

## Internet Safety

I urge you to live a life worthy of the calling you have received.  
Be completely humble and gentle; be patient, bearing with one another in love.  
Make every effort to keep the unity of the Spirit through the bond of peace. (Ephesians 4:1b-3)

### Supplies Needed

- Everyone's phones/devices
- Video watching technology
- Laptops as needed (see Activity 1)
- Paper Plates
- Sticks
- Markers
- Tape or Glue



### Game: Phone Scavenger Hunt

Get everyone to take out their phone and explain that you will give them challenges related to finding something on their phone. The fastest teen to complete the challenge each round gets a point. The teen with the most points at the end of the game, wins!

#### Challenges

- Find a picture of yourself that you love
- Find your 20th contact listed alphabetically
- Change your background to a picture of an inspirational quote
- Go on your favourite social media app and find the profile/contact that you interact with the most
- Take away points for every unread notification on your home screen (one point per notification)
- Find someone in your contacts you can text a heart emoji to without explanation (and do it!)

#### Message






Our phones can be great tools of communication, connection, and information! We use them in many ways that are beneficial. They can also, however, open a world of danger – which we are going to dig into today.



### Intro: Who You're Talking to Online

Watch [this video](#) called "Who You're Talking to Online" by Common Sense Education.

#### Discussion Questions

-  What do you share with others online?
-  Have you made any internet friends?
-  What were the ways you consciously made the decision that they were trustworthy?
-  What are the tools you use to stay safe online?
-  Do you know anyone who was "catfished"? (catfish is a term used when someone creates a fictional persona online to lure someone into a relationship, friendship, giving money, etc.)



### Activities

#### Activity 1: Be Internet Awesome Game

##### Supplies needed

- as many laptops as you have groups (two groups = two laptops)

[This game](#) is designed to help children & teens become conscious of internet safety and how to protect their information online.

##### Directions

- Split the group up into teams to make this competitive and more fun! Depending on your timing, choose to play the whole game, or choose from the four options: Reality River, Mindful Mountain, Tower of Treasures, and Kindness Kingdom.

## Activity 1: Be Internet Awesome Game (continued)

### Discussion for after play

- 👂 What did you learn? Anything you didn't know?
- 👂 How does this change your mind about the information you share online?
- 👂 What are some things you currently do that could be changed based on your learnings in this game?
- 👂 Have you, or anyone you know experienced
  - Cyberbullying
  - Identity theft
  - Phishing
  - Spam emails
  - Oversharing online

## Activity 2: Good Idea, Bad Idea Game

### Directions

- Give everyone two plates and have the teens create two different images, one on each plate, that represents good and bad (e.g., a smiley face and a frown face, or thumbs up and thumbs down.) Tape or glue a stick to the bottom so you can hold it up high.
- Read aloud different statements and have them answer based on if they think it's a good idea or bad idea to do. Ask why they voted the way they did each round to create a discussion. Most don't have clear good or bad answers – but will foster a discussion between the teens on what is important to them and why. The ones that do have clear answers are noted.

### Statements:

- Having your location constantly visible to your Snapchat friends
- Accepting friend requests only from people you have met in person
- Having a private profile on Instagram
- Sending risky/suggestive photos ☹️ **Bad idea!** Photos can be sent out to unwanted people (and used as blackmail)
- Blocking someone who makes you feel uncomfortable ☺️ **Good Idea!**
- Making friends on online platforms
- Leaving your email logged in on a school tablet or computer ☹️ **Bad idea!**
- Posting pictures of you and your friends partying underage or trespassing ☹️ **Bad idea! These images are now out in the world forever and you could get in serious trouble**

- Posting and sharing about events and issues that you care about ☺️ **Good Idea! As long as they are from credible sources**
- Monitoring your screen time ☺️ **Good idea! Too much screen time is not good for us**

More tips and tricks can be found [here](#).

## Activity 3: Create a Personal Digital Covenant

### Directions

See [this pledge](#) as an example and have teens create their own pledge and covenant with themselves to ensure they are acting with integrity, respect, and safety online.



## Closing: Phone Prayer

Read aloud the text from Ephesians:

<sup>1</sup> I urge you to live a life worthy of the calling you have received. <sup>2</sup> Be completely humble and gentle; be patient, bearing with one another in love. <sup>3</sup> Make every effort to keep the unity of the Spirit through the bond of peace.

– Ephesians 4:1b-3

Grab your phones! (yes, seriously!) Give the group five instructions and time in between to complete each prayer.

Prayer 1

Go to your text messages and pray for the last five people you've texted.

Prayer 2

Go to a news app or website and pray for what jumps out at you in need of prayer today.

Prayer 3

Go to your favourite social media app and spend a minute scrolling through, praying for the people who come up on your feed in this moment.

Prayer 4

Go to your weather app and pray for the ways in which you see the climate changing around you.

Prayer 5

Go to your photos and find two to three pictures of people (or pets!) that you love and give a prayer of gratitude for them.

Spend some final moments reflecting on what it means to be gentle, humble, patient, and bearing one another in love as we engage online.



**More Precious** is the National Youth Project of the Anglican Church of Canada and the Evangelical Lutheran Church in Canada.

[www.claygathering.ca/nyp](http://www.claygathering.ca/nyp)