

ARE YOU DIGI-FIT?



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Category: Safety:

Level: High School (9-12)

Area of Focus: Who Are You Interacting with Online?

Materials Needed: Links below

Big Idea and The Why (what should students remember after the lesson?):

- Verify the identity of who you are talking to online through text messaging, e-mails, and different social media platforms.

Mini-Lesson/Content:

- Watch McGruff the Crime Dog [Don't Talk to Strangers](#)
- Discuss how online stranger danger is similar or different to in-person stranger danger
- What information do we share online that we would never share in person?
- What is a red-flag feeling?



ANALYZE: RED FLAG FEELINGS



Slow Down, Pause, and Remember F.I.R.E.

Feel. Take the pulse of your emotions. Are you feeling sad, anxious, jealous, excluded, or uncomfortable? If not, what emotion captures how you feel?

Identify. Think about what caused you to have this feeling. What happened? Was it something you—or someone else—said or did?

Reflect. Consider possible responses. What choices of action are available to you? What are the benefits or drawbacks—for you and for others—of each step you might take?

Enact. Take steps to act. How can you move forward to address the situation in a way that feels positive and productive—for you and for others?



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- How do we respond when we get red-flag feelings?
- How can online chatting lead to online disinhibition and hate speech?

Discuss or Create:

- Remake McGruff's PSA but for online chatting

Further Resources/Extending:

- [Chatting Safely Online](#)
- [Online Disinhibition and Cyberbullying](#)
- [Chatting and Red Flags](#)
- [How to Talk to Teens about Dealing with Online Predators](#)
- [How to Keep Your Children Safe Online](#)