



## Christian Sexuality Education Lesson Plan Grade 4-6: Safety and Cyber Safety

	Grade 4	Grade 5	Grade 6
7A: Social media	<b>Major</b>	<b>Major</b>	Minor
7B: Safe gaming	<b>Major</b>	Minor	<b>Major</b>
7C: Feeling Safe	<b>Major</b>	<b>Major</b>	<b>Major</b>
7D: Unsafe situations and secrets	Minor	<b>Major</b>	Minor
7E: Pornography	Minor	Minor	<b>Major</b>

### 1. Lesson Plan Information

#### Safety

***Servants please pass on to parents:***

***Parents need to keep their eyes on children in open places. A true story where an offender abused a child in galaxy land and the child had been screaming but no one noticed as it is commonplace to scream!!***

When a child or youth tells:

What you say and do will help the child or youth feel safe and supported. If they tell you they are being neglected, abused or sexually exploited, make sure you:

- stay calm and react without shock, disbelief, anger, judgement or fear.
- let the child or youth tell you what happened in their own words without interruption
- listen carefully without asking questions.
- ***Please make sure not to underestimate what the child is saying.***
- reassure them that it is right to tell and it is not their fault
- acknowledge how they are feeling (scared, angry, embarrassed, hurt, sad)
- help them feel comforted and supported by saying things like:
  - I believe you and I will support you
  - it is okay to feel scared, angry and hurt
  - I will try to help you figure what happens next
  - you are brave for talking about this and it is right to tell someone

Soon after the child or youth tells you what is happening, find a private place. Write down what you heard and saw. Be sure to:

- use the same words the child used
- describe the way the child looked, how they behaved and other things you noticed
- keep your notes private and secure.

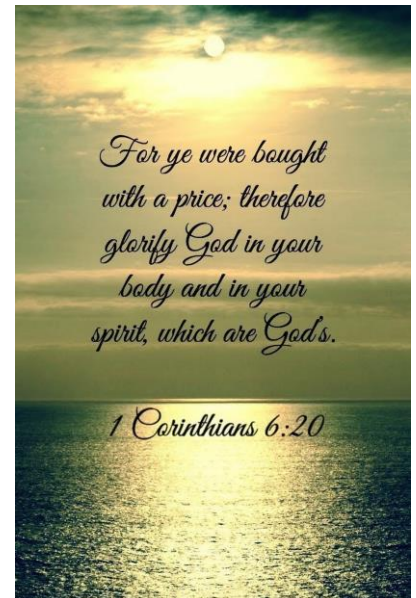
## 2. Verse for the students to memorise

**G4:** “Turn away my eyes from looking at worthless things, And revive me in your way.” (Psalm 119:37)



**G5:** “For whatever is born of God overcomes the world. And this is the victory that has overcome the world—our faith.” (1 John 5:4)

**G6:** “For you were bought with a price, therefore glorify God in your body and in your spirit, which are God’s” (1 Corinthians 6:20)”



## 3. Lesson Objectives

- Understand the benefits and harms of the online world.
- Learn how to assess any online risk with social media, gaming..etc.
- Understand “Cyberbullying” and how to deal with it.
- Learn the risks of online pornography and porn addiction.
- Learn to glorify God in all our online activities.

#### 4. Teacher's resources/references to read before the lessons

- Bible verses.
- <https://www.unicef.org/end-violence/how-to-stop-cyberbullying>
- <https://educateempowerkids.org/wp-content/uploads/2019/11/Social-Media-Etiquette.pdf>
- <https://www.theguardian.com/technology/2016/feb/02/fisher-price-mattel-smart-toy-bear-data-hack-technology>

#### 5. Lesson Content and timing

**Red:** Sub-topic

**Green:** Open ended question for the students.

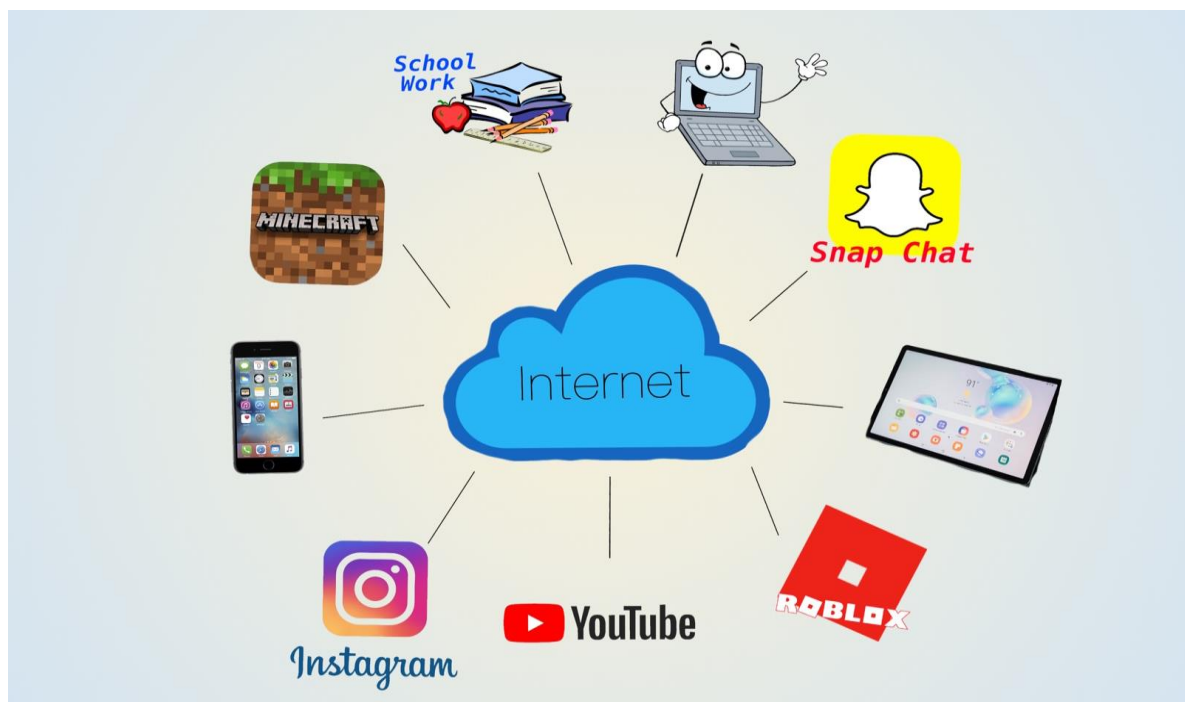
**Blue:** Conclusion

**Purple:** Verses from the bible

##### A. Review Previous lessons (5 Min.)

##### B. Opening / Icebreaker (5 Min.) Different for each grade: Example:

**G4: What are some things that you use your internet for?**



##### G5: Social Media dilemma

Do you guys see this cute adorable teddy? What do you say if I tell you that this Teddy caused a lot of trouble for children and their parents?

Names, birthdates and private information used later to steal your identity and cause you and your parents a lot of trouble. In September, Mattel's Fisher-Price brand announced it had partnered with a tech company to make a Smart Toy, a stuffed bear that can learn a three-year-old's name.

Researchers at Rapid7, found that the app connected to the Fisher-Price toy had several security flaws that would allow a hacker to steal a child's name, birthdate and gender, along with other data.





If a simple toy can do that, imagine what your information on an online profile can do!!!

### G6: True story (Pronography)

One day myself and my daughter were sitting in a waiting room in a medical office. And she had her ipad with her. She was 7 at the moment, and she was playing a brain teaser game online. All of a sudden a popup video ad came on the screen with a nude couple and more. My daughter got scared and threw the tablet on the floor in the middle of the room. Everyone noticed what was on the screen.

Can you imagine being exposed to such destructive ads at such a young age?

What would you have done if you were 7 and saw something like that?

### C. Present the new information/lesson Outline (40-45 Minutes)

Section I (15-20 Min.): Please use the related videos and activities listed in sections 7&8 below.

### What is the internet?



It is a **worldwide** system of computer networks in which any user on any device can get information from another device.



When you turn on any of your devices, a computer, tablet or a smartphone, and you connect to the internet, your device is connected to that whole network through the router or your internet service provider.

All the websites and apps are stored on servers in different places in the world...Those servers store all your game's progress, online orders, even any personal information you enter (**called: Digital Footprints**). All this information stays stored for years and years to follow. **Even if you delete information from your devices, they still stay on the servers.**



Some of those servers store very useful information, like history, information about animals, sea life, technology, uplifting quotes and so on.

However sadly some of those servers are dictated by evil. Full of information that does not match our Christian Identity, beliefs or values. Some people use these servers to hack into our lives, steal our identity, introduce us to impure things, and even bully us.

The path from the internet good side to the internet bad side can happen only with **1 wrong click!!!**



So what we are learning today is how to benefit from the good side of the online world without being hurt by the bad side.

Ask mom and dad to get a software that would help you protect yourself and your devices from any harm and help your parents guide your online usage in a safe way.

This lesson will cover some situations you might be challenged with in your life. We will learn how to lean on God and also learn some information that would help us in those risky situations.

*"Fear not, for I am with you; Be not dismayed, for I am your God. I will strengthen you, Yes, I will help you, I will uphold you with My righteous right hand." (Isaiah 41:10)*

## 7A: Social Media

Continuous TV/reels watching or prolonged surfing of social media, pushes floods of ideas to us. Ideas that may not align with God's plan for us. For example, social media pushes on standards for beauty that have nothing to do with truth. Putting lots of pressure on young ladies and false expectations from young men.

We should keep our brain active and filter every idea to God's standard.

**Is this something God would want for me?**

**Is this how God wants me to look like or act?**

**What if Jesus is physically sitting and watching with me, how would I feel?**

**Does social media affect your self-image?!**

You are God made; your value has nothing to do with outside image. It is even disappointing that some people are very proud of their physical appearance forgetting that it is God who created them!



**Now, is the media bad?!** There is no answer for this other than another question: what are you following on social media, anything beneficial or valuable? Are you wasting time? It is all about the intentions and the effect.

**What kind of digital footprint are you leaving behind?**

Your online person is still you! Don't pretend to be someone else or act differently. Remember and act based on your Christian values. Be thoughtful about your comments online.

Do not let social media negatively affect your attitude or Christian values.

**If my friends are doing something online, does that mean we have to do the same?**

"All things are lawful for me, but not all things are helpful; all things are lawful for me, but not all things edify." (1 Corinthians 10:23)

"All things are lawful for me, but all things are not helpful. All things are lawful for me, but I will not be brought under the power of any." (1 Corinthians 6:12)

**WRONG**  
is **WRONG**,  
even if *everyone*  
is doing it.

**RIGHT**  
is **RIGHT**,  
even if *no one*  
is doing it.

Avoid posting anything that could embarrass yourself or anyone later. It is almost impossible to permanently remove something posted online, someone somewhere could have taken a screenshot.

Do your best not give away any picture of yours. do not post or share personal or any information that leads to your school or where you live.

Objectives → Warn youth from social media risks



## 7B: Safe gaming



Free games can have inappropriate pop-ups or ads, please do your best not play this kind of games. When you use paid service you get better quality games, please do your best to pick age-appropriate games. Also, with paid games doesn't guarantee adultery free content, remember your Christian values and strive to stay away from anything that jeopardises your purity and spiritual life with God.

Be as anonymous as possible and add only people you know in person.

## Cyberbullying:

### What is cyberbullying?

Cyberbullying is bullying with the use of digital technologies. It can take place on social media, messaging platforms, gaming platforms and mobile phones. It is a repeated behaviour, aimed at scaring, angering or shaming those who are targeted.



Examples include:

- Spreading lies about or posting embarrassing photos or videos of someone on social media
- Sending hurtful, abusive or threatening messages, images or videos via messaging platforms
- Impersonating someone and sending mean messages to others on their behalf or through fake accounts.

### What are the effects of cyberbullying?

When bullying happens online it can feel as if you're being attacked everywhere, even inside your own home. It can seem like there's no escape. The effects can last a long time and affect a person in many ways:

- Mentally – feeling upset, embarrassed, stupid, even afraid or angry
- Emotionally – feeling ashamed or losing interest in the things you love
- Physically – tired (loss of sleep), or experiencing symptoms like stomach aches and headaches

The feeling of being laughed at or harassed by others, can prevent people from speaking up or trying to deal with the problem. In extreme cases, cyberbullying can even lead to people harming themselves or others.. Cyberbullying can affect us in many ways. But these can be overcome and people can regain their confidence and health. We will learn how to deal with that later in the lesson.

Remember Jesus touched the untouchable. He loved the unlovable. He cared for the disregarded, weak, and vulnerable...so call his name.

Objectives → Warn youth from gaming risks

**Section II (15-20 Min.):** Please use the related videos and activities listed in sections 7&8 below.

**7C: Feeling safe**

We can learn a few things to help us deal with difficult situations and risks.

**What is the meaning of Risk?**

It is the possibility of something bad/unsafe happening.



**What do you guys consider a risky Situation?**

Ex: Roller Coasters....Believing TV / News / Internet...Forgetting to pray...**what else?**



The more you associate yourself with acts that according to God, the more your conscience is guided by The Holy Spirit inside you.

Process to deal with the situation you are in:

I got this "different" situation/ask ☐ this is you **identifying** the risk.

Ask yourself is it dark or secret or doesn't align with God☐ this is you **assessing** the risk.

Ask for options (**Pray** for wisdom and guidance)☐ this is you reviewing **how to control** the situation.

Choose what aligns with your Christian values ☐ you gracefully **controlling** the risk.

It might take a few seconds for this whole process to occur, extend the time as possible to have better options and results! Also keep in mind not every situation you'd come out gracefully, but amendments are very important, fix what was broken and disclose with your father of confession and get guidance.

Ask questions as much you can, learning is a life skill.

Ask do I have to do this?






What will happen if I did or I did not?

What is the cost? What am I risking?

"There is a way that seems right to a man, But its end is the way of death." proverbs 14:12

"Your word is a lamp to my feet And a light to my path." psalms 119:105



<h1>S</h1> <h2>Stay Safe</h2> <p>Don't give out your personal information to people / places you don't know.</p> 	<h1>M</h1> <h2>Don't Meet Up</h2> <p>Meeting someone you have only been in touch with online can be dangerous. Always check with an adult you trust.</p> 	<h1>A</h1> <h2>Accepting Files</h2> <p>Accepting emails, files, pictures or texts from people you don't know can cause problems.</p> 	<h1>R</h1> <h2>Reliable?</h2> <p>Check information before you believe it. Is the person or website telling the truth?</p> 	<h1>T</h1> <h2>Tell Someone</h2> <p>Tell an adult if someone or something makes you feel worried or uncomfortable.</p> <p><b>Follow these SMART tips to keep yourself safe online!</b></p> 
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SMART tips based on resources from [www.thinkuknow.co.uk](http://www.thinkuknow.co.uk)

Ask a trustworthy adult if needed...Remember they have experience...

**Please do not assess the Risk by Trying it!!!!**

Attach yourself to the word of God, memorise the psalms and repeat them. The word of God is a shield for us.

**Fully Rely On God! FROG**



Objectives → Teach youth to lean on God and learn some skills to assist with difficult situations.

## 7D: Unsafe situations and secrets

Sometimes things that seem fun to you are not fun. A class-mate might want to jump on his colleague's back because it sounds fun, but if he is not really a close friend, and didn't make sure the other person is ready. Someone is likely to end up getting hurt.



## Appropriate (safe) VS Inappropriate (unsafe) touch

### What is the meaning of the word Private?

Belongs to one particular person.

**Private parts:** Body parts that belong to one particular person.



No one has the right to:



Any parts of our body that would be **covered with a bathing suit** is a private part...

A part that **God created** for me.

A part that **belongs to me**.

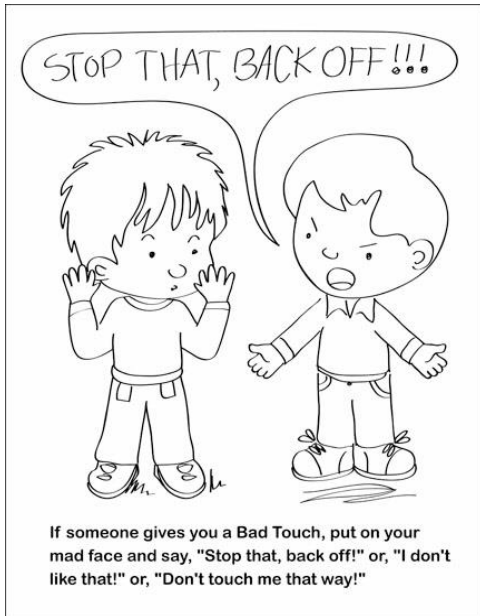
A part that **I need to do my best to**

**protect.**

Any touch that **feels confusing or uncomfortable** is an unsafe touch.

When it comes to private parts it is far worse. No one should ever touch you in a private part of your body and you should never touch anyone in their private parts. These are sexual touches and they are abusive.

- Sexual touching or making sexual remarks by an adult about a child's body or spreading rumors about anyone's sexual reputation is sexual harassment. Both sexual harassment and sexual abuse are crimes and should be reported.
- Setting physical boundaries with all ages is very important, with a friend or an adult. Remember that your body is the temple of the Holy Spirit. No one is supposed to touch.



Be careful if someone offers you free gifts. It might start as simple as a free gift! Make sure to tell your parents and confirm you are allowed to accept such a gift.

Abuse is something that many children live with, but often kept as a secret. You are old enough to talk about touches that do not make you feel safe if it ever happened to you. If an unsafe situation ever happened to you, you might feel confused, afraid, shocked, or frozen, that is normal. It is never your fault even if you froze and were not able to do anything. After the situation you must tell!

Threats to hurt you if you tell anyone, are all **lies**. When you tell the right people, you will get help. It is never okay to keep something like this as a secret, these are unsafe secrets.







If you just tell your parents, you do not want to see a person, or you do not like someone, without saying the actual reason. Your parents will not understand the reason and that will not stop the harassment.

Your parents care for you the most, help them to take care of you by telling everything.

Abuse from a close adult, a relative or a family friend can be very hard to talk about, it is very important that you seek help from your parents, priest in your church or your school counsellor.

Objectives → Raise children awareness for child abuse and sexual harassment.

## 7E: Pornography (Grade 6 only)

God created humans in His own image, and each person needs to strive to reflect the image of God. When people dress up in little cloth or no clothes this doesn't glorify God.

It's normal to be curious about sex and this can lead to curiosity about porn. Porn doesn't reflect real sex using it to learn about sex is sin. It's important to think carefully about what you watch. Porn is a world product for sinful entertainment and isn't intended for young people or any age.



Nude pictures affect our brain and it is so hard to get rid of in future.

Claiming it is just one photo or one video seems like nothing but in reality, it can drag us to big issues, dangers and consequences. The worst part is that it steals our purity and innocence.

It is never one time! Watching porn is like drug addiction you think you are in control until you try to stop and can't, which is basically addiction it is like the domino effect, once you start you can't stop it!

If you accidentally or even on purpose watched porn, please stop, repent, clean your heart and confess.

Objectives → Warn from nude pictures and porn.

## Seeking advice:

“Trust in the Lord with all your heart, And lean not on your own understanding; In all your ways acknowledge Him, And He shall direct your paths.” (Proverbs 3:5-6)



Don't be alone, and be aware that the internet is far from being a reliable source of information in this topic.

Seek a trusted person that shares your Christian beliefs and values. God surrounded us with responsible adults that we should ask:

-Parents

- Fathers of confession
- Sunday school servants





## D. Lesson review and what did you learn in the session? (5 Minutes)

### Review / Questions:



### E. Prayer: (Use part or full)

*Heavenly Father,*

*There are so many opportunities to be tempted.*

*Everyday is a battle against the enemy.*

*Please help us be aware of temptation and to be able to flee from it.*

*The Holy Spirit gives us the strength and self control to resist any worthless things on our devices.*

*Guard our hearts and our minds in Christ Jesus!*

*Please hear us when we say: Our Father...Amen.*

## 6. Practical application of the lesson to SSSs lives

- Safe and unsafe touch.
- Online pornography.
- Safe gaming / social media.
- Tell an adult / who to trust

## 7. Videos

### 1. Video introduction:

Set expectations in advance for an open discussion around the video.

### 2. Video viewing *(Run the whole video or part of it, according to what matches your presentation flow best.)*

**G4: (Section: 7A)**

### [Protect Yourself Rules - Cyber Bullying](#)

<https://youtu.be/916K8xRxQZw>

**G5: (Section: 7D )**

[Protect Yourself Rules - Secrets](#)

<https://youtu.be/uAD17zMgjHc>

**G6: (Section: 7C )**

[Protect Yourself Rules - Tell](#)

<https://youtu.be/GWqTzeITGLY>

**Extra videos: General**

### [Protect Yourself Rules - Smart Choices](#)

<https://youtu.be/XoyyvBoDoaA>

### 3. Open discussion about the Video.

## 8. Group Activity

### G4: Safe or unsafe? (Can be done in a Kahoot form if you wish)



- + I am online and meet someone my age in a chat room. Is it ok to give him or her my address or phone number so we can get together?
- + Send the drawings I made to my grandparents in a different country.
- + I have a picture of myself and someone I met online wants to see it. Is it OK to send it to them?
- + Found a Youtube video online that shows where Jesus walked in Jerusalem, do I share it with my friends?
- + I am in the middle of a chat and someone says something really mean. I do not respond to him and go tell an adult.
- + My friend found an App online that helps make animation. I thank him and show it to my parent before downloading.
- + I am playing an online game. They want my name and number to enter a contest. Is it OK to enter?

(Objective of this activity: To be able to differentiate between safe and unsafe activities online.)

### G5: Digital Footprint

Print this blank foot and cut around.

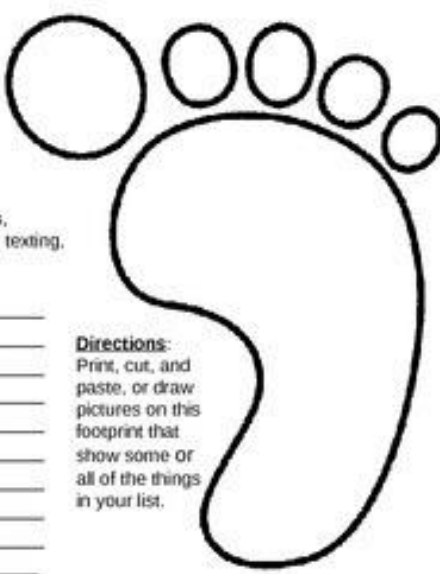
Ask the students to list their favourite digital activity...website, games, videos, music, texting, posting, researching...etc.

# My Digital Footprint

List your favorite digital activities: apps, websites, games, videos, images, music, texting, posting, researching, etc.

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**Directions:**  
Print, cut, and paste, or draw pictures on this footprint that show some of all of the things in your list.



Ex:



(Objective of this activity: Let the children visualise what they actually are doing online and start thinking of what is safe and non safe.)

## G6: Social Media Bingo

Directions:

1. Hand out BINGO cards to your children
2. Read a term
3. Have children mark off a compatible phrase on their BINGO card
4. Repeat steps 1-2 until you run out of terms.

\*\*Some of these questions can have multiple answers and can be interchangeable (Ex 1: What shouldn't you do in the virtual world? The answer could be making rude comments, creating a fake account, or sexting. Ex 2: Name something you should do online? The answer could be to report inappropriate behaviour, make kindness go viral, set limits, etc.)



Here are the BINGO terms:

Name something you shouldn't do online (don't let friends use your account)	Name something you should do online (make kindness go viral)	What is it called when people are being rude or hurting you via social media? (cyberbullying)	What should you always do when you're done on social media? (always log out)
What should you say no to? (sexting)	What should be strong? (password)	What should you save? (evidence)	What's important to create? (digital reputation)
Name something you should do to balance your life (set limits on electronics)	Name something you shouldn't do online (post hurtful comments)	When you don't know what to do, you should... (reach out for help)	What should you do when you see something inappropriate? (report)
What do you unconsciously create? (Digital footprints)	Where does networking occur? (cyberspace)	What shouldn't you do in the virtual world? (create a fake account)	What shouldn't you respond to? (rude comments)

*(Objective of this activity: Help the youth improve their "netiquette" and identify risks.)*



9. Home Activity with mom/dad

G4/5/6: Read with mom and day. Sign your name at the bottom, and hang in a clear place where you usually sit to use your devices.

The form is titled "Internet SAFETY Permit" and is set against a blue background. The title "Internet SAFETY" is in large, bold, black letters, with "Permit" in smaller black letters below it. A vertical URL "www.housewivesofriverton.com" is on the right side. Below the title is a list of 10 safety rules, each preceded by a small square checkbox. At the bottom, there is a horizontal line for a signature, labeled "Child's Signature".

www.housewivesofriverton.com

I will not share my personal information with others online

I will not ask others for their personal information

I will not click on inappropriate pop ups or ads

If anything inappropriate comes up on my electronic device or computer, I will turn it off and get an adult.

I know that anything I put online will never go away

I know that what I read online is not always true

I know that my parents can see everything I access online

I will not cyber bully or encourage cyber bullying. I will tell an adult if myself or someone else is a victim of cyber bullying

I will be responsible and make good choices while using electronic devices, computers, and the internet.

\_\_\_\_\_  
Child's Signature