

1 **Socially Unacceptable - Day 2**

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

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

10 ***Ring the bell.***

11 Have you ever wondered, if social media makes us feel worse
12 about ourselves, why we can't live without it. Or have you
13 ever been scrolling for hours and hours only to wonder,
14 "Why am I doing this. I just wasted 2 hours of my time."
15 But seriously, why do we do it? Why do we spend so much
16 time online? Well, smart people have learned how our brain
17 is hard-wired and how to design certain apps and video
18 games to function in a way that keeps us coming back for
19 more. It's all about the money. The apps you can't
20 imagine your life without are created purposefully so Big
21 Tech has customers for life. Much like drugs damage the
22 brain, these online activities intentionally re-wire our
23 brain to crave more of it.

24 ➤ **Video: Like and Follow (01:24)**

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

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

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

41 ➤ **Video: The Science Behind Social Media Addiction**
42 **(02:38)**

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

48 If you've spent anytime online, chances are you've been

49 exposed to some form of pornography. Check this out: 93%
50 of boys and 62% of girls are exposed to internet porn
51 before the age of 18.

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

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

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

62 **Pornography**

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

67 **Pornography Damages Your Brain**

68 ➤ **Activity: Funneling Dopamine**

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

71 The tube represents receptors in our brain that connect our
72 cells together.

73 These marbles represent dopamine.

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

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

80 Dopamine is released, it flows through the brain, and I get
81 rewarded with chocolate. That felt good, and I really like
82 chocolate, so this just makes me want more. *Place another*
83 *marble in the funnel.*

84 Yum, more chocolate. I can't get enough of it now. I want
85 even more. I want it all. *Pour all the marbles at once.*

86 What happened? *Allow student response.*

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

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

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

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

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

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

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

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

119 **Pornography Damages How You View Yourself**

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

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

129 Studies show that porn is linked to feelings of:

- 130 • Guilt
- 131 • Anxiety
- 132 • Depression
- 133 • Low self-esteem
- 134 • Loneliness

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

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

139 **Pornography Damages How You View Relationships**

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

143 ➤ **It's not reality:**

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

151 ➤ **It sets up unrealistic expectations:**

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

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

162 **Porn Damages How You View Others**

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

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

173 The local sheriff said, "Our culture and our society and
174 our young people have got to the point where obviously this
175 is acceptable..." (PIX11.com news report) What do you think?
176 Do you think something like this is acceptable? (*Let kids*
177 *respond*)

178

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

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

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

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

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

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

208

The Dangers of Sexting

209 I'm talking about sexting.

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

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

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

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

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

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

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

231 Here's what the law says:

232 **Alabama Child Pornography Laws**

233 ➤ "Any person who knowingly possesses any obscene matter
234 that contains a visual depiction of a person under the
235 age of 17 years engaged in any sexual conduct shall be
236 guilty of a federal offense."

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

242 What does that mean?

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

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

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

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

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

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

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

261 ➤ **Video: Show Amanda Todd's Story** (5 min)

262 Sexting isn't all fun and games. For Amanda, it turned
263 deadly. The truth is, once you post or upload something
264 online, you can't get it back. It can be downloaded,
265 saved, go viral, or shared with your entire school.

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

269 ➤ Snapchat:

270 "For all content you submit to the Services, you grant
271 Snap and our affiliates a worldwide, royalty-free,

272 sublicensable, and transferable license to host,
273 store, cache, use, display, reproduce, modify, adapt,
274 edit, publish, analyze, transmit, and distribute that
275 content.”

276 ➤ Instagram:

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

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

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

294 **The Dangers of Online Predators**

295 ➤ **Who Is It?**

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

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

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

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

311 Meet Toby. **Slide of Toby's profile pic.**

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

316 Or maybe you met Derek on some dating app. **Slide of**
317 **Derek's profile pic.**

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

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

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

329 In 82% of online sex crimes against minors, predators gain
330 the victim's information through their social networking.
331 Games, apps, email, etc. That's how these creeps are
332 getting your information. These predators are master
333 manipulators, and they study your likes and dislikes that
334 you so freely share with the world on social media.

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

339 There aren't many laws that govern the internet in a manner
340 that fully protects you guys from this kind of stuff.

341 That's why Alabama has child pornography laws that try to
342 deter you from sharing sexual content.

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

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

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

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

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

359 **(1) S - Settings:**

360 Most mobile and internet applications will have
361 privacy settings. Know the advantages, the
362 limitations and how to properly use them in order to
363 protect yourself from online predators. Your best

364 tool to avoid being victimized is to maintain your
365 privacy.

366 **(2) O - Once posted, always posted:**

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

377 **(3) C - Content:**

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

389 **(4) I - Influencers:**

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

399 **(5) A - Adults:**

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

410 **(6) L - Limits:**

411 We have talked a lot about how social media impacts
412 you and the dangers of too much online activity. As
413 such, consider reducing the amount of time you spend
414 online. Whether gaming, social media, or just scrolling
415 through websites, too much exposure has proven to have

416 negative effects on us. True friendships are made by
417 personal interaction and spending lots of hours
418 together. Don't let online networking take the place
419 of real-life people and events. There are times when
420 you simply need to turn the phone off and put it away.

421 Before we wrap up, I need your help with a final course
422 evaluation. If you will get your computers, go to the link
423 and answer a few questions about what you have learned the
424 past couple of days. I'll give you a couple of minutes to
425 complete. (Pass out pens during this time).

426 Lastly, we want you all to know that Women's Care Medical
427 Center offers many services to help you if you are
428 struggling with anything we've discussed. We have a whole
429 team of trained and trusted adults that are available to
430 talk. Everything is free and confidential. Visit our
431 website, www.baldwincountysra.org or call our office for
432 more information.

433 ******END OF DAY 2******