

Classroom Lesson Plan

Lesson 4: Smart Choices

Grade: 5

CA HEC Standards:

- **5.1.S:** Evaluate strategies to avoid potentially dangerous situations.
- **4.1.M:** Demonstrate how to communicate directly, respectfully, and assertively regarding personal boundaries.
- **4.3.G:** Demonstrate refusal skills to protect personal boundaries.



Protect Yourself Rules:

- Smart Choices
- Tell an Adult

Materials Needed:

- Video Lesson: "Smart Choices"
- Activity page: Refusal Skills Activity Sheet
- Review page: Short Response

Outcomes:

This lesson gives students tools to protect their privacy and interact safely on the internet.

For students, being safe online means making Smart Choices regarding what information they give out, what sites they visit, who they interact with, and how they present themselves socially.

Students will evaluate strategies to maintain their privacy online and avoid potentially dangerous situations.

Students will also develop communication skills to protect their personal boundaries and demonstrate the ability to ask a trusted adult for help if someone they encounter online makes them feel unsafe.



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1. Student Introduction:

What do you like to do online?

Do you ever think about how much personal information you give away when you're online?

This lesson is about making Smart Choices to protect privacy online. When we talk about the internet, we're also talking about games that let you make profiles and talk to other players, whether in chat boxes, over headphones, or on message boards.

Because anyone in the world can use the internet, we have to protect ourselves from people who can use our personal information to steal our identities or find out where we live.

In the vast majority of online crimes against minors, the offender uses the victim's social networking sites to get information about them.

• That's why we follow the Smart Choices Protect Yourself Rule. By being mindful of what we say and post, we have the power to protect our privacy and our safety online.

2. Video Lessons:

• Play the video lesson "Smart Choices"

3. Discussion:

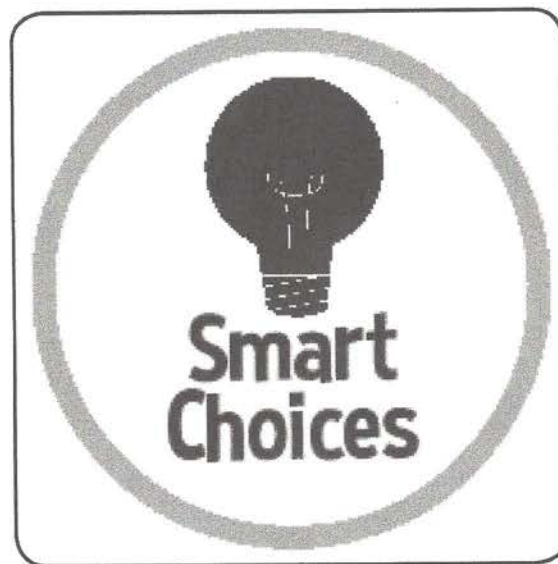
• Smart Choices Online

4. Activity:

• Refusal Skills

5. Review:

• Short Response



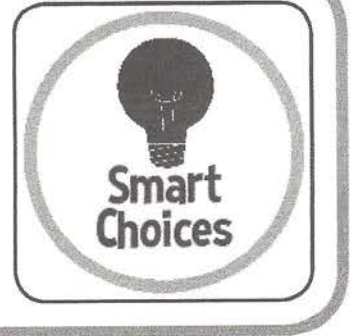
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CA HEC Standards:

- **4.1.M:** Demonstrate how to communicate directly, respectfully, and assertively regarding personal boundaries
- **5.1.S:** Evaluate strategies to avoid potentially dangerous situations.

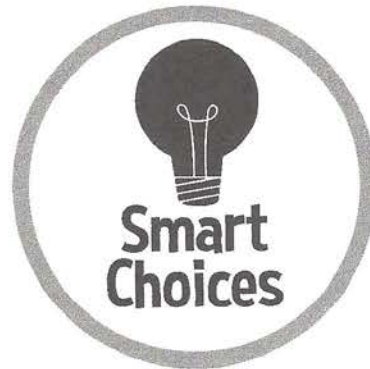


SMART CHOICES ONLINE

Now that the class has watched the video, it's time to talk about the lesson in-depth. Use the following suggested topics to open up a discussion about the lesson. Call on students to contribute or invite comments from volunteers.

- What are some of the Smart Choices Maya talked about in the video? Can you think of any more ways to protect yourself online?
- Have you ever seen language or discussions online that made you uncomfortable? Did you show them to an adult?
- What is cyberbullying? Have you ever encountered cyberbullying online? Cyberbullying is just as dangerous as bullying in real life. How can we prevent cyberbullying? How can we stop it once it's started?
- Imagine that someone in a game chat or forum asks you where you live, or what school you go to. What can you tell them to not give away your real personal information?
- Malicious websites can steal our information without us even knowing it. These situations are dangerous because they can compromise our personal information as well as damage our computers or devices. Who knows some strategies for avoiding malware online? (Ex., Only go to trusted sites, keep parental controls on, never install software, never give away personal information, never open emails from someone you don't know, etc.).
- Why is it best to only use made-up information online?



Activity**Grade: 5****REFUSAL SKILLS**

4.3.G: Demonstrate refusal skills to protect personal boundaries.

This activity presents hypothetical online encounters that could lead to private information being given away. Students will learn to recognize online situations that could compromise their privacy and demonstrate ways to protect their privacy. Students will also learn methods to

Materials Needed:

- Refusal Skills Activity Sheet
- Writing utensils

Steps to Success:

1. Instruct students to write an appropriate response to each prompt in order to assert their right to privacy and personal space online.
2. Call on volunteers to share their responses. Discuss each with the class.

Preparation:

- Pass out copies of the Refusal Skills Activity Sheet to each student.
- Review the kinds of information that students should never give out online.
- Explain that when dealing with messages from people you don't know online, the best response is often to say nothing and show the message to an adult.



Activity

Name: _____ Date: _____

Lesson 4: Smart Choices

REFUSAL SKILLS ACTIVITY SHEET

Each scenario below represents a privacy or safety situation that you could run into online.
For each scenario, write an appropriate response or strategy to protect your privacy.

1. You receive an email on your school's mailing account asking you to reply with your name and address. You do not recognize the name of the sender.

2. A person that you play games with regularly online asks you to send them pictures of yourself.

3. You click on a link to a website and lots of pop-ups come up all over the screen. You can't get rid of the pop-ups or get back to the page you were on.

4. A website asks you to put in your name and birthdate before you can go on.

5. A student or group of students makes mean posts about you or someone you know.



Review

Name: _____ Date: _____

Lesson 4: Smart Choices

SHORT RESPONSE

1. How can you know if a website you are visiting is dangerous? What can you do to avoid dangerous websites?

2. Describe an unsafe online situation in which you would seek help from an adult.

3. How can you assert your personal boundaries with people online?

