

# Unsafe online behavior

Ages 16+



THE CYBERSMILE FOUNDATION

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## OBJECTIVE

To know that you should not behave in ways that you are not comfortable with.

To know that you should not ask other people to do things which they do not feel comfortable doing.

## OUTCOME

To realize that it can be dangerous if you do something you are not comfortable with online, over the phone and in general.

10 MINS

16+ YRS

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## MATERIALS

Sheets of paper, pens.

## INSTRUCTIONS

1. Introduce the exercise to the class, and present the objectives and outcomes.
2. Get everybody to write down something they would not want someone else to see or know, for example, a picture of themselves having a bad hair day or a video of them getting their eyebrows shaved at a party. Ensure that they do not say aloud what they have written or write their names on their papers.
3. Once finished, ask the students to fold up their sheet of paper.
4. Now ask each student to say how they would feel if someone read what they wrote. Encourage them to think about different people reading the paper such as their best friend, a classmate, a parent or a stranger.
5. Ask the students to say how they would feel if someone grabbed the sheet of paper from their hand and never asked them first if they could see it.
6. Finally, ask the class to say how they would feel if the person who read the paper then shared it around with other people.
7. End the exercise by explaining to the class that if they send information about themselves online, then it can get spread around very quickly. So encourage them to always think twice before sending information online or over the phone. Also explain to them that they should never ask someone to do something that the person feels uncomfortable doing or that they themselves would feel uncomfortable doing.

## EVALUATION

- Ask the students to whisper a random sentence to the person next to them. If at the end the sentence differs from the beginning sentence, explain this in the context of information being spread and altered as it passes from person to person.

## NOTES

- Make sure all sheets of paper are collected and thrown away carefully at the end of the exercise so no one can read them.