



STAYING SAFE FROM ONLINE HARM

Dear Parent/Caregiver/Guardian,

Your child will be participating in an important lesson called “**Staying Safe from Online Harm.**” Created by the child abuse prevention team at **Childhelp**, with input from an expert advisory group, educator reviewers, and a youth council, this curriculum teaches middle school-aged students (10-15 years old) how to stay safe from and deal with online harm and exploitation. (This curriculum module was developed and made possible through a partnership between **Childhelp** and **Meta.**)

As part of the **Childhelp Speak Up Be Safe (CH SUBS)** prevention education program, this lesson increases youth awareness about online exploitation and empowers them to:

- Affirm they have a right to safety.
- Understand Critical Messages surrounding prevention from online harm, as well as speaking up and getting help when needed.
- Know that they always have help available and how to help the adults in their lives to keep them safe.

As kids mature, they are more likely to explore and use online tools—including social media, online gaming, artificial intelligence, and digital communication platforms. Their personal safety becomes a shared responsibility between adults and youth.

To make this lesson more relatable for middle school students, trained **LifeSmarts** high school students will be leading the discussion, with a teacher or group leader monitoring the session. Before presenting, the high school students’ teacher or coach will complete specialized training on online safety, red flags, and best practices for delivering the lesson. The teacher/coach will then model the presentation for the high school students, who will go on to teach the younger students in the presence of other adult mentors.

LifeSmarts is a national consumer education program that helps students develop real-world skills in areas like health, technology, and online safety among other topics. The high school students leading this lesson are among the best and brightest in the program, representing their schools and communities in the 2025 LifeSmarts National Championships in April.

The Five Critical Messages in the Lesson

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** by sharing resources, tools, and coping skills.
3. No matter what, it is **NEVER YOUR FAULT** if someone misuses something you shared—it is always the fault of the perpetrator.
4. You can always **TELL SOMEONE** if you feel uncomfortable or unsafe, or if someone exploits you. Keep telling until you find the help you need.
5. Remember, **THERE IS HELP** available. Report concerns and reach out to a helpline for support and resources.

Additional Resources for Parents

To learn more about online safety and how to support your child, visit **Thorn for Parents**, an online resource from one of our partners in prevention. You can also visit the **Childhelp Online Harm Prevention** website or go to SpeakUpBeSafe.org.

Opt-Out Instructions

Participation in this program is voluntary. If you **DO NOT** want your child to participate, sign and return the bottom portion of this letter by _____. If we do not receive the form, we will assume your child has permission to participate.

If you have any questions, please contact: _____ at _____.

Opt-Out Form (Only return this form if you **DO NOT** want your child to participate.)

☐ No, I do not want my child to participate in the CH SUBS Staying Safe from Online Harm lesson.

Child’s Name: _____

Child’s Teacher: _____

Parent/Caregiver Name (Printed): _____

Parent/Caregiver Signature: _____

Date: _____