

# STAYING SAFE FROM ONLINE HARM

Lesson Plan for Teachers & Coaches

## Lesson Description

This presentation is based on an original lesson created by **Childhelp**, developed and made possible in partnership with **Meta**. The lesson helps keep youth safe online and empowers them with strategies to recognize red flags, set digital boundaries, and seek support when needed. Through discussion, interactive activities, and short videos, students learn how to recognize grooming, sextortion scams, and other types of online exploitation, and what to do if they or someone they know needs help.

The version you're viewing today was developed in collaboration with **Childhelp**, **Meta**, and **LifeSmarts** to make the content accessible to a wider student audience. Educators are encouraged to complete the free online Facilitator Training—developed by **Childhelp** in partnership with **Meta** and leading online safety experts—which provides additional context, activities, and expert guidance. The training is available at:

<https://www.childhelp.org/subs-online-harm/>

## Why Teach This Curriculum?

Online exploitation is an important issue for youth to know about. It can include online sexual harassment or abuse, enticement or grooming toward offline abuse, sending and/or demanding nude images or sexual videos, and sharing or resharing images that the subject did not consent to share or were hacked or created through generative artificial intelligence (gen AI). These occurrences can also lead to sextortion, which is using sensitive content to blackmail a victim. This lesson is designed to help students understand these risks and learn how to stay safe, support one another, and seek help when needed.

## Lesson Objectives

By the end of this lesson, students will be able to do the following:

- **Recognize common signs and tactics of online harm and exploitation**, including grooming, catfishing, sextortion, and deepfakes.
- **Understand how to set digital boundaries** and take steps to protect their privacy online.
- **Identify “red flags”** and know how to respond when something feels unsafe or uncomfortable.
- **Know how and when to speak up**, including how to report harm and where to go for help.
- **Practice seeking support from safe adults** and cultivate giving and receiving peer support.
- **Reflect on their own digital safety** habits through personal planning and optional pledges.
- **Build a personal safety plan** that includes naming safe adults and identifying trusted resources.

## Materials Needed (available at <https://lifesmarts.org/staying-safe-from-online-harm/>)

- **PowerPoint:** *Staying Safe from Online Harm* (with embedded speaker notes)
- **Vocabulary List** (recommended for audiences unfamiliar with key terms)
- **My Safety Plan** worksheet (activity)

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## *(Materials Needed - continued)*

- Talking to Adults about Online Harm (student handout)
- Staying Safe from Online Harm overview handout (steps + helpline info)
- What Your Child Learned Today take-home flyer (optional)
- Parent Opt-Out Form (optional, recommended for advance distribution)

## Procedures

### 1. Before the Lesson

- Download the [Staying Safe from Online Harm PowerPoint presentation](#). You can accomplish this by right clicking the down arrow next to the paper icon on the on-screen presentation. Then select “Download a copy.” (This is necessary to be able to read the script from the Notes section and to play the videos that are embedded in the presentation.)
- Read through the script in the PowerPoint Notes section or print the [PowerPoint Presentation Script](#) document separately to read from. The content is written to avoid problematic or triggering language. **It is recommended that you follow the script closely rather than using your own words.**
- Make photocopies of all handouts and activity pages for students.
- If using the optional Opt-Out Form, distribute it to families several days in advance.

### 2. Deliver the Lesson

- Begin the lesson with an explanation of why online safety matters.
- Present the full PowerPoint, reading from the script, playing the embedded videos and pausing for brief discussions.
- Emphasize the **Critical Messages** during the presentation:

### Critical Messages

It is vital to empower youth with knowledge, awareness, and these key points. The messages below are built into the PowerPoint script but should also be discussed aloud:

1. Yes, you can **HELP PREVENT** unsafe 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, tools, and coping skills with one another.

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## *(Critical Messages - continued)*

3. Be aware that sharing sensitive personal content online can lead to negative situations. 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. It's never too late, keep telling until you find the help you need.
5. Remember that you are not alone, and **THERE IS HELP** available. Report the crime and contact a helpline for supportive counseling and resources in your area.

These messages are not just talking points, they are essential reminders that help young people feel supported, heard, and capable of action.

## 3. Student Activities and Discussion

- Review the [Vocabulary List](#) with students to ensure understanding of key terms before or during the lesson. This can help make sensitive content more accessible and reduce confusion about unfamiliar language.
- Have students complete the [My Safety Plan](#) worksheet individually or in small groups.
- Invite students to read and sign the [Online Safety Pledge](#) if time permits.
- Distribute the [Talking to Adults about Online Harm](#) handout and the [Staying Safe from Online Harm](#) reference sheet. Review with students as time permits.
- If using, send home the [What Your Child Learned Today](#) informational sheet to parents.

**Estimated Total Time:** 30–45 minutes (can be shortened if optional activities are skipped)

**Note:** This 30-minute lesson was adapted from a 90-minute curriculum developed by **Childhelp**, in partnership with Meta and leading experts in online safety. Adults interested in accessing the full program—including extended activities, facilitator notes, and additional guidance—can complete the free online Facilitator Training at <https://www.childhelp.org/subs-online-harm/>. Upon completion, facilitators receive access to the full 90-minute lesson and supporting materials.

To learn more about the importance of this [Staying Safe from Online Harm](#) lesson, watch this short interview from Arizona PBS: <https://www.youtube.com/watch?v=Q5UHJRHZq8k>.