

# RESPECT 101: A classroom guide



## Digital Disrespect

### Learning Objectives:

- Students will recognize that the actions they take online and on their cell phone have real consequences.
- Students will learn how to refuse to participate in abusive or controlling digital behavior, including sending repeated and unwanted text messages, violating someone's privacy, or pressuring someone for a naked, private or embarrassing picture.
- Students will learn how to create safe and respectful digital spaces for themselves and others.

Materials needed: None

Activity length: 10-15 minutes

### Warm Up:

We've talked about how the words you use and the actions you take can be disrespectful or harmful to others. This goes for what you do online and on your cell phones, too. Sometimes we don't realize the seriousness of our actions when we're not face-to-face with someone, but those actions can have even deadly consequences. What happens online is real and public for all the world to see. Friendships and dating relationships are shaped by what we do and what we say – no matter where it takes place. It's important that we use technology safely and respectfully.

### Ask the class:

1. What are some benefits of things like social networking, chatting and texting? What are some not so great things?
2. How would you feel if someone posted private photos or harassing comments about you online?
3. How might someone you're texting feel if you constantly sent them messages asking where they are, what they're doing, who they're with and what they're wearing?
4. How would you feel if someone repeatedly pressured you to do something you didn't want to do, like sending a nude or private picture?

### Discussion Points and Wrap Up:

Digital communication helps us keep in touch with others, but it can also make boundaries unclear. Talk with your partner about what you think is okay and not okay behavior. Everyone needs space sometimes. It's not just the number of texts being sent or received, but the content of the messages that really matters.

It is NEVER okay to pressure someone for a nude or private picture. It's also wrong to share these pictures with other people. Sending and possessing nude pictures has serious consequences and some teens have even faced criminal charges for having them. If you receive a nude picture, delete it immediately. Pressure, control, or threats are NEVER okay (e.g., pressuring someone for passwords or bank account information).

***What you say and do online have real world consequences.***