SAFE AT HOME, SAFE ONLINE

Most people today don't know life without the Internet or modern technology. It's ingrained into our day-to-day lives. While there are downsides, such as exposure to exploiters, technology provides many benefits as well: improvements in efficiency, productivity, and access to information, innovative learning techniques, opportunities for additional social interaction, and more. However, the glamorization of people, places, and things on social media impacts our reality, and those unattainable desires can create vulnerabilities. In general, young people don't have online lives and offline lives; people, patterns, and behaviors from one bleed into the other. Practicing safe behaviors online can help build habits for safe behaviors offline too. Online safety skills and understanding ways to secure your identify online can be transferable into other settings as well.

LOGO

TRAFFICK STOP

Warm-up: Choose an icebreaker or activity to help students get to know each other better.

Learning Objectives

1. Differentiate between safe and risky online practices.
2. Prepare a plan for addressing unsafe situations online.

Guided Discussion

Use these questions to generate a discussion among group members.

- Do you consider your online life and in person life to be separate? Why or why not?
- How important is online safety to you? How important do you think online safety is to your peers?
- Are you aware of how to access and change your privacy settings? How often do you check your privacy settings after apps are updated?
- What do you do when someone makes you feel unsafe or uncomfortable online? How is this different than the way you would respond to a similar situation in person?
- Can you think of a trusted adult you could turn to if you are feeling like your safety or privacy is compromised?
- What do you do when someone you don't know follows you on social media? How do you respond to a DM (direct message) from someone you don't know or with whom you are not very familiar?

Learning in Action

Have team members work together to create a list of Online Safety Principles that will help keep themselves and their peers safe. These principles could include:

- **I will think before I post.** I agree not to post personal information or images that could put me at risk, embarrass me, or damage my future (such as explicit photos or offensive language).
- **I will respect other people online.** I will not post, send, or forward anything rude, offensive, embarrassing, or threatening.

- **I will not meet someone in person whom I met online.** Unless I have verified that this person is a peer and I get permission from a trusted adult before going. I will not meet someone in person who I met online. If we determine this person is a peer and I agree to meet in a public place, I will have a trusted adult accompany me.
- **I will protect myself online.** If someone makes me feel uncomfortable, or is rude or offensive, I will not respond. Instead I will save screenshots and/or photos, tell a trusted adult, and report the problem.
- **I will consult with a trusted adult or peer before pursuing any opportunities I receive online.** Until I have verified that the opportunity is both real and safe to pursue, I will not communicate further with any individual offering the opportunity.

Record the group's answers so you can revisit them later.

Connecting the Dots

- Understanding the basics of online safety lays a strong foundation for understanding personal safety.
- Setting boundaries online is good practice for setting boundaries in person.
- Since traffickers often use the Internet and social media to find people to exploit, understanding safe practices can help you protect yourself from risk.

Reflect & Review

Have students respond to one or all of the following prompts (time-permitting):

- Share one way you are already practicing safe online behaviors.
- What is one way you want to improve your behaviors online to become safer?
- How can you encourage your peers to be safer online?

Invite students to share their answers with the group.

Tips for Adapting to Online Delivery

- See "Online Delivery Tip Sheet" in the Facilitator Toolkit for more information about adapting your meeting plan to an online platform.

Facilitator Notes   **Upcoming Meeting Dates: __/__/__**

References
CyberSWAT
2020 Federal Human Trafficking Report
Love146
Netsmartz
United Nations Office on Drugs and Crime, *Global Report on Trafficking in Persons 2020*