

WHAT YOUR CHILD LEARNED

Your Student Participated in Childhelp “Staying Safe from Online Harm” Today!

Many kids and teens today are very active in the online community. The internet provides valuable tools and support for youth, which are mostly positive and informative, but research shows growing and changing risks for online harm and exploitation. The Childhelp Speak Up Be Safe (CH SUBS) Staying Safe from Online Harm curriculum exists to help students stay safe online and empower them to get help if they encounter online harm or exploitation.

These are the key messages in the Staying Safe from Online Harm middle school curriculum:

- Students learn to define online exploitation and how it can happen to anyone, especially young people.
- Students affirm their right to safety and that exploitation is NEVER the victim's fault.
- Students express that adults are responsible for keeping them safe, and describe what their own role is in helping those adults keep them safe.
- Students respond to scenarios showcasing their understanding of online risks, exploitative behaviors, safe versus unsafe situations, and applicable resistance strategies.
- Students recall the Childhelp National Hotline (1-800-422-4453) as a resource for help.
- Students verbalize 5 critical messages (listed below) about prevention, peer support, no fault, telling someone and there is always help available. These critical messages are important for students, because when online exploitation occurs, they can feel scared or ashamed, feel like they have to handle it on their own, or that there is no way out, which can lead to self harm.. The critical messages aim to remind students that they never have to handle online harm alone and it is never their fault.

1. Yes, you **CAN HELP PREVENT** bad things from happening. Empower yourself and your peers to be aware, recognize issues, and know how to speak up.
2. Respect yourself, and respect others. Offer, and be open to receiving, **PEER SUPPORT**. Share resources.
3. Take care when sharing sensitive personal content online; it can lead to negative situations. If you share something that others abuse, it is **NEVER YOUR FAULT**. It is *always* the fault of the abuser.
4. Always **TELL SOMEONE** if you feel uncomfortable or if someone exploits you online. Adults who care about you may be upset, but they will help you. Keep telling until someone helps.
5. Remember that you are not alone, and **THERE IS HELP** available. Report the crime, and contact a helpline for supportive counseling and to find resources around you.

Being a parent, caregiver, or other safe adult to a child is challenging, especially when talking about difficult subjects like safety and exploitation. Below are some tips and talking points to get the conversation started:

- Review and discuss the critical safety rules learned and the characteristics of healthy relationships.
- Begin conversations about online safety early on, before your child is navigating the internet independently.
- Have open communication and discussion about privacy settings on phones and apps with your child.
- Discuss who the safe adults are in your child's life that they can turn to for help if they have trouble online.
- Talk with your child about red flags online and how to keep themselves and their information protected.
- Ask your child to share any concerns or questions with you about what he/she learned. Set yourself up to be the safe adult that your child comes to for answers.
- Explore reviews of different apps with your child so they understand how they work.
- Ask your child questions about the apps they are using. They are the experts, so let them teach you!

For more information about the Childhelp prevention education program, visit [SpeakUpBeSafe.org](https://www.speakupbesafe.org). For support and additional resources, visit [ChildhelpHotline.org](https://www.childhelp.org/hotline) or call/text 1-800-4-A-CHILD.