



Christian Sexuality Education Lesson Plan
Grade 7-9: Safety and Cyber Safety

	Grade 7	Grade 8	Grade 9
7C: Pornography	Major	Minor	Major
7D: Feeling Safe	Major	Minor	Minor
7E: Social media	Minor	Major	Minor
7F: Self-harm	Minor	Major	Major
7G: Cyber Bullying	Major	Minor	Major
7H: Safe Surfing	Major	Minor	Minor
7I: Online Grooming	Minor	Major	Minor

1. Lesson Plan Information

Online Sexual Safety

Sub-Topic:

- Understanding the harmful impacts of pornography
- Maintaining purity in a sexually driven society
- Understanding the dangers of nude photos, porn and sexting
- Rely on God for safety
- Social media's influence on safety (mental, physical, and spiritual)
- Understanding online grooming and how to avoid or navigate situation involving strangers

2. Verse for the students to memorize

G7: “Having your conduct honourable among the Gentiles, that when they speak against you as evildoers, they may, by your good works which they observe, glorify God in the day of visitation” 1 Peter 2:12

G8: “The name of the Lord is a strong tower: the righteous runneth into it, and is safe.” Proverbs 18:10

G9: “And we know that all things work together for good to those who love God, to those who are the called according to His purpose.” Romans 8:28

3. Lesson Objectives

- Maintaining cyber safety regarding mental, physical, and spiritual health
- Understanding the dangers and risks of sexual temptation
- Teach youth to rely on God for Safety
- Help teens with self-harm
- Warn youth of online grooming, social media impact

4. Teacher’s resources/references to read before the lessons

- Bible
- <https://www.crisisservicescanada.ca/en/>
- Coptic Orthodox Answers - copticorthodoxanswers.org
- <https://www.edmontonpolice.ca/CommunityPolicing/FamilyProtection/ChildProtection>
- <https://www.alberta.ca/bullying-prevention-for-educators.aspx>
- <https://kidshealth.org/en/parents/cutting.html>
- <https://kidshealth.org/en/teens/resisting-cutting.html>
- <https://www.keepitrealconline.govt.nz/parents/>
- <https://www.keepitrealconline.govt.nz/youth/>
- <https://childmind.org/article/media-guidelines-for-kids-of-all-ages/>
- <https://drive.google.com/file/d/1PU2P3gafsH7Z9vUldQoVZ1ZB6Jzg6VuO/view?usp=drivesdk>
- <https://www.lawnow.org/sexting-whats-the-big-deal/#:~:text=Sexting%20is%20illegal%20if%20you,This%20is%20child%20pornography.>
- <https://www.edmontonpolice.ca/CrimePrevention/PersonalFamilySafety/ChildProtection/BullyingAndCyberbullyin>

5. Lesson Content and timing

Red: Sub-topic

Blue: Conclusion

Green: Open ended question for the students.

Purple: Verses from the bible

A. Review Previous lessons (5 Min.)

Gender Diversity.

B. Opening / Icebreaker (5 Min.) Different for each grade: Example:

G7: Have you watched a TV show or movie with an inappropriate scene? Was it uncomfortable? Do you react differently when your parents are with you while watching it versus when you're by yourself or with a friend?

(the questions above are meant for the youth to ponder, and the teacher says the following): Feelings including but not limited to uncomfortableness, shame, and guilt are common when seeing an explicit scene for the first time. Like many other visualizations, people can become desensitized to sex (related) scenes. Eventually, these scenes will elicit feelings or bodily reactions of pleasure which can become addicting.

NOTE: Servants should encourage discussion among youth, and use the above answer to guide the discussion if there is no conversation among students.

G8: Have you ever felt like you weren't enough? Insignificant? Almost as if you had no purpose? Lost? Have you ever felt uneasiness, constant stress, like you're in a constant survival mode?

These thoughts are common among youth and adults, but a strong support system will prevent or reduce these feelings. A good group of friends, mentors and family will create a safe emotional and mental support system to help ground you when you're feeling lost. Physical activity aids in a person's mental health, daily walks or exercise releases endorphins that make us "feel good." Lastly, our spiritual health also needs attention, a strong faith and giving all our burdens to God will help put some of the stress and worries in life away. Remember our mind, body, and spirit are connected. All elements require attention and care. If one is forgotten the balance is lost and the mental/physical/spiritual health will be affected.

G9: Why do you think society is so sexually driven and openly embraces sexual acts?

Ensure that the class discusses that today (Western society) is heavily supporting and embracing the idea to put oneself first, especially pleasure. The human body craves pleasure and acceptance of any form. Seeking it out and experiencing certain types of external pleasure and acceptance can lead to a disastrous path destroying one's spiritual and mental health.

NOTE: seeking validation from external sources are not fulfilling for example: academic validation, may lead to a fear of failure. seeking validation from others (same or opposite sex) may lead to people pleasing, etc.

C. Present the new information/lesson Outline (40-45 Minutes)

Please use the related videos and activities listed in sections 7&8 below.

7C - Pornography:

Important points:

- Clarification that curiosity about sex is normal but that curiosity can lead to temptations and acting on said temptations may be committing sexual immorality.
 - Sex is an expression of love in marriage
- Pornography is sexually immoral and breaks God's commandment
 - Sexual immorality: Neglecting and defying God's plan of sexual relations/sexuality.

- Watching porn is cheating yourself and God.
- “flee sexual immorality. Every sin a man does is outside the body, but he who commits sexual immorality sins against his own body.” 1 Corinthians 6:18
- Pornography
 - Does not represent real sex. Uses actors to portray an illegitimate display of affection which is both confusing and sinful for all people - including married couples.

Adolescents have a rush of intensified emotions, feelings, and thoughts - some induced by hormones. They also have wider access to the internet and the dangers that come from it. The idea of sex may become prominent in their lives, as a result of a society driven by the notion that pleasure is all that should be sought from life.

Why do people use porn?

Some of the common reasons ref (<https://fightthenewdrug.org/basic-reasons-why-people-look-at-porn/>)

Please add in a discussion about arousal if the discussion is separated (males in one room and females in another). See above link

1. Arousal

The main reason people watch porn is for sexual pleasure, although it is produced to arouse the consumer, it is not produced with the health of the user’s relationships in mind. People use it as a way to fulfill a need for sexual desire.

2. Curiosity about sex

Pornographic websites are a form of entertainment that prides itself on displaying sexually immoral and inaccurate depictions of sex and sexual relations. These videos remove the aspect of love, which is the foundation of sex in a blessed matrimonial relationship. It's important to remember that these people are paid actors and this is how they make a living - we should not judge them but that does not mean we should embrace their lifestyle.

Your peers (not friends - anyone in your life who encourages you to sin, they are not your friend) may encourage you to watch porn in the name of “education,” so that when the time comes for them to partake in sex, it will seem like they know what they’re doing. When this happens, politely refuse.

Feeling confused about sex and wanting to understand it is normal, but that does not mean people should resort to sinful measures to obtain an understanding.

3. Coping with negative emotions

Pornography is a sinful and unhealthy way of dealing with negative emotions.

4. Boredom

What we read, watch, draw and talk about, have a great impact on us. We may underestimate the impact, but our atmosphere slowly changes us.

- **Examine every aspect of your atmosphere and make sure it helps you on what you choose to be. We should have control over what we feed our brains and senses with.**
- **Fill your time with useful things that build you, physically, mentally and spiritually.**
- **Keep God in your atmosphere. For example, when reading the Bible, do not read as a task to be done but rather contemplate for the day on what you read, perhaps listen to a sermon or an explanation for that particular chapter. “I will meditate on Your precepts, And contemplate Your ways.” (Psalms 119:15) . “With my whole heart I have sought You; Oh, let me not wander from Your commandments! Your word I have hidden in my heart, That I might not sin against You.”(Psalms 119:10,11)**

- **Remind yourself with the scene of the cross, the wounds of Christ and the thorns poking, shedding His blood for loving you!**

Set your mind on things above, not on things on the earth. (Colossians 3:2)

Sex-related scenes in media:

There are all types of sinful examples depicted in movies and TV shows - for example, swearing, lying, jealousy, sex-related scenes, etc.

While sex-related scenes in movies may not be considered porn - as it is not the entire purpose of the movie - that does not excuse it from being harmful to anyone - adolescents and adults. Consistent exposure to any kind of pornography is harmful to us physically, mentally, and spiritually.

Exposure to sex and its impact on health:

Porn steals your purity.

Porn does not reflect reality and may destroy body confidence - it can create body-image issues which may lead to mental and physical health issues like eating disorders.

Porn can induce unrealistic attitudes about sex and harmful acts.

Porn gives people false expectations about sex which can negatively affect the future physical relationship between a husband and a wife.

“whoever looks at a woman to lust for her has already committed adultery with her in his heart.” (Matthew 5:28)

This applies to men and women equally, the man is the start of the creation.

Sexting:

Sexting is sending and receiving sexual messages through technology and is ILLEGAL for minors (under 18). Sending nude photos is child pornography. Receiving nude photos from a minor in possession of child pornography and forwarding nude photos from a minor is the distribution of child pornography. ALL ILLEGAL.

Aside from being convicted of a crime, losing your purity, the most important virtue, which we should be adorned with is far worse.

“For do I now persuade men, or God? or do I seek to please men? for if I still pleased men, I would not be a bondservant of Christ” Galatians 1:10

- Christ teaches us diligence and caution in every action, this would include how we talk or express ourselves to others.

“A good man out of the good treasure of his heart brings forth good things, and an evil man out of the evil treasure brings forth evil things. But I say to you that for every idle word men may speak, they will give account of it on the day of judgement. For by your words you will be justified, and by your words you will be condemned.” Matthew 12:35-37

If you are asked by anyone to share a nude picture:

Remember when you're very young you're taught “STRANGER DANGER” this applies wholly to this situation. There is always good in people, but be wary of the evil, as their evil may bring you destruction to you physically, psychologically, and spiritually.

Often times, someone you **trust** may ask you for nude photos, these people are not someone you should trust. These requests are not out of love, they come from **evil intentions** and these individuals take advantage of your seeking external validation. When someone loves you, they will not ask you to cheat your purity/innocence or expose yourself in a harmful manner. To these people who have evil intentions, they deny God and have a love for (consciously or not) defilement.

“To the pure all things are pure, but to those who are defiled and unbelieving nothing is pure; but even their mind and conscience are defiled.”(Titus 1:15)

In these scenarios, please block and report these individuals on every platform they may be able to contact you. If the situation is giving you feelings of anxiety seek out your spiritual guide, counsellor, or father of confession.

Objectives → Warn youth from porn and sexting risks

7D - Feeling Safe:

Important points:

- “STRANGER DANGER” still applies wholly to online safety, there are many many sexual predators who approach young children and teenagers - pedophiles - and the internet provides multiple platforms for them to seek out their targets
- Catfishing - when a person online pretends to be someone else to trick others - occasionally sexual intentions are involved

The media is very secular and deviates away from God constantly. In music, there are songs about sex, drugs, etc similar to movies, social media, TV shows, etc. Sex and drugs (etc) were glorified to the point that Western Society normalized these substances.

People are walking away from God, His light, and grace, and actively disobey His commandments.

“God is our refuge and strength, a very present help in trouble” Psalms 46:1

- We should always trust that God knows what’s best for us, no matter what. Sometimes we are in situations that are painful and difficult. God will often help us during these situations and we should learn something from these events.
 - Questions to ponder: What happened? What can I learn? What should I change for the future?
- We should learn the art of lament. Look at King David in the psalms, God did not always rescue him, but rather guided him to be strong and kept safe.
- Have a strong support system.
 - This means have good friends (good Christians who put God first in everything and would care to warn me if I do wrong), find adults in your life who love you and would protect you. Have people in your life you can be yourself with, without negative judgement of your feelings. Your father of confession should also be a part of this circle.
- Memorize short psalms or verses - or keep a list on your phone

“The name of the Lord is a strong tower: the righteous runneth into it, and is safe” Proverbs 18:10

Objectives → Guide youth to safe online usage

7E - Social Media:

Social media portrays the lives and lifestyles of people everywhere. Not everything on social media is correct. The pictures are usually photoshopped to make men and women look a certain way when in reality their bodies aren’t shaped that way. This causes a lot of body image issues, such as eating disorders and anxiety, regardless of self-confidence.

People only portray only the good aspects of their lives, you’ll only see what they want you to see. No one has it all, no one knows what they’re doing, **especially adults**. Everyone lives by the day and hopes and prays for the best outcomes.

Questioning the way you look (body type, hair type, etc) is questioning God’s creation. You are beautiful the way you are, there’s nothing more you can do to be beloved and valued.

Obtaining validation externally through social media outlets will not fulfill you, validation should only be obtained spiritually.

NOTE: in this context, validation is to obtain an external sense of value/worth. For example, the number of likes on a photo, the grades obtained in school, number of friends.

Getting validation from others can be a positive thing (words of affirmation/encouragement) or negative. Validation from others should not impact our value as a person. Our value comes from God.

Social media can contribute to anxiety. Unplugging for a while can lessen feelings of anxiety, but will not remove it.

Before posting online, ask these questions:

- Can this photo harm me or someone else?

- if there are others in the photo - Are they ok with me posting this?
- Do I want the internet to have this picture?
- Who do I want to see this picture? Is it worth posting it online? Losing control of who has access to the photo?

Remember to clean out your socials! Go through your following/followers/friends/etc every once in a while, if you don't recognize someone, consider removing them from having access to your profile.

Objectives → Warn youth from social media risks

7F - Self-harm:

Everyone faces stressors, adolescents included. Some can choose to push back from triggers and others choose to succumb to diving head first into thoughts of depression and anxiety which may lead to suicidal thoughts and actions like cutting. Stressors can be from anything, everyone reacts differently to different stimuli and that's ok, **as long as it is a healthy coping mechanism**. What might be hard for your friend may not be terrible for you, and vice versa. Stressors can be from pressure or abuse (mental, emotional, physical, sexual, etc) from society, friends, family, etc.

Whatever feelings (anxiety/depression/etc) you have are valid, do not let someone take that away from you and make you feel insignificant. Examine the thoughts that are inducing the feelings you presently have. Ask a counsellor/parent/servant for guidance.

You are valid in God's eyes.

If you know someone who is suffering from abuse, anxiety, or depression, encourage them to seek help. Do not speak on their behalf, but rather help them talk about it to a trusted adult. A lot of therapy, counselling and physical therapy may be needed for such crises. If your friend is not from church encourage them to speak with a counsellor or doctor. If they are from church encourage them to speak with a counsellor or doctor as well as their father of confession.

Self-harm, such as cutting, is a very common way some people try to redirect their pain, or "try to feel something." Self-harm can vary in severity and effect. Cutting is portrayed in the media, often, to raise awareness, not to promote it. There are times when the media glorifies it or normalizes it. Anything serious should not be taken lightly. Cutting is a serious issue; people often underestimate the potential to become seriously sick or hurt themselves through bleeding or infections.

Our bodies are a gift from God - **"There is one body and one spirit, just as you were called in one hope of your calling."**
Ephesians 4:4

We need to take note of the changes in our emotions and seek help when we are pressured. Overwhelming emotions can cloud judgement and may lead people to find temporary relief. A face-to-face conversation with a parent about cutting is difficult. But, seeking help is crucial. Discussing what is overwhelming you may be easier, your parents may try to help you cut out some aspects to lighten your pressures.

We must correct the negative perceptions around mental illness

Mental illness can have a variety of forms

As Christians we must address these issues

Christians are not immune to mental illness

As the body, we are all responsible for each others suffering

Seeking medical help is not insulting to God

A strong spiritual life can help with healing

Below is a list of ways to resist the urge to cut or harm yourself:

- Seek professional help
- Memorize a psalm and use it as a quick prayer at any time anywhere (try Proverbs 18:10)
- Journal your feelings, needs, disappointments, successes, and opinions into words. This can ease the stress
- Call a friend and talk about something completely different
- Shower - ensure that there are no razors (or other sharp objects)
- Exercise: walk, run, work out, bike, etc
- Play with a pet
- Watch TV
- Drink water

Essentially, find something to distract you or release your emotions in a healthy manner.

Our psychology and biology (genetics) evolved due to sin and the necessary chemicals in our bodies (and brains) have an increasingly challenging time regulating feelings of anxiety and depression. Maintaining healthy habits such as good sleeping patterns, eating well, and exercising. Sometimes, our brains need a little bit more help and medication is used to ensure stability, and it should not be guilt-inducing. Seeking mental help is not taboo and it should not be seen that way.

If God is with us, why is there evil?

- Sometimes God allows bad things to happen, it's often to teach us something. Also known as character development and we need to trust in God that He will take care of us.
- Evil exists (that was not God's plan - evil exists due to the absence of good) in the world and God allows it. God gave us free will and He wants us to choose to repent.
 - we live in corruption when we are with God. But when we fall into sin we become corrupted and make evil choices, which causes the harm.
 - Evil is evil, we cannot categorize sin into different levels of evil.
- "Oh, the depth of the riches both of the wisdom and knowledge of God! How unsearchable are His judgement and His ways past finding out!" (Romans 11:33)
- "Though they join forces, the wicked will not go unpunished; But the posterity of the righteous will be delivered" (Proverbs 11:21)
- God is almighty and in control. There are many times He maneuvers His people away and towards evil for their benefit.
- "And we know that all things work together for good to those who love God, to those who are the called according to His purpose." (Romans 8:28)

NOTE TO THE SERVANTS - IF THE YOUTH DISCLOSE THAT THEY ARE FACING ANY SUICIDAL THOUGHTS PLEASE SHARE THE KIDS HELPLINE - ALSO add it in last slide and encourage youth to take a picture, it can be helpful to you or other youth in trouble

Text **686868**, they'll put you in touch with a trained, volunteer crisis responder

Youth can get support over the phone 24/7 by calling **1-800-668-6868**.

ref(<https://kidshelpphone.ca/our-e-mental-health-services#:~:text=By%20phone,%2D800%2D668%2D6868>)

<https://edmonton.cmha.ca/programs-services/distress-line/>

In case of emergency, they have to call **911**

PLEASE EMPHASIZE TO THE YOUTH THAT THEY MUST SEEK HELP IF THEY ARE EXPERIENCING SUICIDAL THOUGHTS OR ARE COMMITTING SELF-HARM

If a youth tells a servant that they're thinking about suicide. Ask them if they have a plan and the details of the plan. if they have a plan that's thought out, break confidentiality and tell their parents. If not, tell them to seek professional support from a counsellor/therapist.

If a youth tells a servant that their friend is thinking about suicide, ask them about their friend's plan, and try to speak with the friend.

Objectives → Warn youth from self-harm

7F - Cyberbullying:

Bullying: intentionally inflicting harmful behaviour towards another person multiple times over a duration of time.

Bullying may be in the form of verbal, physical, and social. These may be used in different methods such as in-person or online. The following are methods to identify bullying:

- deliberate or intentional
- Often involves an abuse of power in a relationship
- Repetitive
- Behaviour that is meant to cause harm

Bullying is a very serious topic. Bullying can destroy a person's self-confidence/self-esteem/self-worth, it can involve manipulation or just slowly chipping away at another person. This can lead to substantial damage to someone and they might need professional help from a therapist.

Bullying is not a part of growing up. Cyberbullying is bullying that occurs "behind a screen" like messages such as texts, DMs, PMs, etc.

- upsetting or threatening messages
- rumours
- creating fake accounts to harass others
- sharing embarrassing or private photos or videos online

What to do if you are being bullied.

- Do not reply or attack the other person
 - avoid giving the bully satisfaction of a reaction (especially one filled with emotion). This often fuels them to continue to harass you
- Talk to someone
 - telling your friends or an adult, they might be able to help you navigate the situation

- Save the messages
 - This can be used as evidence to report the bully if needed.
- Cut them off
 - block the person's social media or phone number

Objectives → Warn youth from cyberbullying

7F - Safe-surfing:

Privacy and security:

Normally people don't leave their front doors unlocked or their cars unlocked for more than a few minutes. Similarly with your personal information. No one wants a random creepy person calling them, showing up at their school or home. Other times, those people will use your information to blackmail you (manipulate you into doing things for them). Always check your privacy settings that your profiles are on "private" so that the limited information of you on the internet is only easily accessible to people you know.

How to be safe online:

- create strong passwords and update them.
- don't share your passwords
- keep your apps updated - new app software is designed to keep your data secured
- don't accept everyone on social media. If you aren't sure you know them, ask your mutual friends if they know this person.
- regularly delete your cookies (on the browser)
- double-check the websites or apps asking for your personal information are legit. You can find out who owns the domain, their contact information and how long the website has been operating using whois.domaintools.com or dnc.org.nz. If the website was recently set up or is hidden behind a private domain registration, be cautious about placing an order.
- Look for the padlock symbol next to the URL or if the URL starts with "https://" or http://
 - your connection from the browser to the web server is encrypted and no one else can copy your information. Don't submit any personal info or payment info that does not have this.

Objectives → Provide youth with online security recommendations

7F - Online Grooming:

As mentioned previously, catfishing is a very real thing and is very easy for predators to do. Although connecting with people is a great way to maintain friendships etc, they might be people who are not who they say they are. Sometimes these catfishers are groomers who try to trick you and take advantage of you.

How do groomers get close to young people?

- make a fake profile using a false name and photos
- pretend to have the same interests as you
- may offer gifts or money to obtain images or videos of you or a video call - these requests from them usually relate to sexual acts

If you previously or are currently being groomed, this is not your fault and you don't need to deal with this alone.

What is grooming?

- when an adult tries to sexually exploit a young, naive person. It's not always physical, it can often involve sexual pictures, conversations or video calls.
 - sextortion: <https://www.cybertip.ca/en/online-harms/sextortion/>

- The groomer is not necessarily old (and wrinkly) they may be a few years older than you, regardless they are manipulating a younger person.

*note: theres a website a teen can use to request that the government of Canada to remove a certain image of them off of the internet. https://www.cybertip.ca/en/report/?utm_campaign=sl&utm_term=/app/en/report

EXAMPLE:

- A young girl in Edmonton was being groomed and a man met with her and crossed the Canada-United States border
- A 21 year old man was grooming girls in Edmonton (EPS) the youngest girl was 11 years old

STATISTICS:

- In the past year, Cybertip.ca analysts have classified more than 645 reports as online luring, an attempt made by offenders to sexually exploit/harm children.Go to footnote1 Of those reports:
-
- 25% involved victims 13 years old or under, with the youngest being 7 years old
- 48% involved victims 14–17 years old
- 22% of incidents occurred on Snapchat®
- 23% of incidents occurred on Instagram®, Facebook® or Facebook Messenger®
- 12% of incidents occurred on Discord™
- 1As of September 1, 2021.
- <https://www.cybertip.ca/en/child-sexual-abuse/grooming/>

Objectives → Warn youth from online grooming

D. Lesson review and what did you learn in the session? (5 Minutes)

Review

- Why is pornography bad?
- How can we protect ourselves on the internet?
- How can we identify and deal with bullying?
- Discuss health, mental/physical/spiritual health

Questions:



E. Prayer:

Heavenly Father,

Thank you, Lord, for all blessings you give to us including technology. Please forgive us for the times we have misused it. We pray for you God to keep us safe from inappropriate and harmful online material. Please provide us with guidance and wisdom to avoid such harmful situations. Protect us and our purity from being damaged by explicit images, languages, and societal pressures. Surround us with your light and help me to act always in love and in your image. Let the Godly way draw us stronger than the worldly. Keep us safe from self-indulgence and addiction. And in all things, lead us closer to You. Please hear us when we say: Our Father...Amen.

6. Practical application of the lesson to SSSs lives

- Discuss scenarios of grooming and bullying (through group activity or by giving examples during different parts of the lesson)
- Maintaining online safety
- Avoiding the inappropriate pleasures of the world

7. Videos

1. Video introduction:

Set expectations in advance for an open discussion around the video.

2. Video viewing *(Run the first 5 minutes.)*

G7: (can work with section: 7C) <https://copticorthodoxanswers.org/social/pornography-sin-hurting/>

G8: (can work with section: 7F and I) *(Run the first 5 minutes.)* <https://copticorthodoxanswers.org/social/are-depression-anxiety-and-other-mental-illnesses-forms-of-spiritual-problems/>

additional video [Keep It Real Online Grooming 1080p 25fps H264 128kbit AAC](#)

G9: (can work with section: 7C and 7E/G) *(Run the first 5 minutes.)*

<https://copticorthodoxanswers.org/social/pornography-sin-hurting/>

additional video <https://cdn.jwplayer.com/previews/3IHCfh4T>

3. Open discussion about the Video.

8. Group Activity

G7: Spotting the signs:

use a screen or white board to draw a table where they can read or suggest the signs around them and the signs they feel when playing games for a long time or spend a long time on social media.

Signs from the world around you	Signs from your own body
Mum and Dad make me put the tablet away	My eyes hurt
I notice it's got dark outside	I need a drink

then print a paper for each kid to connect the sides for finding the right balance.

Feeling hungry	If you've been sat looking at a screen too long, try some gentle exercises. Play a game like football or tag which gets your body moving.
Neck ache	Take a break and find something to eat! You might need a snack but a drink like water or juice can also help give your body the energy it needs.
Flat battery	Being online can affect your mood so put down the device and find something to cheer you up: catch up with friends or relax with your family.
Headache	Don't just plug in and keep using the device. Use this as an excuse to put it to one side and do something else instead. Why not go outside for a bit?
Feeling moody	This is a sign you haven't been drinking enough, so get a glass of water straight away. It's also good to do something which gives your eyes a break.

ref:<https://www.childnet.com/wp-content/uploads/2021/11/Screen-Time-and-Healthy-Balance-Quick-Activities.pdf>

G8: What should they do?

Walk through some of these scenarios and discuss with kids

- John takes a photo of two friends hugging. Because of the angle, it looks like they could be kissing. John's friend, Kathy, suggests John post it in a group chat with the kissing emoji.

What advice would you give John?

 - Kathy's right! Post the photo and emoji – everyone will think it's funny!"
 - "Post it but without the emoji. Everyone else can decide what they see."
 - "You should message the people in the photo first to see if they mind. If they don't like it, you should delete it."
 - "Kathy loves causing drama – you should delete the photo straight away."
- Andrew and Michael are playing an online game with a group of friends from their athletics club. They see another friend using offensive language and deliberately being mean to the girls who are on the team too.

What could they do to help?

- a. Screenshot the messages as evidence of what is happening.
- b. Report the person being mean using the in-game reporting tool.
- c. Send a private message of support to the players being targeted.
- d. All of the above.

Online bullying is never okay, but targeting someone for who they are can be especially hurtful. If you see something like this happening, you can offer support to the people being bullied but make sure you report it too so that they can get help.

3. Sarah doesn't have a mobile phone but finds out from some friends at school that someone has set up an online account pretending to be her. The account has been sharing links to pictures and videos that show older people without clothes on. People at school are blaming Sarah .

What should Sarah do?

- a. Tell an adult about what's happening so they can get the account taken down.
- b. Use a friend's account to investigate and work out who started the fake account.
- c. Get a friend to report the fake account then create her own so it doesn't happen again.
- d. Spread the word in school that it isn't her and get everyone to remove the account from their friend's list.

If someone is pretending to be you online (also known as 'impersonating' you) then there are things you can do to stop this. The first step is always to tell an adult about what's happening so they can support you.

<https://www.childnet.com/resources/just-a-joke/>

G9: Word association

Give out post-it notes to every person in the group and ask them to write a word on each which they associate with online sexual harassment, this might be an example, a feeling, an action or a phrase.

After the group has done this, ask them to stick all of the post-it notes on one wall in the room.

(Top Tip!)

Try these examples:

'Threatened', 'Helpless',

'Frightened', 'Ashamed'

The goal is to encourage people to report, so should the scene not show this, open it up to the audience again to offer suggestions. Re-run the scene with this new advice or alternatively, ask an audience member with a suggestion to step into the scene themselves.

You may use the following Online Strategy Cards

Step away

In some situations you might feel that you are not able or ready to respond. You might be really angry or upset so stepping away can be the best thing to do. When you do step away you might choose to talk to someone or do some reading around the topic. You might also want to go and do something else all together. That is fine too.

Counter-narratives

Point them in the direction of information that you have seen online that shows a different perspective. It is important that you do check what you share beforehand, but it should be something that you have read fully and have checked the information yourself. Sometimes hearing another perspective can really help.

Be a role model

By behaving in a kind and respectful way, you can encourage others to do the same. Sometimes it can be hard to challenge or say something but by treating others the right way you can make a difference.

<https://www.childnet.com/resources/step-up-speak-up/teaching-toolkit/peer-led-workshop/>

9. Home Activity

G7: *Go through your social media and remove people you don't know and check the privacy settings.*

Another suggest here

<https://www.childnet.com/wp-content/uploads/2021/11/Family-Agreement.pdf>

G8: *Read Job 38*

G9: *Teach your parents about online safety and protection of personal information*

Another suggestion here.

Put a few minutes during your morning recess to read the gospel of the third hour.