



# SEXUAL RISK AVOIDANCE



A Program of Women's Care Medical Center



Socially  
Unacceptable

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## Day 1

### Slide 1



Write this on the white board (or chalk board):

[www.baldwincountysra.org](http://www.baldwincountysra.org)

Socially Unacceptable

Mr. / Mrs. XXXXX

251-947-2111

*Throughout the script, there are times built in for you to ring a bell. Every time you ring a bell, you hand a piece of candy to a student. Never say why you are doing it. Never ask who wants a piece of candy. Just ring the bell and give a piece of candy and continue in the script. If students begin to raise their hand when you ring the bell, you can give a piece to a student that raises their hand. But still say nothing about it.*

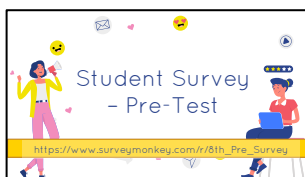
## INTRODUCTION

My name is \_\_\_\_\_ with Women's Care Medical Center and I'm going to be with you for the next two days to talk about things that are Socially Unacceptable when it comes to your interactions online.



*Ring the Bell*

### Slide 2



But before we get into it, we need your help by taking a brief survey for us. *(Allow students to complete the survey process)*. Once you are done, please close your computers and put them away, we won't need those anymore today.

### Slide 3



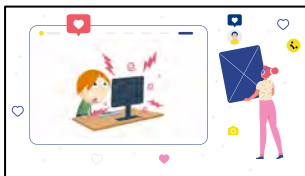
*(Intentional chaotic stream of thought.)*

Okay, so let's talk about the internet, social media, and the online world. We all know it can be a fun and entertaining place...I saw this video the other day where this guy fed his cat ice cream and it freaked out...that reminds me, my three cats pretend they can't stand each other but sometimes I catch them secretly playing together... Speaking of secret...did y'all hear about the latest political scandal in Washington? It is a mess...And oh my, talking about messes...do you guys clean your room regularly or do you just let it pile up? You know, sniffing your clothes to see what's clean? I know I used to avoid cleaning because I wanted to play all the time. Speaking of playing...I think I would prefer games like Minecraft versus Fortnite because its more creative and you can go all, like, freestyle. Speaking of which, I love people that do freestyle sports and activities. That's some real skill. I saw this one artist that makes paintings by swinging buckets on a string over canvases and those things look so awesome....

Are you confused yet? What are we even talking about? How did we start by talking about the internet and social media but shifted to swinging buckets on a string over canvases?

This is exactly how most of your online activity goes. It's chaotic, never ending, and highly addictive in nature. You get online for one thing, and before you know it, you're on some totally different site not sure how you even got there. Kind of like this. . .

### Slide 4



3 Minutes on the Internet (00.18).



**Ring the Bell**

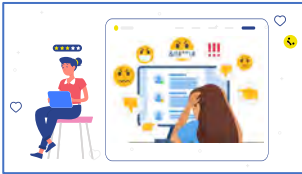
## Slide 5



On one hand, the online world has become absolutely critical to everything we do when it comes to daily life. What are some necessary things we do in our daily life that require technology? *(Allow student response - pay bills, search for information, school/homework, work remotely, communicate with parents or friends)*

All those things are necessary and most of those things require technology, but let's face it, technology is primarily used for entertainment and social interactions. Which means, we make a lot of daily decisions about online activity.

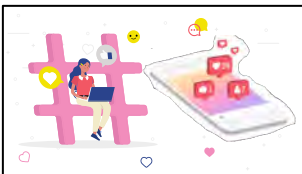
## Slide 6



Do you think people always make good decisions when it comes to posting, sharing, or communicating in the online world? Who can give me an example of bad decisions made online? *(Allow student response – social media challenges gone wrong, angry posts you can't take back, sexting images, embarrassing moments shared)*

I think you can agree that we could benefit from setting some safe boundaries and healthy practices when it comes to the digital world.

## Slide 7



Too often, however, we throw caution to the wind. We think, "That could earn me some likes, some followers, and some shares." - so we record it, we post it, we 'tag' it, we share it, we snap it, or we tweet it for our brief attempt at fame. We all want to be online influencers these days.

Some of it is funny, but sadly this is our complicated reality. Some of it is downright dangerous because people don't always have good boundaries. We can quickly get carried away online and before you know it, someone is recording someone else without permission, sharing it with the world, and now someone's private business is on blast all over the internet. You don't want that someone to be you.

# WHAT MAKES SOCIAL MEDIA AND ONLINE ACTIVITIES SO POPULAR

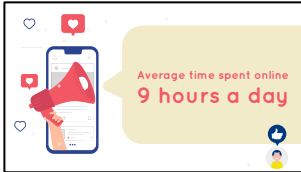
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## Ring the Bell

Even though we all know social media can be dangerous, it's just too hard to resist.

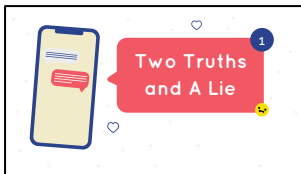
### Slide 8



Did you know the average time most teens spend online in a day . . . 9 hours!!! This is not including time for homework. If you are spending that much time online...then it must be *REALLY* great stuff, right? So why is it so popular?

We will look at why social media is so popular, but first, let's play a game.

### Slide 9



## Two Truths and a Lie

Who's ever played "Two Truths and a Lie"?

Here's how you play, you say three things about yourself, but one of them is a lie. The class will attempt to pick out the lie.

I'll give you an example to get us started:

My favorite color is (color), I grew up in (state/town/city), and I've been married for (##) years.

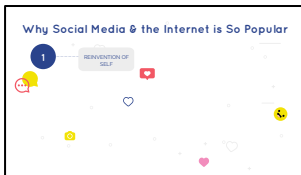
Which one is the lie? Now, can I get a volunteer who will go next. *(Allow for 2-3 students to play the game.)*



## Ring the Bell

This game, Two Truths and a Lie, is just one illustration of why social media can be so popular.

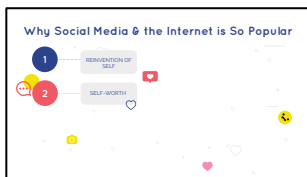
## Slide 10 (A)



### 1. Reinvention of Self

You get to be whoever you want to be on social media. It gives you an opportunity to reinvent yourself. Let's face it, we all have things about ourselves that we don't like, but the great thing about the internet, we don't have to share the things we don't like, just the things we do. We can be the best-looking version of ourselves, the wittiest, the smartest. We don't have to feel bad about who we are and we can be whoever we want to be. This leads us to our second reason social media is so popular.

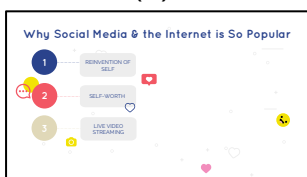
## Slide 10 (B)



### 2. To Find Self-worth

We love getting notifications. Research says that 65% of teens on social media have had an experience that made them feel good about themselves.\* We base our self-worth on the number of likes, followers, shares, and comments you get. We love getting notifications, it boosts our self-confidence every time someone comments or likes our post.

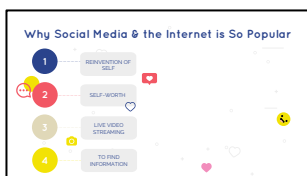
## Slide 10 (C)



### 3. Live Video Streaming

People love to video themselves and post it online. And they'll video themselves doing just about anything these days. Dancing in the bedroom, baking a cake, giving instructions on the proper way to tie a shoe. Anything goes, as long as it gets them some attention.

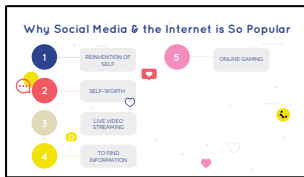
## Slide 10 (D)



### 4. To Find Information

You can get online and find just about anything these days. What does a platypus eat? How to make sushi at home? Who was the 23<sup>rd</sup> president? Just google it. You'll find it.

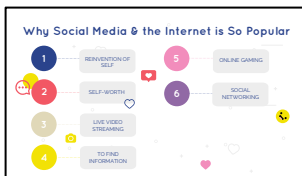
## Slide 10 (E)



### 5. Online Gaming

Gaming is widely popular. It is highly social in the online community. Games like Call of Duty, Minecraft, Fortnite, they bring people together from all over the world. You can be playing with someone from Indonesia or Australia. It opens the door to the whole world and provides endless hours of entertainment.

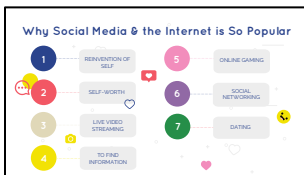
## Slide 10 (F)



### 6. Social Networking

Social networking first became popular as a way for soldiers overseas to see their families, or for distant relatives/friends to stay in touch. Now social networking is the new norm for how we make friends, communicate with one another, and interact with our peers.

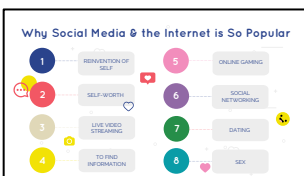
## Slide 10 (G)



### 7. Dating

Online dating has become widely acceptable and common today. It seems a lot less intimidating to scroll through a list of profiles and pick and choose the ones you like than actually having to get to know someone through verbal communication.

## Slide 10 (H)



### 8. Sex

Let's get to the heart of it. Sex makes social media and online activities hugely popular. 30% of all internet business is pornography. The online porn industry makes over \$3,000 per second. So it took me about four seconds to say that sentence, which means some online porn company just made \$12,000 dollars. The reason it's a multi-billion dollar industry is because online porn is so popular. Now that we've discussed why social media is so popular, but let's talk a little on what makes it so dangerous.



# THE DANGERS OF SOCIAL MEDIA



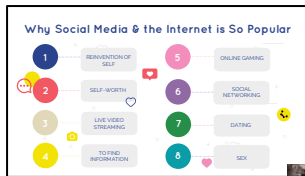
## Ring the Bell

Let's look back at each one of these and talk about the damage it can have in our lives.

### 1. Reinventing of Self

Let's look again at the dangers of reinventing ourselves online.

#### Slide 10 (I)



#### Are You Living a Lie? (02:43)

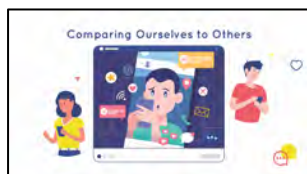
Here's the problem with reinventing yourself online. It's a lie!!! You were created and designed to be unique. The things you like to do, your talents and abilities, they all fit together on purpose and no one else in the universe is exactly like you. So why try and be something you're not. The more you live out this false, virtual, online self, the more you lose who you really are.

### 2. To Find Self-Worth

Remember, we like social media because it makes us feel good about ourselves. That is, until we don't. Did you know the use of social media is directly linked to teen depression? And whether you get a "like" or not can have a direct effect on your mental health. When we base our self-worth on the number of likes we get or comments to our page, what happens when we don't get enough likes, or we lose followers, or someone posts a hate comment? Research shows that social media causes a 30% increase in depression in guys and a 100% increase in girls. Why do think social media causes an increase in depression?

*(Allow students response)*

#### Slide 11



⇒ Comparing ourselves to others

This is huge. We do this without social media, but even worse with social media. We forget that people reinvent themselves so most everything on social media isn't even real about that person. But we feed on the lies of other people's lives and wonder why ours isn't so great. Another cause of depression from social media is FOMO...

### Slide 12



⇒ Fear of missing out

How many times has social media made you feel left out of something? You see a picture of your friends hanging out and wonder why you weren't invited. You see someone on an awesome vacation and feel jealous because you've never been anywhere like that. You see people at a party and feel bad because you weren't there. So we can become depressed when we compare ourselves to others online, when we fear missing out and lastly, when our posts receive hateful comments.

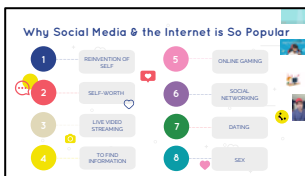
### Slide 13



⇒ Hateful comments

Let's face it, people are vicious online. Maybe it's because they're protected behind their devices and they think they can say anything hateful and get away it. Really, if you were to look at someone and tell them you're so stupid I bet you think a quarterback is a refund, you might get slapped or punched in the face. But online, the hate is real. We have kids telling other kids to do the world a favor and go kill themselves. No wonder depression has increased.

### Slide 14 (A)



Social Media and Teenage Self-Esteem (03:39)

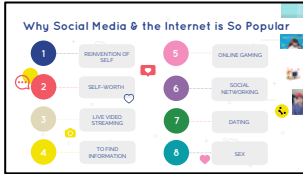


Ring the Bell

### 3. Live Video Streaming

Let's look again at live video streaming. Sure, it can be fun, goofy and highly entertaining. But is this really how we want to be remembered?!

#### Slide 14 (B)



TikTok Dancing (00:31)

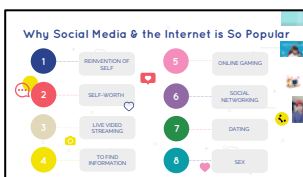
Social media has created a narcissistic society filled with people obsessed with themselves. Most people don't realize that anything they post on the internet, and I mean anything, is stored on the internet forever. Wait, you mean when I delete that ridiculous and embarrassing post of myself, it doesn't go just magically disappear. No! You may think when you hit delete, that means it's gone forever, but the truth is, if you post it online, it's forever stored in the internet's memory bank.

And then there's the latest trends or challenges on live video streaming that can be dangerous. You've got people filing their teeth with a fingernail file or seeing how much salt they can swallow, and even life-threatening trends like the Black Out Challenge. Why would anyone think it is a good idea to choke themselves until you lose consciousness? Are we so obsessed with how many likes we can get that we're willing to risk our lives?!

### 4. To Find Information

Yes, it's true that the internet has opened us up to a world of information at our fingertips. We can find out just about anything and everything in the time it takes to type it in our search engine. Having such a wealth of knowledge and information at our fingertips has got to make us one of the smartest generations that has ever lived, right?

#### Slide 14 (C)



What the Internet is Doing to Our Brains (03:23)

So now we know why we post ourselves doing the latest TikTok dance moves or intentionally cause ourselves to lose consciousness. The internet is actually making us dumber, not smarter.

## 5. Online Gaming

So we looked earlier at why online gaming is so popular. You can play with your friend down the street or with someone on the other side of the world. Here's the problem with gaming, it's highly addictive in nature. We're going to talk more about the nature of addiction tomorrow, but for now, let's just look at a few of these dangerous statistics with gaming. Two-thirds of the U.S. population are gamers with the average age being in their mid-30s. What does this mean? You get hooked as a kid to gaming, and then you're in your 30s still doing the same thing you did as a kid. An addiction to gaming causes a disruption to sleeping habits which leads to insomnia, a disruption to eating habits leading to poor nutrition and an unhealthy lifestyle, and a disruption in normal socialization, leading to isolation, increased anxiety and depression and a lack of motivation. No wonder 50% of young adults still live with their parents.

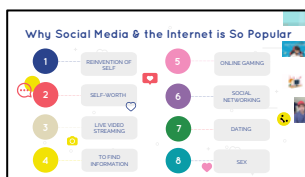


*Ring the Bell*

## 6. Social Networking

This leads us to social networking. Online gaming is just one aspect of networking. Apps and social media play a huge role as well. Social media is how we interact with our friends. Unfortunately, the skills that make us good at online communication don't translate into the real world. So your 15,000 TikTok followers or 8,500 friends have little to do with real-life connections.

### Slide 14 (B)

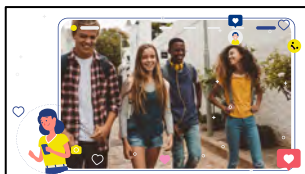


**Social Media is Fake (00:51)**

Not only is it smoke and mirrors, in other words, your number of friends online does not translate to real life, but social networking has also made it harder to interact in real life social settings because we haven't learned basic social skills of human interaction.

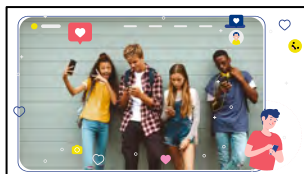
So now instead of this...

### Slide 15



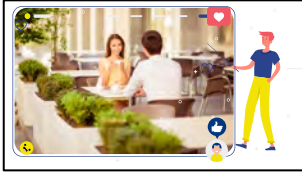
we have this.

### Slide 16



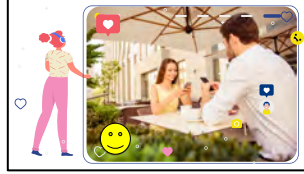
Or instead of this...

Slide 17



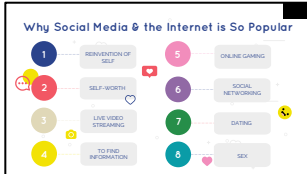
you've got this.

Slide 18



Or how about this one.

Slide 19



Sorority Girls on their Phones (00:22)

You see what I mean. We don't talk to one another anymore or hang out with our friends. We live our lives almost solely through our devices.

## 7. Dating

This makes dating especially hard. What ever happened to meeting a girl, talking to her on the phone, getting to know her, meeting her parents, going to pick her up for a date, taking her out to somewhere romantic. Those days of dating are gone, replaced with an endless swiping through profiles until you find someone you like.



### *Ring the Bell*

The risk of online dating is that someone may have misrepresented themselves online, you know reinvented themselves. They pretend to be more attractive, smarter, or more accomplished than they really are, which makes us feel disappointed by the real-life version of that person. Or, we fear the other person will be disappointed by the reality of who we really are. Either way, it makes dating that much harder. Add to the mix the crazy number of "hook-up" apps out there and instead of it being easier to meet someone, in reality, online dating has made it even harder.

## 8. Sex

Speaking of hooking up, that brings us to the conversation of how social media and online activity has distorted our view of sex. We're going to save this discussion for tomorrow, where we'll talk all about sex and social media more in depth.

For now, let's recap from today.





## Day 2

### Slide 1



## INTRODUCTION

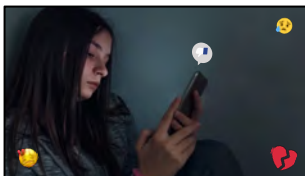
Yesterday, we talked about why social media is so popular. Who can name one of those reasons? *(Allow student response).*

We also talked about reasons the internet and social media are dangerous. Can anyone name a danger of social media? *(Allow student response - living a lie, low self-esteem, depression, inability to develop good social skills, makes us dumber)*



*Ring the bell.*

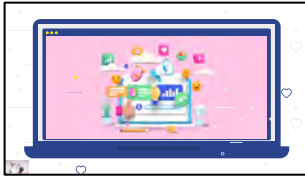
### Slide 2



Have you ever wondered, if social media makes us feel worse about ourselves, why we can't live without it. Or have you ever been scrolling for hours and hours only to wonder, "Why am I doing this. I just wasted 2 hours of my time."

But seriously, why do we do it? Why do we spend so much time online? Well, smart people have learned how our brain is hard-wired and how to design certain apps and video games to function in a way that keeps us coming back for more. It's all about the money. The apps you can't imagine your life without are created purposefully so Big Tech has customers for life. Much like drugs damage the brain, these online activities intentionally re-wire our brain to crave more of it.

### Slide 3



Like and Follow (01:24)

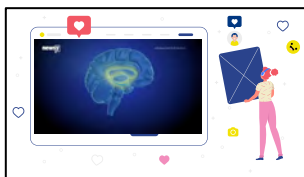
If you're anything like this kid on a leash, you probably have an addiction. An addiction that has been strategically and intentionally designed to keep you on the leash. Maybe it's not drugs or alcohol, but an addiction to texting, social media and gaming still has consequences and dangers and can be just as difficult to break.



*Ring the bell. Inevitably, a kid, or all the kids, will raise their hand for the candy. This time don't hand them a piece of candy. Act like you don't know what they want. Ask, "What do you want? Oh, candy! So when I ring this bell, your brain is triggered and says it's time for candy." Give every student a piece of candy.*

This is the same concept with our online activity. But instead of a bell, it's a notification, a like, a comment. Here's the science behind the addiction.

### Slide 4



The Science Behind Social Media Addiction (02:38)

Yesterday we ended our discussion on the dangers of sex and the internet. Now that we know the science behind our addiction to social media, let's look at how this constant need for stimulation can be applied to more destructive activities.

# THE DANGERS OF PORNOGRAPHY

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## Slide 5



If you've spent anytime online, chances are you've been exposed to some form of pornography. Check this out: 93% of boys and 62% of girls are exposed to internet porn before the age of 18.

This is intentional! The porn industry begins targeting you between the ages of 8 and 11 years old.

Why so young? Because research has proven that if they get you hooked that young, they will have a customer for life. You are at greater risk of developing this addiction because your brains are still developing.

It's the feel-good dopamine loop, the immediate satisfaction of pleasure, the constant teases, and the desire to want more that traps you. It is a full-blown chemical addiction of the brain.

Some of you may be thinking, what's the big deal? It's just looking at images online. It doesn't harm anyone. Totally not true! Pornography harms you! Let's look at how.

## Slide 6



⇒ Pornography Damages Your Brain





## Funneling Dopamine

The funnel and the cup represent brain cells that want to share dopamine.

The tube represents receptors in our brain that connects our cells together.

The marbles represent dopamine.

Remember, dopamine is an important chemical in our brain that makes us feel good and satisfied. For example, let's say I really want a piece of chocolate. *Hold up a marble.*

I start to think about the chocolate. How it will taste in my mouth. How much I want some chocolate. *Drop marble through funnel.*

Dopamine is released, it flows through the brain, and I get rewarded with chocolate. That felt good, and I really like chocolate, so this just makes me want more.

*Place another marble in the funnel.*

Yum, more chocolate. I can't get enough of it now. I want even more. I want it all.

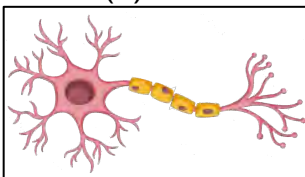
*Pour all the marbles at once.*

What happened? *Allow student response.*

It got clogged. I flooded my brain cells with too much dopamine that it cut off my feel-good receptor. I no longer get rewarded because my brain shut down my receptor.

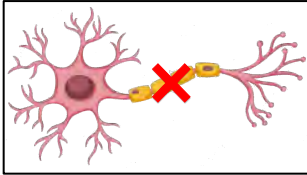
This is literally what happens in the brain. Check this out.

### Slide 7 (A)



This is what a normal brain cell looks like when connected to another brain cell by a receptor. But when your brain is triggered by unnatural activities, whether it's drugs, alcohol, or porn, it overflows the brain with dopamine which causes our brain cells to cut off our feel-good receptors.

#### Slide 7 (B)



Now we feel down, depressed, and unmotivated. So what happens when we want to feel good again... we go back to the thing that made us feel good in the first place, but now we need more of it to get us excited, and so the addictive cycle continues.

Here's the problem, when we damage our feel-good receptors, we cause our brain cells to stop communicating with one another.

#### Slide 8



This type of addiction damages the frontal lobe of your brain, which is needed for problem solving and decision-making. What do you think is going to happen when you damage the part of the brain that makes decisions and solves problems? *(Allow student response. Poor school performance, athletic performance, negative impact on relationships, sleeping patterns are disruptive, eating habits, just about every aspect of your life is negatively affected)*

So yeah, porn is a big deal. A very big deal because it literally damages your brain.

It not only damages your brain, but it also damages how you view yourself.

## Slide 9



⇒ Pornography Damages How You View Yourself

Let's face it, no one feels like viewing pornography is noble. It's not something that makes you feel proud about yourself. There's a reason most people view porn in secret or conceal the fact that they are viewing porn. Here's the thing, when we do things we're not proud of or keep secret, it has a negative impact on our mental health.

If you feel the need to hide something, how do you think that negatively affects your mental health? *(Allow student response)*

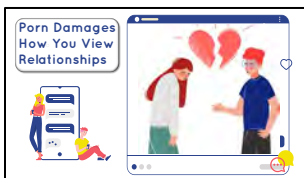
Studies show that porn is linked to feelings of:

- Guilt
- Anxiety
- Depression
- Low self-esteem
- Loneliness

The thing we think makes us feel good is actually the very thing that makes us feel bad about ourselves.

So, porn not only damages our brain and our mental health, it damages our relationships.

## Slide 10



⇒ Pornography Damages How You View Relationships

To have a real relationship requires a real person. Not only is porn a fantasy, it also makes it harder for users to have real loving relationships. Here's why:

- **It's not reality**

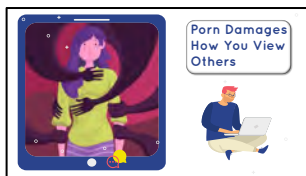
With porn, you don't know (and probably don't care) if the person on the screen has ever had a bad day. You don't have to worry about their needs, just your own. During a video "performance" online you don't have a real connection with the person's private thoughts or feelings. You never know the other person's struggles or achievements. This is not even close to reality.

- **It sets up unrealistic expectations**

Exposure to pornography can make you critical of your real partner's appearance and acts of affection. Remember, porn is fantasy, fantasy isn't real. The sex acts played out in porn are unnatural and unrealistic in real relationships. What do you think is going to happen when you try and act out such unrealistic expectations on a real person. The relationship is doomed to failed.

Porn not only damages your brain, your mental health, and your relationships, it also damages how you view others.

### Slide 11



⇒ **Porn Damages How You View Others**

You no longer view other people as human beings with real feelings that deserve respect and dignity. Instead, people become objects for personal gain when we view them as presented in porn.

There was a public incident not too long ago in which four young men were involved in the assault and rape of a girl that was intoxicated and passed out on a public beach. In broad daylight, there were hundreds of people standing around, watching, looking, and even recording what was happening, and no one did anything to stop it.

The local sheriff said, "Our culture and our society and our young people have got to the point where obviously this is acceptable..." *(PIX11.com news report)*  
What do you think? Do you think something like this is acceptable? *(Allow student response)*

Porn plays a huge role in sexual assault. It encourages people to perform sex acts on other people without their consent. Porn rarely depicts consent. Instead, it often glamorizes the idea of her being more attracted when she says no.

What do we call it when a woman says no, but a man forces a sexual act on her against her will? *(Allow student response – sexual assault or rape)*

The FBI said porn is found at 80 percent of the scenes of violent sex crimes, or in the homes of the offender. Police officers say that porn use is one of the most common profile traits of serial murderers and rapists.

Did you know, porn is also the root cause of sex trafficking? Many of the women used in the porn industry are sex slaves. As a matter of fact, 75% of sex trafficking survivors say they were advertised online for porn. That means most actors in online porn aren't even performing by their own choice. They are modern day slaves to a corrupt and sickening industry.

Porn is a very big deal. It is not harmless. Not only does it damage the brain, it damages how we view ourselves, it damages how we view relationships, and it damages how we view others. If you are struggling with pornography, there's help available. Visit our website to find resources to help you.

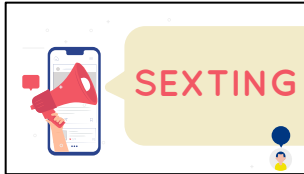
Another problem with the increase availability to porn is it has altered what we consider normal behavior. Things that were once thought to be private, personal, and intimate, is now shared across our devices.

I'm talking about sexting.

# THE DANGERS OF SEXTING

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## Slide 12



This behavior has become a norm in our social interaction in dating and relationships.

Check this out: For teens aged 13-17 yrs old, 1 in 5 girls and 1 in 10 boys say they have shared their own nude photos. And almost half of all people requesting digital nudes are under the age of 18 years old.

What this basically means is, teens are doing most of the asking for nudes and teens are doing most of the sharing of nudes.

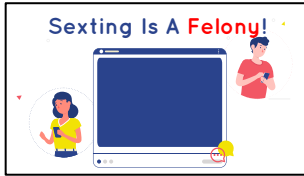
Let's first clearly define what we are talking about.

**The universal definition for sexting is: the sending of sexually explicit photos, images, text messages, or e-mails by using an electronic device.**

With the rapid increase of social media and advancements in mobile devices, sexting has grown to encompass various forms of content posted on many online apps. For example: If you begin doing "pretend" sex with someone while playing Minecraft online, this falls into the sexting category.

What most people don't know is that current Alabama laws define sexting amongst teens your age as child pornography, which is a felony!

## Slide 13 (A)

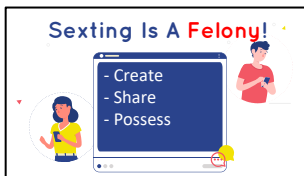


Here's what the law says:

- "Any person who knowingly possesses any obscene matter that contains a visual depiction of a person under the age of 17 years engaged in any sexual conduct shall be guilty of a federal offense."
- "Any person who knowingly possesses with intent to disseminate any obscene matter that contains a visual depiction of a person under the age of 17 years engaged in any sexual conduct shall be guilty of a **Class B felony**."

What does that mean?

## Slide 13 (B)



If you "Create" an explicit image of yourself or another minor, you're committing a felony.

If you "Share" an explicit image of yourself or another minor, you're committing a felony.

If you "Possess" an explicit image of yourself or another minor, you're committing a felony.

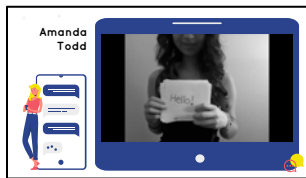
Since child porn is a felony, you could potentially spend up to life in prison, pay fines up to \$60,000, and become a registered sex offender for the rest of your life. (*ALA. CODE § 13A-12-192 (2009) - Possession of obscene matter*)

Guys: when requesting sexual pics of girls 17 and younger, you are asking for and obtaining child pornography. This is felony content.

Girls: when you send sexual pics of persons 17 and younger, even of yourself, you are sending child pornography, which is felony content.

Not only is sexting at your age against the law, but it can also have deadly consequences.

### Slide 14

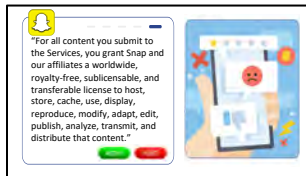


Amanda Todd's VIDEO (5 min)

Sexting isn't all fun and games. For Amanda, it turned deadly. The truth is, once you post or upload something online, you can't get it back. It can be downloaded, saved, go viral, or shared with your entire school. Even with app companies that promise privacy, our personal content is at risk.

Have you ever read all the details in the terms of agreement for apps like Snapchat or Instagram? Here's an example:

### Slide 15



*(Have a student volunteer read.)*

Snapchat: "For all content you submit to the Services, you grant Snap and our affiliates a worldwide, royalty-free, sublicensable, and transferable license to host, store, cache, use, display, reproduce, modify, adapt, edit, publish, analyze, transmit, and distribute that content."



## Slide 16



*(Have a student volunteer read)*

Instagram: "When you share, post, or upload content that is covered by intellectual property rights (like photos or videos) on or in connection with our Service, you hereby grant to us a non-exclusive, royalty-free, transferable, sub-licensable, worldwide license to host, use, distribute, modify, run, copy, publicly perform or display, translate, and create derivative works of your content."

Whoa! That's a mouthful. No wonder most people don't read terms of agreement. Basically, this means that the pics and videos you submit to these apps becomes theirs to use as they see fit. Once you upload, post, tweet, snap, share, or submit – it then has the potential to go public, viral, or make you infamous, at the companies' discretion.

What may seem private in the moment between you and your significant other can easily become public against your wishes.

# THE DANGERS OF ONLINE PREDATORS

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## Slide 17



These companies advertise privacy and sometimes you meet online friends that may seem trustworthy. You want to trust these apps. You think you know someone. And sometimes we learn a little too late that maybe we can't trust these companies or everyone we meet online.

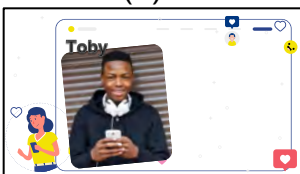
Pedophiles roam the online world to search for your information with the purpose of preying on you. These predators make it an art form to gain your private information and then ask you for sexual pics or videos.

Amanda's story is a tragic story that involved bullying and ended in suicide. But it all started when she began to expose too much of herself online to someone she didn't fully know.

But hey, maybe all you're doing online is playing video games with Toby from California.

Meet Toby.

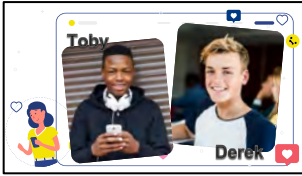
## Slide 18 (A)



This is his profile picture. He's thirteen, looks like a nice guy, your typical gamer. You've been playing games online with Toby for over a year and you have learned a lot of private details about each other's lives.

Or maybe you met Derek on some dating app.

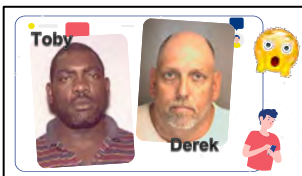
### Slide 18 (B)



He looks like a decent fellow. Maybe he's date worthy. You and Derek have been messaging each other for a few months and you are infatuated with everything he says. Unlike your parents or exes, he really understands you.

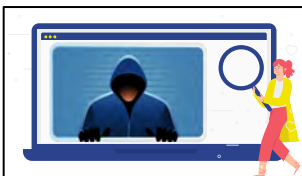
But do you really know who Toby and Derek are? I mean have you ever met them? Remember yesterday when we talked about people reinventing themselves online. Let's meet the real Toby and Derek.

### Slide 19



Did you know 26 percent of social media users have created a fake profile? That means you have a 1 in 4 chance of being catfished.

### Slide 20



In 89% of online sex crimes against minors, predators gain the victim's information through their social networking. Games, apps, email, etc. That's how these creeps are getting your information. These predators are master manipulators, and they study your likes and dislikes that you so freely share with the world on social media.

Currently, there are over 400 sex offenders registered with the Baldwin County Sheriff's office. These people target both boys and girls. To be exact, an average of 1 in 4 girls and 1 in 6 boys are targeted by online predators.

There aren't many laws that govern the internet in a manner that fully protects you guys from this kind of stuff. That's why Alabama has child pornography laws that try to deter you from sharing sexual content.

Currently, most attempts at keeping you safe online are usually left up to whatever company develops the app but even they claim ownership of your pics and videos.

I want you guys to use your brains and reason this out with me....

Child pornography is one of the fastest growing online businesses having collected over \$3-billion dollars. If certain apps make it easy for minors to send sexual images, then those apps reserve the right to distribute or sale your sexting content, and child porn is one of the fastest growing online businesses...then who do you think these companies are selling your information to? *(Allow student response)*

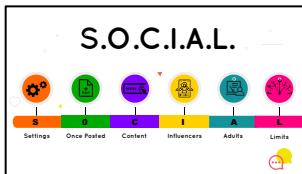
We've talked a lot about the dangers of social media and the internet. So, what are some ways you can be safe online.

# S.O.C.I.A.L.

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Here are some practical tips to help you have a positive experience on social media. Just remember to be "SOCIAL".

## Slide 21



## Slide 22



⇒ S - Settings

Most mobile and Internet applications have privacy settings. Know the advantages, the limitations, and how to properly use them to protect yourself from online predators. Your best tool to avoid being victimized is to maintain your privacy.

## Slide 23



⇒ O - Once posted, always posted

Once something goes public on the Internet you can never undo that. Even if you hit delete, it is forever on the world wide web. Check the fine print of user agreements in those apps. There is a chance that these companies gain the right to share whatever you post with whomever they wish. There is also a chance that people you thought were friends share things you thought were private if they get upset with you. Just remember, once posted, it is always and forever posted.

## Slide 24



⇒ C – Content

The internet is full of disturbing content. Whether it is sex, drugs, alcohol, or violence – many apps, online video games, and virtual reality worlds sensationalize these things without showing the negative impacts. When you view content full of sex, you will be more likely to have sex at an early age. When you view content full of violence, you will be more likely to exhibit violent behavior. The things you view online will have a direct impact on who you are as a person. Set boundaries to what you are viewing online.

## Slide 25



⇒ I – Influencers

There are a lot of online influencers. Some of you may dream of being an influencer with millions of followers and a huge fan base. But as we've discussed, much of the social media world is fake, scripted, and staged. Which means you need to make sure you are following influencers that keep it real. Don't give into the hype, or else you may find yourself pretending to be someone you're not. Don't let influencers shape who you are as a person

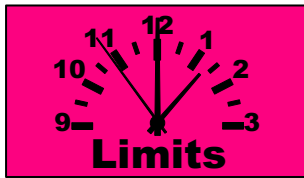
## Slide 26



⇒ A – Adults

If you receive a sexual pic from someone, or if someone is asking sexual things from you, you need to tell a trusted adult. If another adult has approached you or exposed you to sexual content online, then you need to tell a trusted adult. Also, involve your parents with your online activity. Ask them to help you be accountable. As a matter of fact, 80% of your peers believe parents should be involved in their online decisions. If your parents are not involved, ask them to be. Or ask another trusted adult to help you.

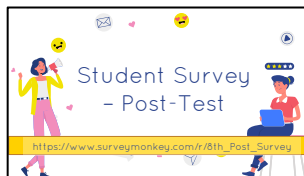
## Slide 27



⇒ L – Limits

We have talked a lot about how social media impacts you and the dangers of too much online activity. As such, consider reducing the amount of time you spend online. Whether gaming, social media, or just scrolling through websites, too much exposure has proven to have negative effects on us. True friendships are made by personal interaction and spending lots of hours together. Don't let online networking take the place of real-life people and events. There are times when you simply need to turn the phone off and put it away.

## Slide 28



Before we wrap up, I need your help with a quick post survey. If you will get out your computers, go to the link and answer a few questions about what you have learned the past couple of days. I'll give you a couple of minutes to complete.

*(Pass out pens during the survey)*

## Slide 29



Lastly, we want you all to know that Women's Care Medical Center offers many services to help you if you are struggling with anything we've discussed. We have a whole team of trained and trusted adults that are available to talk. Everything is free and confidential. Visit our website, [www.baldwincountysra.org](http://www.baldwincountysra.org) or call our office for more information.

## SOURCES

### Social Media Statistics:

American Academy of Child & Adolescent Psychiatry

[https://www.aacap.org/AACAP/Families and Youth/Facts for Families/FFF-Guide/Social-Media-and-Teens-100.aspx](https://www.aacap.org/AACAP/Families_and_Youth/Facts_for_Families/FFF-Guide/Social-Media-and-Teens-100.aspx)

The Common Sense Census

[https://www.common sense media.org/sites/default/files/research/report/8-18-census-integrated-report-final-web\\_0.pdf](https://www.common sense media.org/sites/default/files/research/report/8-18-census-integrated-report-final-web_0.pdf)

<https://www.common sense media.org/research/the-common-sense-census-media-use-by-tweens-and-teens-2021>

### Pornography and Sexting Statistics:

Enough is Enough: Making the Internet Safer for Children and Families

[www.enough.org](http://www.enough.org)

Fight the New Drug

[www.fightthenewdrug.com](http://www.fightthenewdrug.com)

Protect Young Eyes

<https://protectyouneyes.com/5-ways-pornography-harms-children-teens/>

### Alabama Law on Sexting

Alabama Code Title 13A

<http://codes.lp.findlaw.com/alcode/13A/6/6/13A-6-111>

<https://codes.findlaw.com/al/title-13a-criminal-code/al-code-sect-13a-6-240.html>

### Online Predators Statistics

<https://www.screenandreveal.com/online-predators-statistics/>

<https://www.common sense media.org/articles/the-facts-about-online-predators-every-parent-should-know>