

**Out of Harm's Way (OHW) Lesson Plans – Grade 8
Pre- and Post-Program Assessment – Grades 7 and 8**

Complete these statements:	Choose from:
1. A _____ is physical or verbal intimidation, coercion, or terrorization.	A. abduct
2. _____ are the physical and interpersonal limits you set with others to maintain healthy and safe relationship.	B. abuse
3. Someone who exerts power over others to get their way is _____.	C. aggressive
4. A _____ is an adult who fantasizes about or engages in sexual activity with children.	D. assertive
5. _____ means persecuting, threatening, or harming someone else.	E. bribe
6. Forced sexual contact is called _____.	F. bullying
7. A popular way of communicating online is using _____.	G. flaming
8. _____ is unwanted sexual touches or exposure.	H. grooming
9. There are four kinds of _____: physical, sexual, mental, and emotional.	I. harassment
10. An abductor uses _____ to exert unhealthy influence or control over another person for his/her own benefit.	J. instant messaging
11. Someone who preys on others for sex is a _____.	K. lure
12. _____ means writing offensive online messages.	L. manipulation
13. _____ is the term used to describe someone who is at risk for harm.	M. molestation
14. Sexual predators manipulate potential victims through a calculated process called _____.	N. online sexual solicitation
15. You should never accept a _____ in exchange for doing something you don't want to do.	O. pedophile
16. A _____ is a trick or lie used by sexual predators or abductors to victimize children/teens.	P. personal boundaries
17. Someone who has been hurt, assaulted, or molested is called a _____.	Q. rape
18. Someone who expresses their needs and limits firmly, clearly, and respectfully is _____.	R. sexual predator
19. To _____ means to kidnap.	S. threat
20. _____ means annoying, stalking, pestering, or aggravating someone else.	T. victim
21. An unwelcome request to participate in sexual conversations online is known as _____.	U. vulnerable

Pre- and Post-Program Assessment – Grades 7 and 8
Answers

Complete these statements:	Choose from:
1. A <u>S</u> is physical or verbal intimidation, coercion, or terrorization.	A. abduct
2. <u>P</u> are the physical and interpersonal limits you set with others to maintain healthy and safe relationship.	B. abuse
3. Someone who exerts power over others to get their way is <u>C</u> .	C. aggressive
4. A <u>O</u> is an adult who fantasizes about or engages in sexual activity with children.	D. assertive
5. <u>F</u> means persecuting, threatening, or harming someone else.	E. bribe
6. Forced sexual contact is called <u>Q</u> .	F. bullying
7. A popular way of communicating online is using <u>J</u> .	G. flaming
8. <u>M</u> is unwanted sexual touches or exposure.	H. grooming
9. There are four kinds of <u>B</u> : physical, sexual, mental, and emotional.	I. harassment
10. An abductor uses <u>L</u> to exert unhealthy influence or control over another person for his/her own benefit.	J. instant messaging
11. Someone who preys on others for sex is a <u>R</u> .	K. lure
12. <u>G</u> means writing offensive online messages.	L. manipulation
13. <u>U</u> is the term used to describe someone who is at risk for harm.	M. molestation
14. Sexual predators manipulate potential victims through a calculated process called <u>H</u> .	N. online sexual solicitation
15. You should never accept a <u>E</u> in exchange for doing something you don't want to do.	O. pedophile
16. A <u>K</u> is a trick or lie used by sexual predators or abductors to victimize children/teens.	P. personal boundaries
17. Someone who has been hurt, assaulted, or molested is called a <u>T</u> .	Q. rape
18. Someone who expresses their needs and limits firmly, clearly, and respectfully is <u>D</u> .	R. sexual predator
19. To <u>A</u> means to kidnap.	S. threat
20. <u>I</u> means annoying, stalking, pestering, or aggravating someone else.	T. victim
21. An unwelcome request to participate in sexual conversations online is known as <u>N</u> .	U. vulnerable

GRADE 8 – LESSON 1 – Online Safety – The Right to Know

Key Message

Personal safety is presented in terms of teens' rights.

Students evaluate their online behavior during discussions and group activities

A follow-up group project that takes creativity, cooperation, and internet research is included

Objectives – Students will be able to

Discuss the 4 Personal Safety Rights

Identify the benefits and dangers of being online

Express their increased awareness in a safety poster

Lesson

Give your student the Pre-Program Assessment handout and complete the matching exercise. Tell your student their answers will help you identify what terms and concepts they already know and on what areas you need to spend more time.

Personal Safety Rights Discussion

Ask your child – Did you know that in our country your rights are protected by laws?

Review and discuss definitions of

Bill of Rights – states your rights and privileges, such as freedom of speech

United Nations/UNICEF Children's Protection Rights – states that governments have a responsibility to make sure children's rights are respected, protected, and fulfilled, including your right to be protected from all forms of violence or abuse.

The right to be safe from abuse is an important part of "personal safety". Have you heard that term before? Often, people hear "personal safety" and think of fire safety or street safety. Review the additional types of safety.

Harmful tricks, deception, and manipulation – includes your right to be loved without anything being taken from you and your right to get your needs met without any trade-offs or return favors.

Bullying – being singled out, discriminated against, persecuted

Harassment – being annoyed, stalked, pestered, aggravated

Threatened – being physically or verbally intimidated, coerced, or terrorized

Discuss Personal Power

Knowing and communicating your wants and needs

Creating healthy boundaries in relationships

Resisting being manipulated/bullied/pressured to do something

Review Your Child's Personal Safety Rights

Your right to know – to gain knowledge or information about personal safety

Your right to tell – to ask for help and not keep secrets that can harm you

Your right to say no – to be assertive, to respect yourself, to understand and use your Personal Power

Your right to decide – to follow rules, show good judgment, and be trustworthy

Which of the rights above are especially important to you and your family?

What rights did your parents have when they were children?

How have things changed now that they are parents?

What is one thing you and your family want to discuss more the next time you sit down together?

Brainstorm the possible benefits and possible hazards of being online

Possible benefits

the internet can be used as a research tool or homework resource

it's an easy way to stay in touch with friends and family

you can access videos and music

you can read the news

Possible hazards

you never know who is looking at your information

online predators

cyberbullying

spam

viruses

online scams

identity theft

Have you ever come across information that made you angry or scared? What did you do?

What was the most unpleasant experience you have had online and how did you handle it?

What advice do you have for kids who are just beginning to socialize online?

If you have met "face to face" with someone you first met on the internet, was it another student your own age?

How can you spot and resist the tricks online predators use?

How can you handle an online bully?

How much personal information is safe to reveal?

Web sites to check out

X-block (sponsored by i-SAFE)
NetSmartz Workshop for Teens
SafeTeens.com
Safety Tips for Teens
Stay Safe for Teens
Wired Teens
StopCyberbullying.org

Answers to Boundary Building Quiz in Lesson 2

- | | | |
|----------|-----------|-------|
| 1. d | 11. b | 21. c |
| 2. b | 12. b | 22. b |
| 3. True | 13. False | 23. c |
| 4. c | 14. a | 24. d |
| 5. d | 15. a | 25. c |
| 6. c | 16. d | 26. b |
| 7. c | 17. c | 27. b |
| 8. False | 18. True | 28. d |
| 9. b | 19. c | 29. b |
| 10. c | 20. a | 30. c |

GRADE 8 – LESSON 2 – Protect or Tell? The Right to Tell

Key Message

Students are reminded that not all abusers are adults and that it's important to learn how to create safe boundaries with older teens or peers who try to exploit them

Students use problem-solving skills to analyze hypothetical situations involving abuse and develop safe responses to them

Objectives – Students will be able to

Identify behavior that must be shared rather than kept secret

Use problem-solving skills to help them deal with dilemmas and relationship issues with older teens

Lesson

Protect or Tell

Why do you think it's important for us to talk about older friends, cousins, and brother and sisters when talking about abuse?

abusers are not always adults

anyone who abuses his/her power in a relationship qualifies

teens must know how to create safe boundaries with older teens and peers who try to exploit them

Discuss the following situations and decide if you should tell a trusted adult or stay silent

An older sister threatens to hurt her younger brother if he tells their parents about her drinking.

An older friend comes over and uses his younger friend's computer to visit pornographic web sites. The younger friend says he's worried he will get in trouble. The older friend assures him he will take full responsibility if his parents find out.

An older cousin grabbed her cousin's private parts when they were alone. The younger cousin said, Stop, and the older cousin did.

An older friend showed his gun from his dad's gun case. He says it would be really cool to use it to "take out" a few of the kids at school. He tells you he's just kidding and asks if you want to borrow his MP3 player.

Complete the Boundary Building Questions – answers at the very end of Lesson 1

Suggested parent resource book – Raising Careful, Confident Kids in a Crazy World

Paula Statman, M.S.W.

ISBN – 0-9640042-2-4

Boundary Building Quiz

1. Cyber bullying is online verbal harassment that involves:
 - a. sending threatening e-mails, instant messages, and text messages (to cell phones)
 - b. creating web sites that mock others
 - c. forwarding private messages, pictures, or videos to others
 - d. all of the above
2. Searching for provocative user names, initiating sexual conversations, and requesting to meet in person are techniques commonly used by
 - a. online friends
 - b. sexual predators
 - c. cyber bullies
 - d. all of the above
3. True or False – A predator will request personal information, like your phone numbers, e-mail address, home address, school name, and passwords.
4. According to Federal law-enforcement authorities, how interested are predators in teen blogging?
 - a. not interested
 - b. somewhat interested
 - c. very interested
5. You should say NO when
 - a. you feel uncomfortable
 - b. you would be going against your beliefs
 - c. someone is violating your personal boundaries
 - d. all of the above
6. Which of the following screen names is the least provocative and safest to use?
 - a. Katie_ny13
 - b. cute14grrl
 - c. yankEEfan7444
 - d. Grade10hottie
7. About what percentage of what you post online can be seen, easily copied, and stored by others?
 - a. 10%
 - b. 50%
 - c. 100%
8. True or False – It is impossible to report and catch a cyber bully.
9. In what situation would it be OK to keep a secret?
 - a. if you were threatened to keep quiet
 - b. if it is a surprise that everyone will find out about
 - c. if someone begs you to keep the secret
 - d. if the secret might hurt you or someone else
10. To find out what types of restrictions and privacy features can give you control over who can access your online profile or blog, you should check with
 - a. your parents
 - b. your friends
 - c. your website service
11. Which of the following personal information WON'T help a predator locate you?
 - a. events or concerts in your hometown
 - b. your favorite movies, TV shows, and celebrities
 - c. your sports jersey number and school mascot
 - d. your favorite local store or restaurant

12. The best person to talk to if you receive upsetting or sexually explicit messages online is
- your best friend
 - a trusted adult
 - your brother or sister
13. True or False – Including your favorite type of food on your online profile could help a predator track you down.
14. How possible is it to communicate with your friends or your friends' friends without having to open yourself up to the entire internet?
- very possible
 - difficult
 - impossible
15. Which of the following would be considered assertive behavior?
- disagreeing with someone without being rude or offensive
 - physically or verbally intimidating someone
 - complying with adults in authority
 - all of the above
16. Someone you meet online might
- ask you to keep all of your communications a secret
 - threaten you when you no longer want to chat with him or her
 - say that he or she is about your age
 - all of the above
17. The manipulative strategy predators use to gain their victims' cooperation is called
- a promise
 - a request
 - a lure
18. True or False – You should tell your teacher or principal if you are being cyber bullied by someone who attends your school.
19. You can make sure you have a safe and enjoyable online experience by
- providing personal photos to people who request them, so that they won't get angry with you
 - responding quickly and truthfully to everyone who sends you a message
 - setting personal boundaries ahead of time and sticking to them in your online conversations
 - all of the above
20. Which of the following characteristics does NOT describe assertive behavior?
- manipulates others to get their way
 - sets limits with others clearly and firmly
 - respects others' rights
 - does not automatically agree to others' requests
21. When you post suggestive photos on your web page, you are at risk for attracting what kind of people?
- undercover law enforcement officers
 - exciting new friends
 - sexual predators
22. Writing a rude or insulting online message or post is called
- trash talking
 - flaming
 - cyber stalking
 - bully blogging
23. Which of the following is NOT a lure that predators may use?
- affection
 - bribery
 - honesty
 - drugs/alcohol

24. If you are being bullied online, you can report the bullying to
- your internet service provider abuse department
 - the local police department cyber crimes unit
 - the FBI office in your area
 - all of the above
25. Myspace.com, a popular social networking site, requires users to be what minimum age to use their site?
- 12
 - 13
 - 14
 - 15
26. In a few years, when you apply for schools or jobs, what you post online can be
- helpful
 - held against you
 - interesting reading
27. Teens who are victimized or exploited by others often
- tune in to and follow their instincts about people or situations
 - don't like to anger or disappoint others
 - walk confidently down the street and are aware of their surroundings
28. Once a predator establishes a connection with you, he or she "grooms" you, a slow manipulative process that includes
- asking to be your exclusive boyfriend or girlfriend
 - pretending to care for you and offering advice and support
 - sending you gifts
 - all of the above
29. You type – I'm feeling kinda lonely. My best friend and I just had a fight. Which of these responses would be potentially dangerous if it came from someone in a chat room you had never met before?
- Good luck in working it out
 - Don't worry. All friends have fights. Feel like talking about it?
 - I had a fight with my best friend, and it took us forever to make up.
30. If you are being bullied online, it is a good idea to
- ask the bully to stop
 - offer to meet the bully face-to-face to work out the problem
 - save the bully's user names, profiles, and messages as evidence for the authorities
 - all of the above