | | Have you or someone you know posted something that was regretted later?
| **Justice** - Seeking the good, honoring God and neighbor. | Do I gauge my actions when I am angry or upset and want to post something I shouldn't or may regret later? | **Offline Consequences:**
| | | Why do you think people post inappropriate messages and pictures?
| **Fortitude** - Strength to resist temptation, doing what is right with courage and patience. | Have I ever gotten into content that was inappropriate, dangerous or life threatening? | **Two Kinds of Stupid:**
| | | What information and images are not ok to post?
| **Temperance** - Balance in use of created things, using them in moderation & for good. | Do I moderate my time on social media - creating a healthy balance of real social time vs. social media time? | **Julie's Journey:**
| | | Do you agree; "The internet is a tool that has to be used properly. It's like a knife, it's very helpful it can also hurt you."
| **Faith** - Belief in God & belief in all He has said & revealed to us. | Do I share my faith online and in school? Am I willing to stand out as a Catholic? | **Julie's Journey:**
| | | How hard, or easy, is it to trust someone? What happens when that trust is broken?
| **Hope** - Trusting God's promises in prayer and in work for justice. | Do I trust in God and prayer to guide me in my decisions and choices I make every day, especially online? | **Offline Consequences:**
| | | How can things you post online affect your future? + or -
| **Charity** - Loving God above all things and others as God loves them. | Am I able to stand up for what is truly right and just? Do I show charity when someone is in distress? | **Julie's Journey:**
| | | Who knows of a story like Julie's? What can you do to help someone in some kind of trouble or danger?
Your Digital Footprint ~ Where Will Yours Lead?

This is your digital footprint. The picture that represents you to your friends, parents, scholarship board, future college, and future employer/s. What do you look like right now? **Draw or write the apps and social media that you are currently using.** Is it all good? What changes could you make to present a "better version" of yourself? **Cross out the apps that are bad, over your age, or causing you to waste time or be distracted from your studies or family activities.**
**Personal Reflection Sheet**

**Food for Thought ~ Goals for Using Social Media**

After what I learned today, what changes can I make to my digital habits?

Can I cut my internet, texting, chatting, gaming time in half? Can I set some time limits for my online time?

Can I remove some of the apps on my phone? Are there some apps that I should stop using NOW?

Have I Googled my name lately? What does my cyber footprint look like?

What apps will help me build a positive Google search and cyber profile?

What will I do with the time that I free up? For example, spend more time on homework/studying? Spend some time with my family?

Can I take my phone, tablet, computer etc... and show it to anyone: a friend, sibling, parent, teacher? Nothing to hide!

Will I honestly consider reporting something online like a "threat to life," to protect a friend, even if they get mad for awhile?

Will I resist bullying and sharing unnecessary things or images online?

Will I respect myself and others and get adult help when I need it - before I get into trouble? Will I speak up when something is wrong?

Can I use the values I've been taught by the Church and my parents to share my faith online and in person?
Explore topics such as cyber bullying and online solicitation with our free collection of online videos. Through animation and real-life stories, NetSmartz can help you empower the people in your community to make safer decisions online. NSTeens has real life scenario videos to help teens make better choices.

Dr. Bennett is a screen safety expert who teaches families how to strengthen relationships AND achieve screen sanity. She is founder and CEO of GetKidsInternetSafe and author of Screen Time in the Mean Time: A Parenting Guide to Get Kids and Teens Internet Safe and the GKIS Home Starter Workbook.

Join Josh Ochs Next Free Online Safety Webinar - "Smart Social"
Josh Ochs travels the country teaching students, schools, and organizations to use their devices with a purpose, not just a past time. Watch some of his videos on the "good and bad" of apps at SmartSocial.com

Common Sense is the nation's leading nonprofit organization dedicated to improving the lives of kids and families by providing the trustworthy information, education, and independent voice they need to thrive in the 21st century.

An award-winning film that probes into the vulnerable corners of family life and depicts messy struggles over social media, video games, and academics. The film offers solutions on how we can help our kids navigate the digital world.
What Can You Do to Keep Your Child Safe?

- Teach your child to engage in constructive conversation and avoid name-calling or bullying.
- Explain what type of information should never be shared online.
- Depending upon the age and maturity level of your child, as well as your relationship with him or her, you might be able to explain why you don’t want your child to access certain types of material. For example, the sex depicted in pornographic images isn’t generally representative of real life or our Christian values; a young teen may not recognize that difference without your guidance.
- Let your kids know they can come to you for help if they encounter someone or something that makes them feel scared or uncomfortable.

Keep your children safer by making sure to limit the hours that your child can access the internet on his or her mobile device, and make sure to block sites that you don’t deem appropriate by using parental controls. It is never too late to talk to your children and teens about apps and social media sites that you feel are inappropriate for them to be using. With good communication and a little help from web sites like Netsanity, NetSmartz, Webwisekids, and Josh Ochs, parents can keep their kids protected and balanced while getting the benefits of being online and using a mobile device!

Many apps allow users to communicate with friends by inputting their contact information; however, many apps can be abused by strangers and online sexual predators if they have a child’s email address or phone number. Even when there is no public access or the option to seek out strangers, many kids hand out their user names and emails on other sites when they think it is a friend of a friend. This is one tactic online predators use to gain access to more children.

An app itself may not create any objectionable content, but that is not to say the user on the other end will not send something inappropriate to your child.

Most apps start out as a fun way to connect with friends, but if the user is not careful, online predators can take advantage of this well-meaning form of communication. Always review your child’s activity and app usage. If possible, use their apps to familiarize yourself with how it works. You can also check chat history in the app and review older videos, making monitoring past conversations quite simple.

When allowing your child access to communication apps, it is wise to ensure that they understand how they work, who can see their activity, and for how long. Teaching them what is appropriate to share over ANY social media app will go a long way in preventing dangerous behaviors.