# Script for EGC Lesson 4 for 9th – 12th graders.

*For this lesson, you will need to break the students into small groups (maximum of 6 different groups). Ideally, each group should have an adult helper aiding in and overseeing their discussion of the case study activity.*

## Slide 1: Secrets, Surprises, & Promises (Intro)

*\*\*\*Introduce yourself then explain why you & the kids are there - \*\*\*\**

Today we will be talking about the differences between secrets, surprises, and promises. We will learn how to keep ourselves and others safe. This lesson discusses difficult topics. If you feel uncomfortable or need a break at any point, please let an adult know.

## Slide 2: Discussing Secrets, Surprises, and Promises

First, we will start with a Bible quote and a short prayer:

*“Do not be afraid of them, for I am with you to deliver you, says the LORD.” – Jeremiah 1:8.*

*Lord, I know that you are with me, and I want to be like you. Help me to be brave and strong. When I need your guidance, remind me that I am not alone. Remind me that I can face any challenges with your grace supporting me. Amen.*

Secrets are things that are kept hidden & never told or explained. Secrets can exclude others and have the potential to be unsafe or hurtful. Sometimes secrets cause the person involved to feel scared or nervous. If someone tells you to keep something a secret, tell a safe adult right away, especially if you feel uncomfortable, scared, or unsafe. You won’t get in trouble for telling the secret. If you’ve already kept a secret with someone that you now realize is unsafe, it I important to go to a safe adult and talk to them about it.

Surprises are typically happy, joyful, and temporary (meaning they will be revealed to everyone soon). Surprises should be safe and fun. They are meant to create joy for everyone.

When you make a promise, you are declaring that something specific will happen – that you will either “do” or “not do” something. Promises can be good, however, we should never make promises that involve keeping quiet about anything unsafe or uncomfortable.

Remember the basic safety rules: If someone does something that is unsafe, inappropriate, or that makes you feel uncomfortable, you have the right to say NO or something that means STOP and try to get away right away. Then tell a safe adult immediately.

## Slide 3: Case Study Activity

*Instructions: Have the kids break into small groups and divide the 6 case studies as evenly as possible among the groups. There should be a maximum of 6 groups, if possible.*

Please discuss the assigned case study(ies) with your small group. Each case study has questions underneath to consider. I am going to give you all 20 minutes to discuss the scenarios and questions and one or two individuals from each group will present their group’s case study and the group’s answers to the questions.

*Give the kids adequate time to discuss and answer the questions among themselves. Then, have each group present. After each case study presentation, please re-iterate the answers by reading through the answer guide (below).*

**Case Study 1, Answer Guide**

Emily is friends with a lot of people online. She’s constantly posting to try and get more friends added to her social media accounts and loves it when people “like” her posts or comment on them—even if she doesn’t know them. She’s assured her family that she never posts any super personal information, but as her friend, you’ve noticed that her posts are becoming less guarded, and she’s sharing a lot about her life and feelings regarding specific big life changes that have been occurring at home. She’s also posting images that identify who she is, where she lives and where she hangs out. For example, she’s posting pictures and videos that she has taken in front of your school, with the school mascot and in front of her home and tagged people who don’t have any privacy settings on their accounts. When you talked to her about it and warned her to stop “oversharing,” she became very defensive and told you that it’s none of your business, and to keep your thoughts to yourself and no one else. It’s ironic because you were recently together at the mall and had someone approach you and ask personal questions and Emily quickly shut down the conversation and moved on, yet she seems to be unable to limit giving the same type of information when online. You don’t like the fact that she’s constantly posting images of you on her account with so many people following whom you don’t know. You also know that she has had some people troll her accounts and post bullying messages to her, but she doesn’t want to block them or report them because she’s fearful of losing her online friends.

1. **What’s problematic about this scenario?** Emily is oversharing about her life and creating vulnerable situations for herself and others. Emily is ignoring other people’s requests regarding information security that affects their own accounts. Emily is experiencing cyberbullying. Emily is refusing to address any corrective action with the cyberbullying.
2. **What is causing or increasing vulnerability? What’s the issue (or, issues) with what Emily is doing?**
   * Sharing posts with a lot of personal information, including emotions, life changes, photos, etc., could be dangerous, because someone with bad intentions could use the information to find you—even with information as brief as knowing your school name or your sports team.
   * Tagging people who don’t have privacy settings on their own accounts can leave other accounts vulnerable.
   * There is no way to completely safeguard material online unless you don’t post it, because it can be screenshot, saved or shared by people you know—and by people you don’t.
   * Posts with personal feelings and life changes could be problematic if read by the wrong people who are looking to target people who might be vulnerable.
   * Posts can often have identifying information in the background, through clothing, signage, etc. All photos should be carefully screened to ensure that you’re not giving away sensitive or private information that will leave you and people around you vulnerable.
   * Another problem is that she doesn’t really know who is trolling her online—it could literally be anyone, and they could know practically everything about her because of what she is sharing.
     + Emily shouldn’t be afraid of shutting down her account just because she fears a “dip” in her popularity. Teens who “live” online can experience serious emotional problems. She should be encouraged to get involved in activities in school or the community that don’t require the Internet. o
     + What Emily shares about herself online, even if she attempts to “delete” it, will stay on the Internet forever. Nothing can completely disappear from the Internet, and anything posted can be saved by other individuals as well. This doesn’t just affect Emily, it affects everyone that she posts about.
3. **Is this a safe situation? What could go wrong?** Lots of things could go wrong here—primarily because Emily has posted a lot of personal and identifying information, from cyberbullying, exploitation.
4. **Should you keep this information a secret? Why / why not? Can you do anything to help?** No, we don’t keep unsafe secrets. The material that is being posted doesn’t just affect Emily, it affects everyone who is affiliated with her account and the specific posts. This makes it unsafe for her and others. You can offer to go with her to talk to a safe adult or talk to the safe adult on her behalf.
5. **What should be done now?** She needs to report the troll(s) to the appropriate administration within the app or site, communicate with safe adults, and consider shutting down or removing her account depending on what has been said and/or threatened. Contacting the police or the FBI is important when suspecting online victimization, because it could lead to the identification of someone with bad intentions, and will stop the contact between that victim and the abuser, and countless other people who might have been victimized in the future.

**Case Study 2, Answer Guide**

Joseph was sexually abused by a man at his church, and turned to drugs and can’t stop. Joseph always used to receive special privileges from the man and enjoyed the attention—until the man started behaving inappropriately with him. Joseph didn’t realize that the man was taking advantage of him at first, but over time, it became abundantly clear. Joseph worries that people will be able to suspect that he was abused by a man and worries what people will think and say about Joseph as a result. He can’t stop with the drugs because it’s the only way he feels better, but he’s terrified that people will figure out his two major secrets.

1. **What’s problematic about this scenario?** Joseph has been groomed into an abusive situation. Because of his use of drugs, he is scared to come forward to safe adults for fear of getting into trouble. It is important to remember that a safe adult’s priority should always be the safety of a child and their reaction to difficult information should always be calm and compassionate. If a safe adult reacts poorly to Joseph, he should go to a different adult for help.
2. **What could happen to Joseph as a result of his past abuse and current drug use? What is causing or increasing his vulnerability?** Joseph may continue to go down a destructive path of drug use to avoid his feelings. Joseph is more vulnerable in this scenario because he was groomed by his abuser. The abuser made him feel safe and special by giving Joseph special privileges, making the betrayal of abuse feel even more confusing and hurtful.
3. **What should he do now and moving forward?** Joseph should tell a safe adult right away about the past abuse and the current drug use. Moving forward, Joseph should continue dialog with safe adults when he needs additional support in his healing journey.

**Case Study 3, Answer Guide**

Jose is into gaming. He’s really good at it and has lots of different accounts online with alias names. Gaming is a way for him to relax with a tough school load. His alias names are usually very similar, and typically involve some variation of his name and interests. He also uses the same password for everything to make it easier to quickly access his accounts. He has an online friend whom he games with often, and they talk frequently through the gaming apps. The friend says that he’s the same age as Jose and has shown Jose pictures of himself and a girlfriend. The online friend has started to share personal information, like issues that are happening with his parents, and girlfriend, etc. Jose is beginning to feel safe with telling him personal and private information, too. They ended up sharing phone numbers so they could message even when they weren’t gaming. In a new game, Jose’s friend offered to help him win a level, but Jose would need to give him the password for the account. Jose knows his friend is the better gamer and really wants to win. He doesn’t know if he should share his password or not.

1. **What’s problematic about this scenario?** Jose has user names that give away identifying information. Jose also uses the same password for all of his accounts. Jose is sharing personal information with someone he doesn’t actually know over the Internet.
2. **What information about the “friend” in this scenario can you absolutely, 100% know to be true?** Nothing, except the person’s chosen username and their skillset at playing the game.
3. **What could happen?** **What is causing or increasing vulnerability? What’s the issue (or, issues) with what Jose is doing?**
   * When someone has your username and password, they can do all sorts of inappropriate online behavior that would be attached to you, even if you weren’t the one who actually performed the behavior.
   * The person could post information from your account that could get you into serious trouble with your parents, with school, other people and potentially even the law.
   * Providing passwords could also cause potential hacking issues, a big issue from an information security perspective.
   * In addition, if you have passwords that are the same across different applications and sites, this could endanger you from a financial perspective.
4. **What should he do now and moving forward?**
   * He should be able to go in and update his usernames; contacting the app/gaming administrators for assistance should be useful, too. It’s important that we never create user names that can link to your real name and interests, because it can give identifying information about you (such as your name, age, location, school, interests) to others.
   * Moving forward for any new accounts: the usernames should also be carefully constructed from an information security perspective. A combination of numbers and letters tends to work better to reduce vulnerability.
   * He should go through and systematically update all of his passwords, so they are different and unique from each other. Even if it makes things easier, there’s too much risk—we should also never use the same password for multiple accounts.
   * He should make it clear to his online friend that he won’t be sharing his password, but thanks anyway.
   * Jose should examine his strategy for unwinding each day. Is his gaming becoming addictive? What are other healthy ways to relax after a hard day?

**Case Study 4, Answer Guide**

Olivia sent Casey a naked picture of herself. She asked Casey to keep it a secret, but his friends convinced him to text the image to them. His friends then ended up sending the image to others, too. One of the guys who received the photo was from a different school in another city. He searched for Olivia on the Internet, found her on social media and told her that if she didn’t send him more naked photos, he would distribute the one he has all over the Internet and to everyone at the school. The girl didn’t know what to do, so she eventually sent him more, and found out that he put them on his blog. He then told her she had to send him videos, too, or he would send her photo to a pornography site for millions of people to see and ruin her reputation completely. Olivia thought briefly about calling the police but didn’t feel like it would make a difference—especially because she was the one who sent the first naked photo. Plus, it seems easier to deal with the shame and embarrassment rather than getting into trouble with her parents and the police. She asked herself, “what could the cops really do to help anyway?” Even so, she doesn’t know what to do and is becoming depressed and feeling completely alone. She’s considering sending the videos and “being done with it.”

1. **What’s problematic about this scenario?**

* Olivia sent a naked image of herself over the Internet.
* Every time that the image is shared with someone else, it is sexually exploiting Olivia.
* Pictures that are posted online or sent via message could be redistributed very quickly.
* Even photos that are deleted or supposedly “disappear” can easily be saved and then distributed.
* Olivia is being sexually exploited and blackmailed over the Internet (i.e. messaging).

1. **What is causing or increasing vulnerability? What’s the issue (or, issues) with what either Olivia or Casey are doing?**

* Photos of naked bodies or private body parts should never be shared online.
* Olivia is not looking for or obtaining help from safe adults, and is letting fear dictate her decisions.
* Olivia’s withdrawal from family and friends is unhealthy, and making the situation more isolating and dangerous for her.
* Once something is shared online, we cannot always control it. Think of how quickly a YouTube video or meme can get a million views around the world.
* Olivia continues to produce material that could be considered child pornography, since she is underage and distributing it over the Internet. However, and more importantly, she is naively believing that if she continues to supply the cyberbully with material, he will eventually stop—and this is not true. Even if he \*were\* to stop, her materials are still out on the Internet being viewed by others.

1. **Is this a safe situation? What could go wrong?**

* Once something is shared online, we cannot always control it. Think of how quickly a YouTube video or meme can get a million views around the world.
* Olivia is the victim of a Cyberbully. The situation could escalate with more exploitative demands being made of her.
* Olivia is already showing signs withdrawal and depression. The repercussions of this exploitation could lead to suicide.
* The Cyberbully may have other victims and he should be stopped.

1. **If you had received the image, what should have happened?**

* You should immediately tell a safe adult and the police or CyberTipline. Under no circumstances, should it have been shared or shown to other peers. And, if it had been shown, you should have done the right thing and stopped the distribution from continuing, before then speaking to a safe adult. Olivia placed herself in a very vulnerable situation, and an adult needs to be aware of this so that they can help her.

1. **Should you keep this information a secret? Why / why not? Can you do anything to help? Should you intervene? How?**

* It is never ok to keep a secret when someone is at risk of being harmed or harming themselves. A true friend would step in and get Olivia the help she needs.
* Help her to know that she isn’t dealing with this by herself.
* Encourage her to get help and let her know you’re willing to go with her to someone safe. If she isn’t willing to get help on her own or with you, get help for her on your own by talking to a safe adult or reporting it directly to the police or the CyberTipline.

1. **What should be done now?**

* Olivia needs to speak out to a safe adult and tell them what has happened.
* Along with the safe adult, she should communicate with the CyberTipline and explain what has happened with the online image(s); the info is https://report.cybertip.org
* The National Center for Missing and Exploited Youth will review the material and help make additional information available for the appropriate law enforcement agency.

**Case Study 5, Answer Guide**

Mackenzie began to spend more time online after a family member died. Through her social media accounts and pages that she visited to learn more about grief, she started talking with a new friend, John, who said he was “just a couple of years older.” John said he also was also going through a death in the family when Mackenzie opened up, and had lots of good advice about how to cope. Mackenzie felt like she didn’t know what she would have done without John’s help and support, and truly felt like she had found someone who understood her and supported her better than her own family. Mackenzie and John started to call each other boyfriend and girlfriend and have said they love each other, even though they have never met. Mackenzie told you that the only thing that bothered her is that John would become very upset when Mackenzie didn’t answer his texts right away. And, he also got jealous when she hung out with friends—but then she said, “oh that’s normal, all guys do that!” Mackenzie quickly deletes the messages from John in case her mom looks on her phone, because she told you her mom “wouldn’t understand her feelings.” And, she hides her phone from you, too, when John texts. John now wants Mackenzie to sneak out and meet him at his house for some “fun”. Mackenzie wants him to know how she really feels and has agreed to meet up with him at his house for the first time by herself.

1. **What’s problematic about this scenario? Is this a safe situation?**

* Mackenzie is grieving and needs support.
* Mackenzie assumes her online friend, John, is who she thinks he is.
* Mackenzie is alienating herself from her family and friends.
* Mackenzie is putting herself at great risk by meeting John in person and alone, without anyone else knowing what she is doing or where she is going.

1. **What is causing or increasing vulnerability? What’s the issue (or, issues) with what Mackenzie is doing? What could go wrong?**

* Mackenzie is at a vulnerable time in her life because of her grief. Learning more about grief through the Internet can be healthy, but revealing too much information online to a stranger is dangerous.
* John may not be who he says he is. His emotional support and advice could be part of a grooming process.
* John’s jealousy and controlling behavior is unhealthy and indicates grooming.
* Mackenzie’s desire to hide from her mother and friends is unhealthy and further puts her into a dangerous situation. Becoming secretive about online behavior and withdrawing from family and friends is a sign that a teen may be in contact with an online predator.
* If Mackenzie meets with John by herself, she can become a victim of sexual assault, kidnapping or further exploitation.

1. **What information about the “John” in this scenario can you absolutely, 100% know to be true?**

* John is the name that someone is using to identify themselves over the Internet. That is it. Anyone on the internet can change their name, profile picture, and information. Now, with AI, it is even harder to tell if someone is genuine in internet interactions.

1. **Should you keep this information a secret? Why / why not? Can you do anything to help? Should you intervene? How?**

* It is never ok to keep a secret when someone is at risk of being harmed or harming themselves. A true friend would step in and get Mackenzie the help she needs.

1. **What should be done now?**

* You should go with Mackenzie and talk to a safe adult. If Mackenzie will not go with you to talk to a safe adult, then you should tell a safe adult about what Mackenzie is experiencing.
* The police or FBI may need to be informed if additional details come out that show Mackenzie is at even greater risk for exploitation, or if she has been exploited or sexually abused.

**Case Study 6, Answer Guide**

Sky’s dad’s best friend comes over and asks her to hand him his phone that clearly displays pornography, and then asks if he can touch her private parts just like in the video. He told her that the things they do in the video are fun, and that she should let him because it will be educational and important for Sky to learn! When she refuses, he said that her dad will believe him over her, and that Sky “doesn’t want to know what will happen to you when you tell.” Now she’s scared to say anything. Sky used to think he was one of her safe adults, and now she doesn’t know who to trust, and definitely doesn’t want to tell her dad because it’s his best friend. She thinks, “maybe everyone is better off not knowing?”

1. **What’s problematic about this scenario?**

* This man is trying to coerce her into believing he has good intentions when his intentions are abusive.
* He has shown that he is not a safe adult and cannot be trusted.
* He is telling Sky that other adults, namely her dad, will not believe her or find her credible.
* He is threatening Sky.

1. **What is causing or increasing vulnerability?**

* Because this person is supposed to be a safe adult in Sky’s life, his betrayal of her trust has undermined her trust in the other adults around her. Not only does this hurt her chances of finding help, it also makes it more likely that this family friend will try to further victimize her because he knows she feels like she cannot tell anyone.
* It is likely that Sky does not want to hurt her dad by telling him what his best friend did. What Sky should know is that she has the right to be believed and that any safe adult should believe her and work to protect her.

1. **What should Sky do if she tells another safe adult and they don’t believe her?**

* If Sky tells her dad, or another adult, about what the family friend showed her and said to her, and this person does not believe her, Sky should go and tell another safe adult and if possible, call the police herself. Examples of other safe adults she can tell are her teachers, her friends’ parents, or any adult in her life that she feels she can trust to help her. Remember that safe adults will involve other trusted adults like law enforcement or medical providers to help keep children safe. In Texas, all adults are considered Mandated Reporters and are required by law to report abuse.

I want to say thank you for the consideration you have given each of these scenarios. This is not an easy topic to discuss. Safe adults should always be willing to step in to keep children safe. I also encourage each of you to look out for yourselves and others when adults are not around. If you know of something that is not safe, I encourage you to find a safe adult that can help solve the problem and restore safety.

We are going to take a few minutes in case anyone has any questions before we close the lesson.

*Allow for questions and answers.*

Slide 4: Closing Prayer

**Closing Prayer**

Dear God, thank you for making each of us unique and special in your image.

Thank you for also giving us similarities, like our right to dignity and worthiness of respect.

Help me to live in peace in times of confusion.

Help me to remember to respect myself and others, as I would like others to respect me.

Help me keep strong boundaries, and thank you for placing trusted adults in my life.

Please give me the courage and confidence to speak up for myself and others if I see anything that does not seem right.

Amen.