

Online Safety

Lifetime Wellness
Day Seven

2024 - 2025



Updated 4/10/2025

Family Life Curriculum Day 7

Tennessee Code Annotated (2024):

TCA § 49-6-1304 requires that instruction as part of a family life curriculum include instruction on the prevention of internet crimes against children involving sexting, sextortion, and the exploitation of a minor.

Tennessee Academic Standards for Lifetime Wellness (2024):

HS.TS.1 Identify how people utilize technology to build relationships and to abuse and exploit relationships.

HS.TS.2 Identify the risks associated with sexting.

HS.TS.3 Define online sexual exploitation.

HS.TS.4 Explain ways to create and maintain a safe, positive online environment.

Family Life Curriculum Day 7

Learning Targets:

Explain the importance of discussing online safety with my family and friends to promote positive online experiences.

Identify potential online risks, including unwanted sexual requests, oversharing personal information, cyberbullying, photo misuse, and sextortion.

Describe the consequences of unsafe online behavior and how it can impact myself and others.

Demonstrate strategies to protect myself online and respond to unsafe situations effectively.

Advocate for online safety by helping myself and others make responsible digital choices and create a safer and more respectful online community.



Inappropriate
Content



Inappropriate content

Lewd or
offensive gestures

Drinking and
drug use

Hate speech

Profanity

Threats

Revealing or
suggestive images



Posting these things may:



- Ruin your reputation
- Get you in trouble with your parents, school, or the law
- Damage future opportunities

Ask yourself

Do I like what this
says about me?

How could this
impact my future?

Could this get
me in trouble?

Who might
I hurt?

Would the adults
in my life think this
is appropriate?

How would it feel if
someone did it to me or
someone I love?





Online Privacy



Personal information



TMI

Online information can:

- Spread quickly and to a lot of people
- Reach people that you don't want it to
- End up somewhere unexpected



Online privacy



To maintain privacy and safety, avoid doing the following:

- Having your geolocation as a default setting in apps or games or showing it in social media posts
- Sharing family information, such as your parents' place of work
- Telling other people your passwords
- Disclosing details or private information about your life
- Moving conversations to a private platform (for example: moving from a game chat to Snapchat or another private chat)
- Sharing or forwarding explicit content

What you can do

- Have a different password for each account
- Use privacy settings
- Choose carefully who you 'friend'
- Limit access to your location
- Look for the lock symbol or "https"
- Don't share anyone else's personal information
- Don't share passwords
- Verify offline before helping friends and family that requested help online

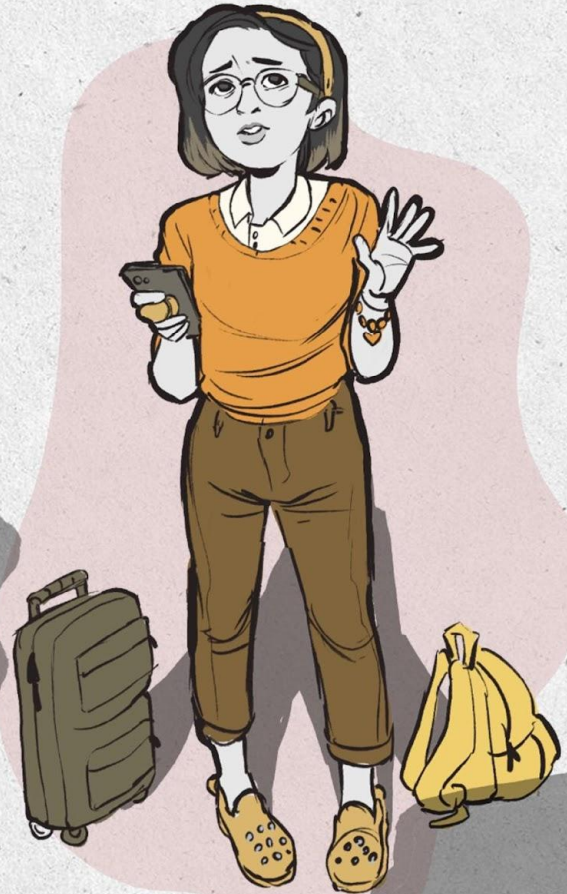


Online
Enticement
(also called “solicitation”)



Online Enticement

Online enticement involves an individual communicating with someone believed to be a child via the internet with the intent to commit a sexual offense or abduction.



Grooming

Someone trying to groom you might:

- Flatter you
- Discuss adult subjects
- Sends you gifts
- Ask you to keep secrets
- Turn you against your family
- Share or ask for revealing images
- Blackmail you



**When inappropriate
requests go too far...**



It's **not** your fault.



Rejecting inappropriate requests



What you can do

- Don't engage with them
- Block them
- Don't meet them offline
- Tell an adult you trust
- Report to the website/app and the **CyberTipline**
- Don't delete your account

Report anyone who:

- Sends you adult images
- Asks you to send images of yourself
- Talks to you about adult subjects
- Asks you to meet offline
- Is blackmailing you into sending money or more content
- Reshares your images



REPORT to



CyberTipline

CyberTipline.org • 1-800-THE-LOST*



Sexting

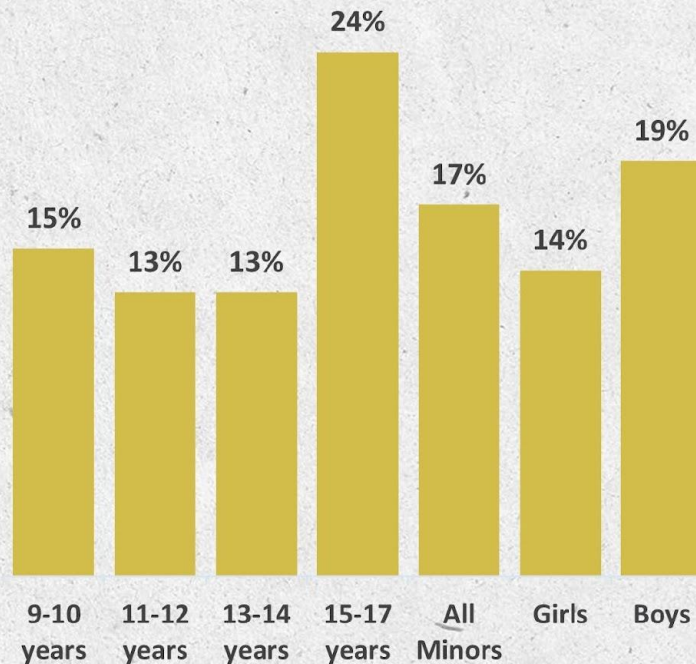
Sexting

Sexting can refer to:

- Sending nudes or partially nude pictures/videos to another
- Having sexual conversations in text messages/online

It is **not** as common as you might think it is.

Percentage of minors who say they have sent or shared a nude photo or video of themselves online



How many teens are **sexting**?

19.3%

have sent

14.5%

have forwarded

34.8%

have received

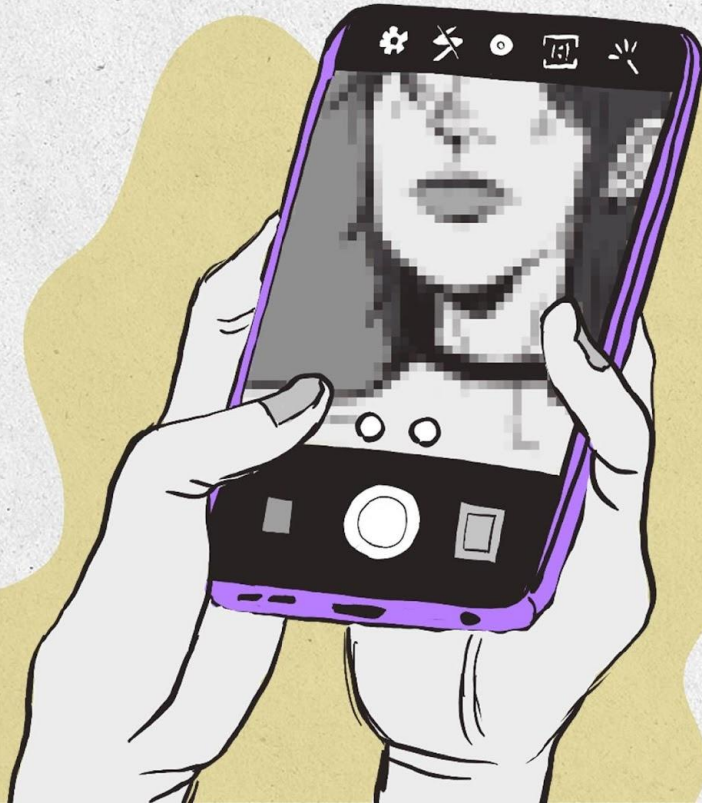
Your Photo Fate



Video



A revealing image may:



- Get lost or misplaced
- Be passed around without your permission
- Be used to bully you
- Be used to blackmail you
- Get you in trouble

How you can help

- Don't take images of yourself that you wouldn't want everyone to see
- Don't forward anyone else's image
- Don't ask or pressure anyone to share an image
- Talk to an adult
- Do not comply with sextortion demands

What you can do

NCMEC - National Center for Missing and Exploited Children

- **NCMEC.org/IsYourContentOutThere**
For help with removal including how to request companies remove content
- **TakeltDown.NCMEC.org**
Free service that can help remove or stop the online sharing of nude, partially nude, or sexually explicit images or videos taken when you were under 18 years old
- **CyberTipline.org**
Make a report by filling out our public reporting form
- **NCMEC.org**
NCMEC has resources to help you move past this

Before you **reshare** think about:



How it would make you feel if it was your friend or sibling in the picture

The harm you could cause by resharing

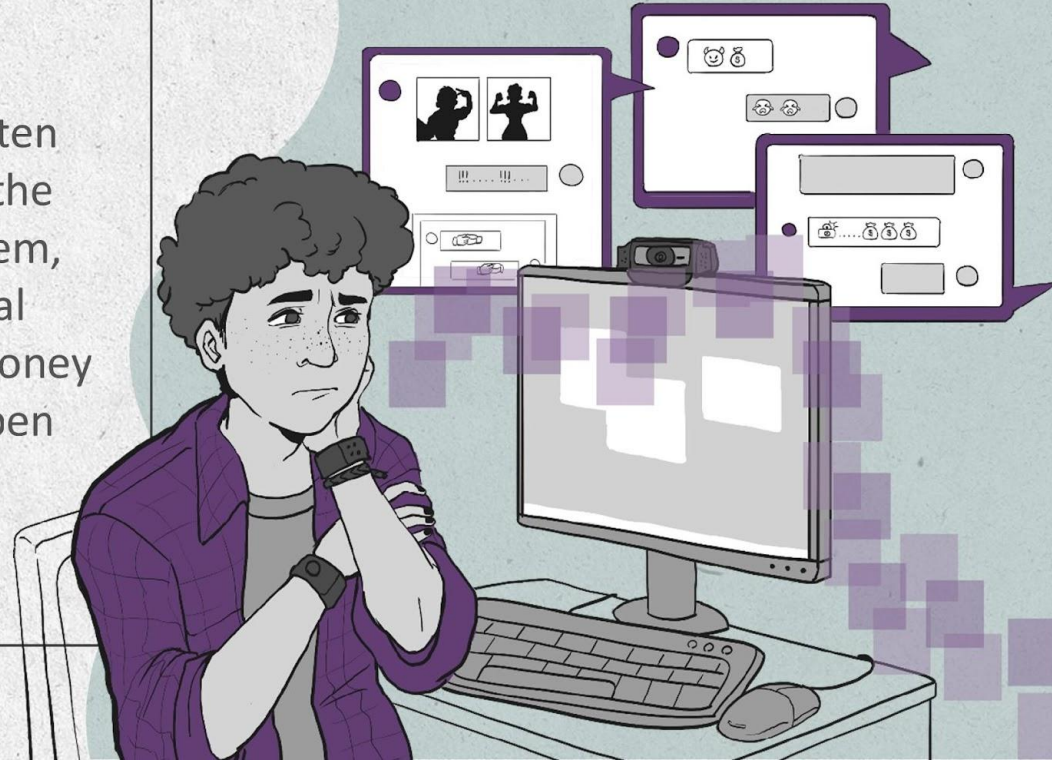
The opportunity you have to stop revictimizing that person



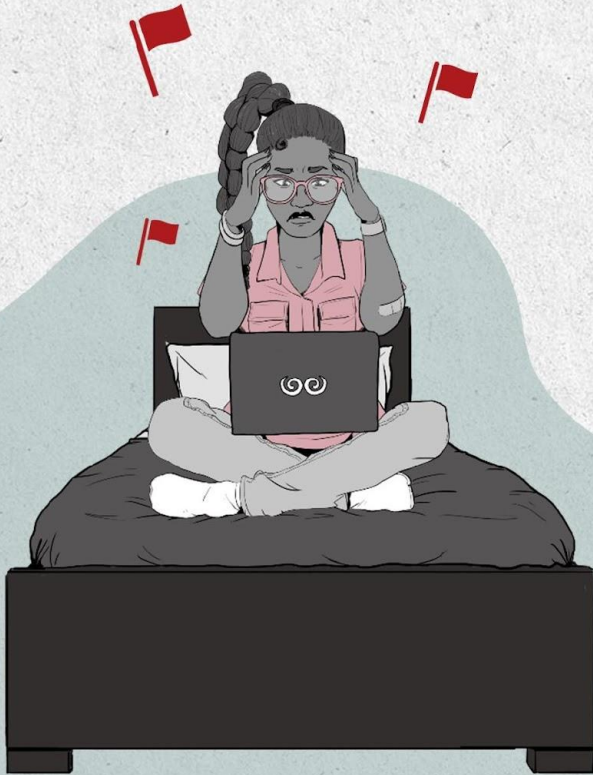
Sextortion

Sextortion

Sextortion is a form of child sexual exploitation where children are threatened or blackmailed, most often with the possibility of sharing with the public a nude or sexual image of them, by a person who demands additional sexual content, sexual activity, or money from the child. This crime may happen when a child has shared an image with someone.



Sextortion Tactics



- Reciprocation (“I’ll show you if you show me first”)
- Pretending to work for a modeling agency to obtain sexual images of a minor
- Developing a bond with a minor by establishing a friendship or romantic relationship
- Using multiple false online identities to contact a minor



Sextortion Tactics (cont.)



- Pretending to be younger and/or a member of the opposite sex
- Accessing a minor's online account without authorization and stealing sexual images or videos of them
- Threatening to create sexual image or videos of a minor using digital-editing tools

What you can do

- Do not comply with the demands
- Report it to the app
- Do not delete your account
- Report it to **CyberTipline.org**
- Visit **Is Your Explicit Content Out There?**
- Report to **Take It Down**
- Get help at **NCMEC.org/gethelpnow**



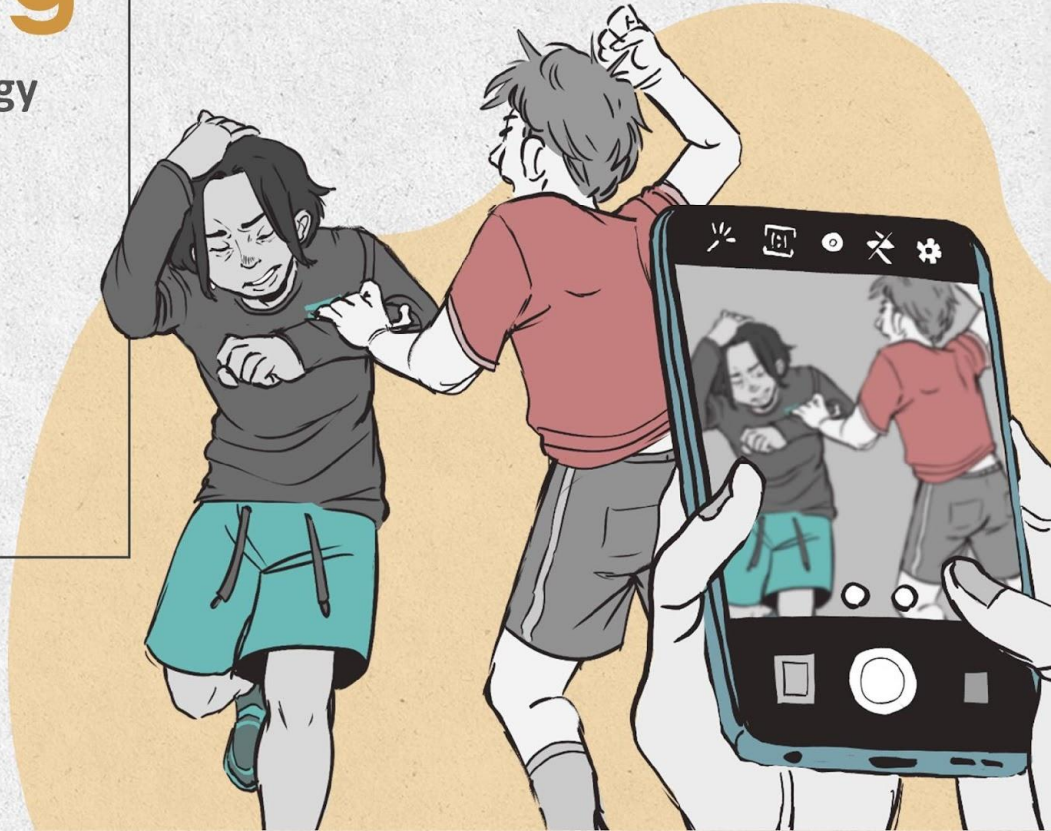
Cyberbullying



Cyberbullying

Cyberbullying is the use of technology to bully someone and may include:

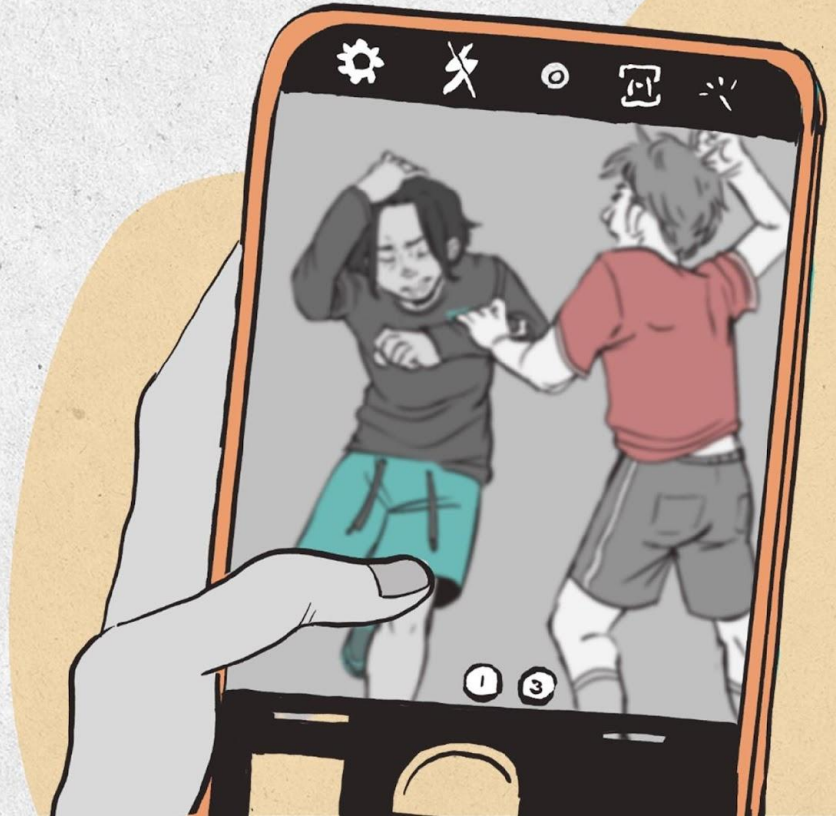
- Stealing someone's identity to create a fake profile
- Resharing nude/compromising pictures of someone else
- Recording and posting fight videos



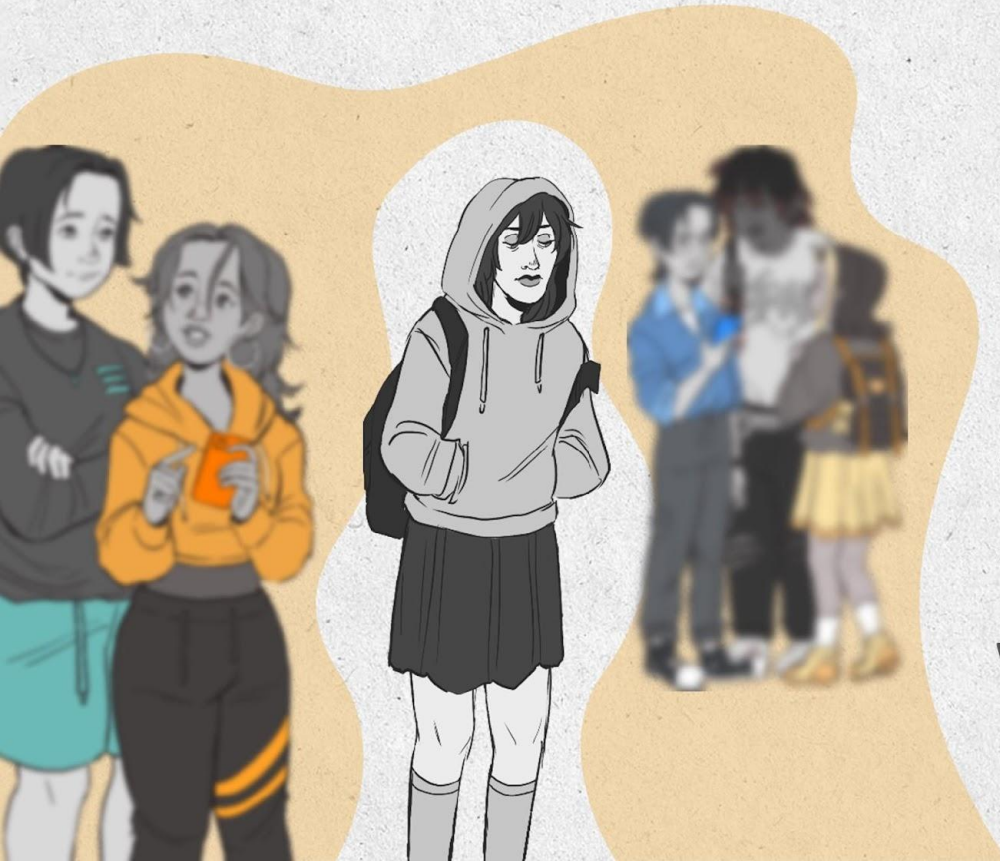
Cyberbullying (cont.)

Cyberbullying is the use of technology to bully someone and may include:

- Spreading rumors and gossip through text messages
- Creating a hate group about someone
- Posting mean comments online
- Photoshopping someone's photo to embarrass them



Cyberbullied teens may:



- Have low self-esteem
- Feel lonely or isolated
- Be nervous about going online or to school
- Feel harassed by peers
- Feel depressed or anxious

Words matter!

What you can do

- Don't respond
- Block the bully
- Set up new accounts
- Make a report
- Talk to an adult

How you can help

- Document what you see and when
- Don't encourage bullying behavior
- Don't participate just to fit in
- Stand up for the victim
- Report

Stand up against cyberbullying!

Don't feed the **cyberbullies** or become one



- Keep critical comments to yourself
- Don't forward rumors or embarrassing photos
- Don't comment on insulting or harassing posts

Treat others with respect!



Conclusion

Create a **positive** online environment



- Be careful about what you share
- Don't cyberbully or encourage it
- Don't request or reshare inappropriate content
- Report inappropriate behavior

Resources

Take  Down

TakeItDown.NCMEC.org

 **NOFILTR**

NoFiltr.org

Is Your Explicit Content Out There?
NCMEC.org/isyousexplicitcontentoutthere

Sextortion - Learn More
NCMEC.org/sextortion

Get Help / Victim & Family Support
NCMEC.org/support


**Resources for Survivors
of Sexual Abuse Material**
NCMEC.org/csam-resources



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END OF PRESENTATION

NetSmartz®



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