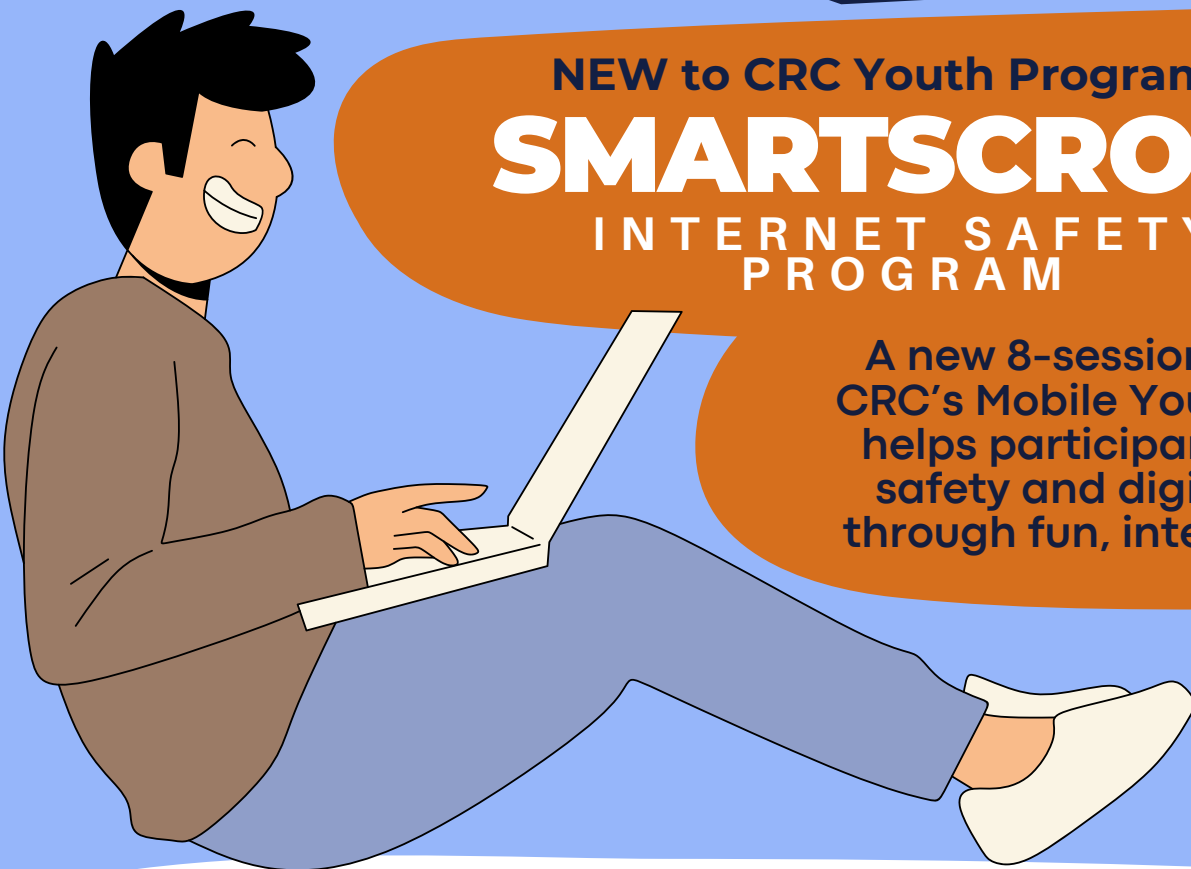




NEW to CRC Youth Programs

SMARTSCROLL

INTERNET SAFETY
PROGRAM



A new 8-session series added to CRC's Mobile Youth Programs that helps participants build internet safety and digital literacy skills through fun, interactive activities.

Why We're Offering This Program

Children are growing up in a world where being online is part of everyday life — from school projects and social media to gaming and chatting with friends. While technology brings many opportunities, it also comes with risks like oversharing personal information, online scams, and cyberbullying.

To support families, the Community Resource Centre has received a \$68,000 grant from CIRA (Canadian Internet Registration Authority) to deliver age-appropriate internet safety programming across rural Renfrew County. This funding allows us to bring the SMARTSCROLL Safety Program to our mobile youth programs, ensuring that kids in smaller communities have the same access to digital literacy skills as those in larger centres.

To Learn More call Cheryl 613-757-3108 or email youth@crc-renfrewcounty.com

Topics Covered

Introduction to Cyber Security

Online Privacy - Intro to Digital Footprints

Online Privacy Continued - Protecting Personal Info

Understanding AI & Safe Practices

Social Media & Online Gaming Addiction

Understanding Cyberbullying

Recognizing & Avoiding Online Predators

SMARTSCROLL Program Review

Family Connection

After sessions, your child will bring home a short resource with:

- Key learning points
- A family checklist
- Conversation starters to keep the discussion going at home



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SMARTSCROLL Safety Program

Session 1 Introduction to Cyber Security

Session 2 Online Privacy - Intro to Digital Foot Prints

Session 3 Online Privacy Continued - Protecting Personal Info

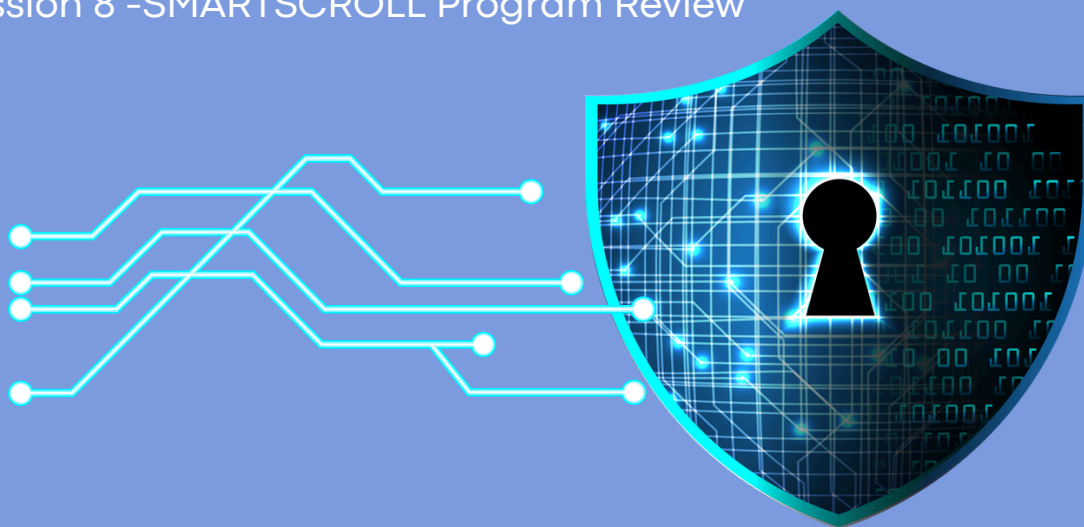
Session 4 - Understanding AI & Safe Practices

Session 5 - Social Media & Online Gaming Addiction

Session 6 - Understanding Cyberbullying

Session 7 - Recognizing & Avoiding Online Predators

Session 8 -SMARTSCROLL Program Review



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Pre-Program Surveys



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Participant Pre-Survey (Grades 3–8)

We're excited to start the SMARTSCROLL Digital Safety Program with you! Before we jump in, we want to know a little bit about how you use the internet and how safe you feel online.

This is not a test — there are no right or wrong answers.

Just be honest! Your answers will help us make the program fun and useful for you.
Thanks for helping us get started!

1. About You

- Grade: ____
- Age: ____

2. How often do you go online (outside schoolwork)?

- ☐ Rarely
- ☐ A few times a week
- ☐ Every day

3. Do you feel confident knowing what is safe to share online?

- ☐ Yes, very confident
- ☐ Sometimes
- ☐ Not really

4. If someone you don't know sent you a message online, what would you do?

- ☐ Reply right away
- ☐ Ignore/delete it
- ☐ Tell an adult
- ☐ Not sure

5. Have you ever talked with an adult (parent, teacher, staff) about online safety?

- ☐ Yes, often
- ☐ Once or twice
- ☐ Never

6. One thing I want to learn in this program is: _____

7. About how much time do you spend online each day (outside of schoolwork)?

- ☐ Less than 1 hour
- ☐ 1–2 hours
- ☐ 3–4 hours
- ☐ 5 or more hours

8. Which online platforms or apps do you use most? (check all that apply)

- ☐ YouTube
- ☐ TikTok
- ☐ Instagram
- ☐ Snapchat
- ☐ Discord
- ☐ Roblox
- ☐ Minecraft
- ☐ Fortnite
- ☐ Other: _____



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Parent Pre-Survey

We're excited to be adding the SMARTSCROLL Digital Safety Program to our Mobile Youth Programs! Before we begin, we'd like to learn more about your child's online habits and your thoughts about internet safety.

This is not a test — there are no right or wrong answers. Your honest feedback will help us understand what families need most and how we can make the program as useful as possible.

Thank you for taking a few minutes to share your perspective.

1. How confident do you feel in your child's ability to stay safe online?

- ☐ Very confident
- ☐ Somewhat confident
- ☐ Not confident

2. How often do you currently talk with your child about online safety?

- ☐ Often
- ☐ Sometimes
- ☐ Rarely/Never

3. Which of these concern you most about your child's online use? (check all that apply)

- ☐ Privacy / oversharing
- ☐ Cyberbullying
- ☐ Online predators
- ☐ Gaming safety
- ☐ Scams / phishing
- ☐ Digital reputation

4. What do you hope your child learns from this program? _____

5. About how much time do you think your child spends online each day (outside of schoolwork)?

- ☐ Less than 1 hour
- ☐ 1-2 hours
- ☐ 3-4 hours
- ☐ 5 or more hours
- ☐ Not sure

6. Which platforms or apps does your child use most? (check all that apply)

- ☐ YouTube
- ☐ TikTok
- ☐ Instagram
- ☐ Snapchat
- ☐ Discord
- ☐ Roblox
- ☐ Minecraft
- ☐ Fortnite
- ☐ Other: _____
- ☐ Not sure

7. What do you hope you will learn from this program? _____



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Session 1

Introduction to Cybersecurity



SMARTSCROLL Safety Program – Session 1

TOPIC

Introduction to Cybersecurity

Goal

Understanding Cybersecurity and it's Importance. Recognizing Common Online Threats: Phishing, Malware, & Imposter Scams & More.

ACTIVITY

Cyber Word Charades

Participants will work in teams learning the meaning of one internet threat. They will then come up with a skit to teach the meaning of their word to the group. There will be time given for guessing and then the team will explain the word they were given.

Anticipated Outcome

- Participants grasp key cybersecurity terms (phishing, malware, imposter, stranger) through acting and explanation.
- Participants boost creativity and communication by turning definitions into skits.
- Participants gain confidence spotting and discussing online threats in real life.

SUPPLIES

- Laminated Word Cards : phishing, malware, imposter, stranger)
- CRC Tablets or Youth Devices
- Timer or stopwatch
- Space for each team to present

INSTRUCTIONS

1. **Divide into Teams** - Split the group into 4 teams
2. **Distribute Word Cards** - Give each team one card containing one of the words: phishing, malware, imposter, or stranger.
3. **Research & Plan** - Teams look up the definition of their assigned word and brainstorm how they will teach the word to the group — via skit, mime, drawing, rap, etc.
4. **Present & Guess** - Each team presents their skit/creative teaching. After, the rest of the group guesses which word was being acted out.
5. **Explain Word & Key Points** - The presenting team reveals the word and provides the official definition (**Facilitators add any missing details or corrects misconceptions.**)

REFLECTIONS

Think about it:

1. Which word surprised you?
2. One thing you'll watch out for online based on what you learned?





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ACTIVITY

Cyber Charades Definitions

Phishing

When someone online tries to trick you into giving personal information.

Malware

Think of it as a computer germ – it's bad software made by people to cause trouble for your computer or phone, by stealing your information, messing up your games, or making your device not work right.

Imposter

A person who cheats or tricks others by pretending to be another person.

Stranger

A person who you don't know in person before meeting them online.

PHISHING

MALWARE

IMPOSTER

STRANGER

PHISHING

👉 What is phishing?

Phishing is when someone tries to trick you into giving away private info by pretending to be someone you trust.

They might:

- Send fake messages or emails that look real
- Ask you to click a link or enter passwords
- Pretend to be a friend, game company, or teacher

Tip: If a message asks for passwords, money, or personal details — don't click and tell a trusted adult first.

MALWARE

👉 What is malware?

Malware is any bad software made to harm your device, steal info, or trick you.

Think of it like a digital germ — it sneaks into your phone, tablet, or computer and causes trouble.

It might:

- Slow down or break your games
- and apps
- Steal passwords or private info
- Trick you with fake pop-ups or messages

Even if it looks safe, malware is dangerous — that's why you should only click and download from people and places you trust.

IMPOSTER

👉 What is an imposter online?

An imposter is someone pretending to be someone else on the internet.

They might:

- Use a fake name or photo
- Pretend to be your friend, a classmate, or even a trusted adult
- Try to trick you into sharing personal information

Remember: If you don't really know the person in real life, they could be an imposter.

STRANGER

👉 Who is a stranger online?

A stranger online is anyone you don't personally know in real life. Even if they:

- Follow your friends
- Like your posts
- Play the same games as you
- Send you friendly messages

...they are still a stranger if you haven't met them, trust them, and know them outside of the internet.

Just because someone is a “friend of a friend” doesn't make them your friend. Online, people can pretend to be anyone, so it's safest to treat anyone you don't know personally as a stranger.



SMARTSCROLL Safety Program – Session 1

TOPIC

Introduction to Cybersecurity Goal

Understanding Cybersecurity and it's Importance. Recognizing Common Online Threats: Phishing, Malware, Imposter Scams, & strangers

WORKSHOP

Catch the Phish!

Introduce participants to phishing, malware and imposter scams and get them thinking about how to spot warning signs and stay safe online.

Anticipated Outcome

- Participants can name one or two common online threats (phishing, malware, imposters, strangers).
- Participants practice spotting warning signs (strange senders, urgent language, suspicious links).
- Builds quick decision-making and awareness in a playful team setting.

SUPPLIES

- Tackle box with fish scenario cards (see samples provided) — mix of safe and unsafe examples. Blue & Green fish bundles for different teams
- Two fish nets labeled safe & unsafe
- Timer (phone or clock).
- Sticky notes & pencil
- Buzzers

INSTRUCTIONS

1. Setup — Divide the group into two teams and get them on a start line. Place the tackle box & nets an even distance from both teams and place nets at another location. Assign one colour to each team.
2. Round 1 — Quick Sort
 - Give each team a rain poncho, fishing rod, pencil & sticky notes. At the whistle a designated team member puts on the poncho grabs the rod and runs to get their fish (goes fishing).
 - Start timer: teams have 3 minutes to sort cards into SAFE or UNSAFE & label them with sticky notes.
 - when the whistle blows, teams bring their sorted fish to the correct nets. Have one staff member checking their answers during the next round.
3. Round 2 — Lightning Round
 - Facilitator reads 4 fish cards (mix safe + threat) aloud or shows them.
 - Teams buzz in — first team names safe or unsafe and can tell the group what they believe its an example of.
4. Debrief & Teach
 - Facilitator reviews a few cards, highlights warning signs (unknown sender, urgent requests, typos, strange links, attachments, promises of prizes). Cite one concrete action: “Don’t click — ask an adult.”
 - Remind students: “If it looks fishy — pause and ask.”





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Catch the Phish!

SAMPLE SCENARIO CARDS

Green Fish

Threat — Phishing

“Email from school-admin@sch0ol-update.com says: ‘URGENT: Click here to verify your account or it will be closed.’” — Threat: phishing; urgent language + weird sender URL.

Threat — Malware

“Pop-up: ‘Your device is infected — download this cleaner now!’ (button: Download).” — Threat: malware; fake alert prompting download.

Tricky / Gray

“Friend sends a link but says ‘open this quick!’ — you weren’t expecting it.” — Discuss: could be safe (friend sent it) or risky (account hacked). Always ask before clicking.

Threat — Malware (Attachment)

“Message: ‘Here’s a funny meme!’ with an attachment named meme.exe instead of .jpg.” — Threat: malware; disguised executable file.

Blue Fish

Threat — Phishing

“Email from school-admin@sch0ol-update.com says: ‘URGENT: Click here to verify your account or it will be closed.’” — Threat: phishing; urgent language + weird sender URL.

Safe

“Message from your friend: ‘Check out this homework doc I uploaded to our school drive’ (shared via school drive link you both use).” — Safe if link is the known class drive and sender is verified.



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SMARTSCROLL Safety Program – Session 1

Catch the Phish!

SAMPLE SCENARIO CARDS

Threat — Phishing

“Email from helpdesk@yourbank-secure.com says: ‘We detected unusual activity — verify your account immediately by logging in via this link.’” — Threat: phishing; impersonates bank, urgent action.

Threat — Scam

“Website popup: ‘You won a free phone! Just enter your name and last 4 digits of your credit card to claim.’” — Threat: scam; asks for payment info.

Black Fish - Lightening Round

Threat — Phishing (Smishing / Text Message)

“SMS: ‘Your parcel is delayed – click this tracking link to reschedule.’” — Threat: phishing/smishing; message asks to click link from text.

Safe / Legitimate

“Email from your teacher: ‘Project file for class’ with a link to your school’s shared drive you already use.” — Safe if link is the known class drive and sender is verified.

Tricky / Gray

“A friend posts a link in a group chat: ‘Check this cool game I found’ — you don’t know the site.” — Could be safe or risky; requires checking with friend and verifying site.

Tricky / Gray

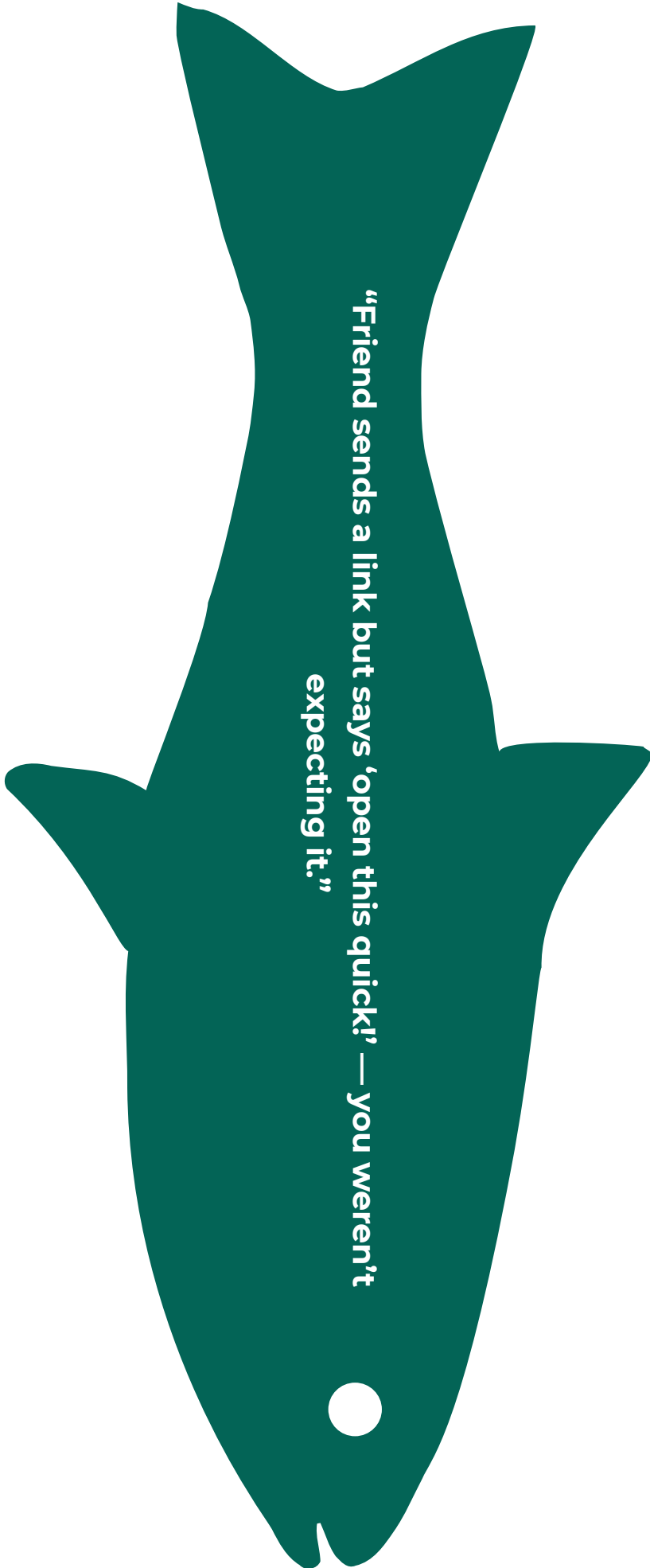
“An app sends you a notification: ‘Update needed now!’ — but it’s not from an official app store.” — Shadow zone: could be malware if not genuine update source.



**“Email from school-admin@sch0ol-update.com says: ‘URGENT:
Click here to verify your account or it will be closed.’”**



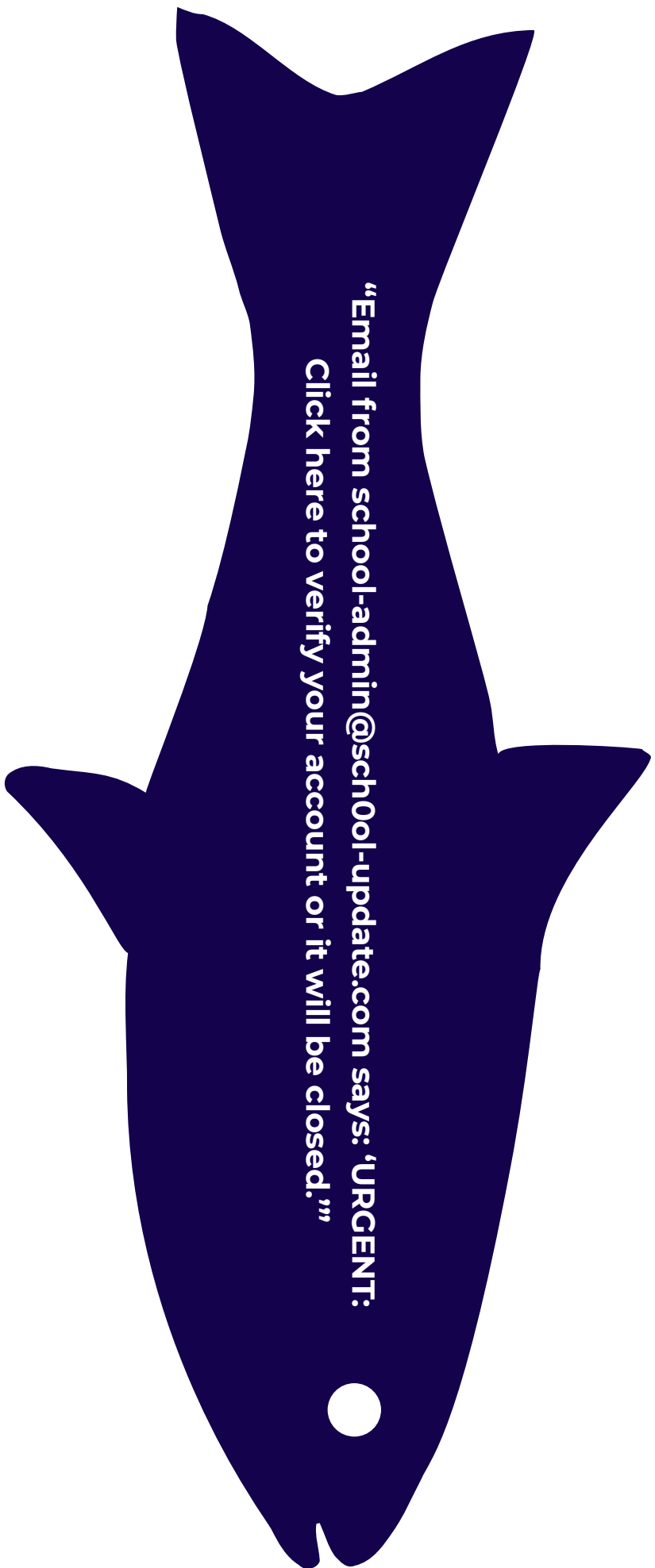
“Pop-up: ‘Your device is infected — download this cleaner now!’ (button: Download).”



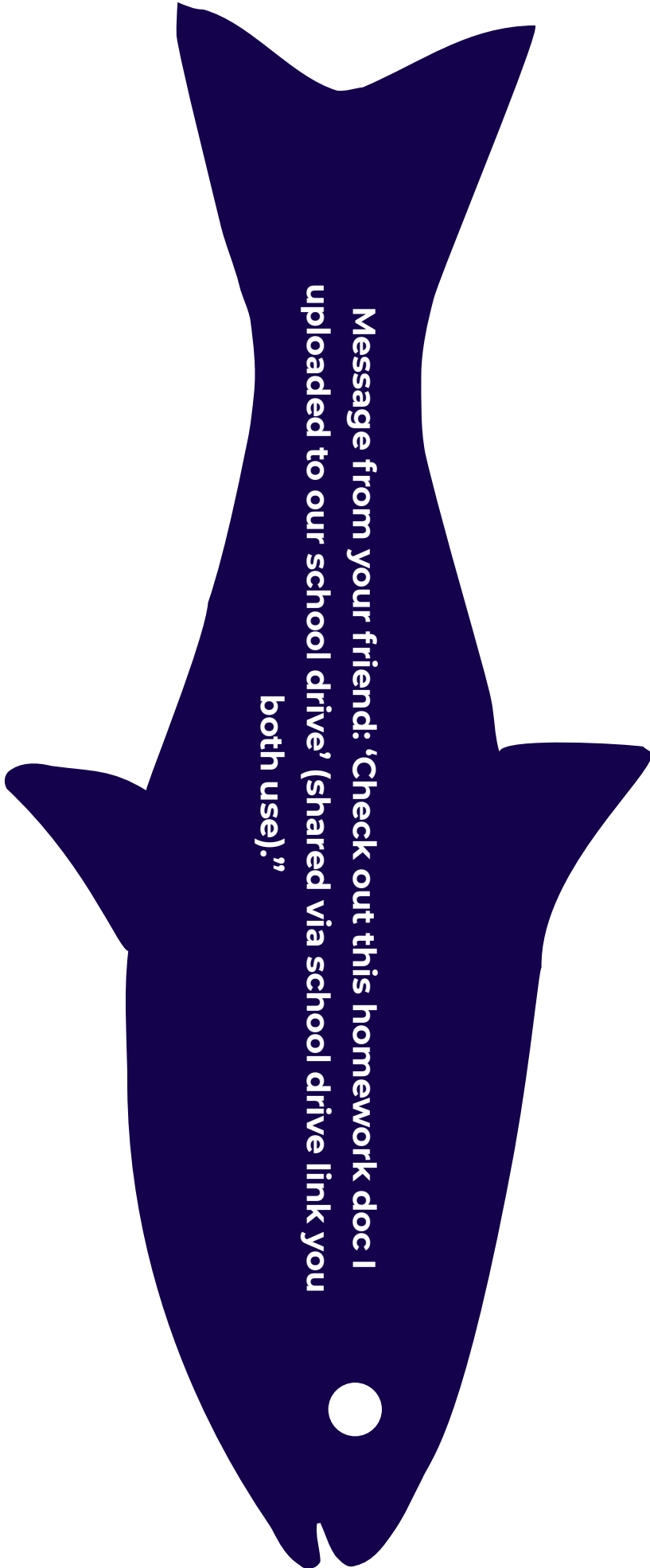
“Friend sends a link but says ‘open this quick!’ — you weren’t expecting it.”



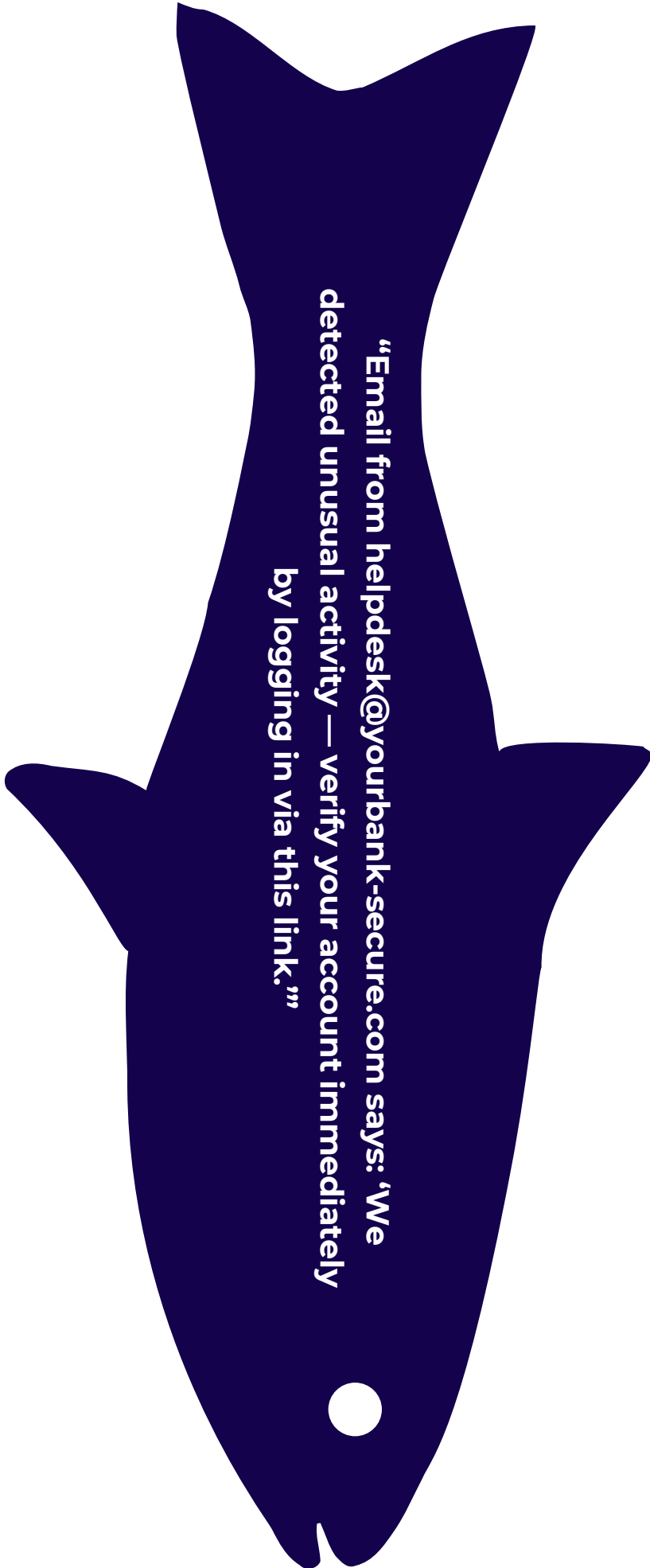
“Message: ‘Here’s a funny meme!’ with an attachment named
meme.exe instead of .jpg.”



**"Email from school-admin@sch0ol-update.com says: 'URGENT:
Click here to verify your account or it will be closed.'"**



Message from your friend: 'Check out this homework doc I uploaded to our school drive' (shared via school drive link you both use)."



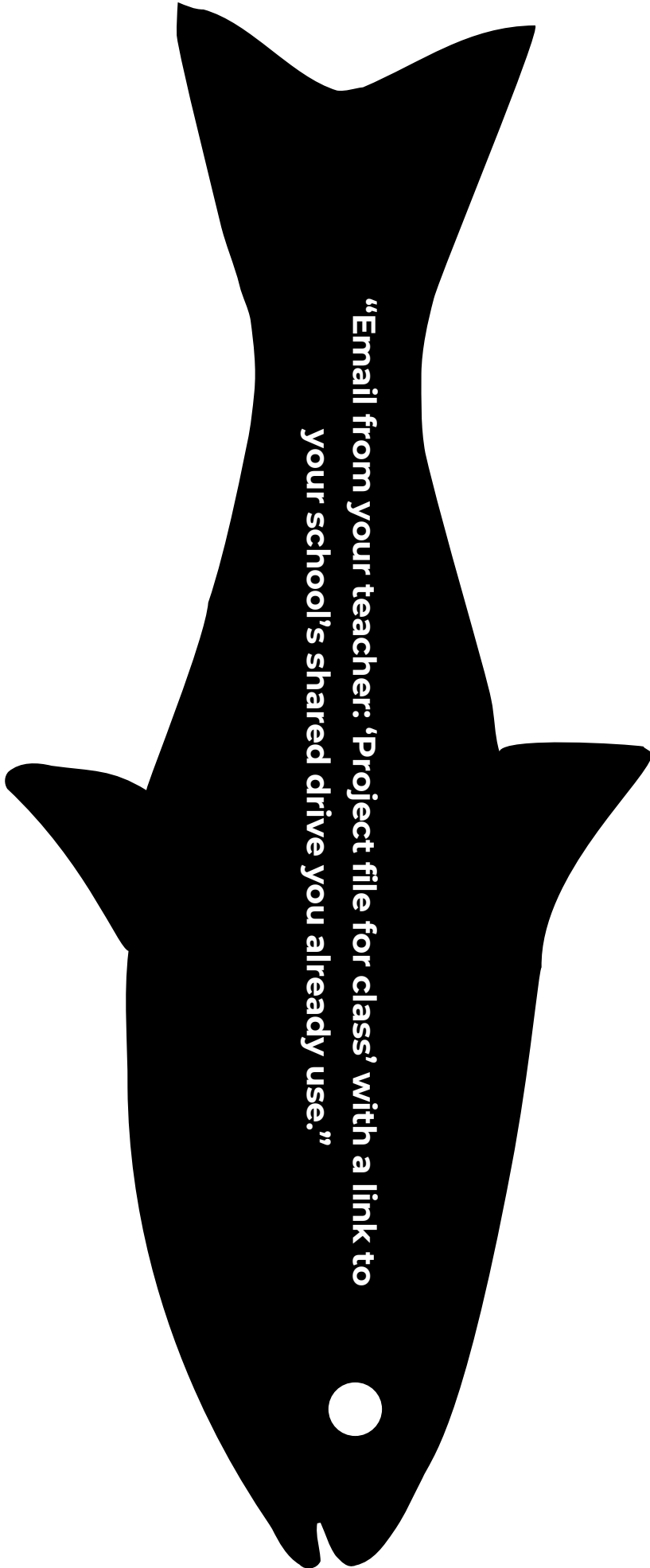
“Email from helpdesk@yourbank-secure.com says: ‘We detected unusual activity — verify your account immediately by logging in via [this link.](#)’”



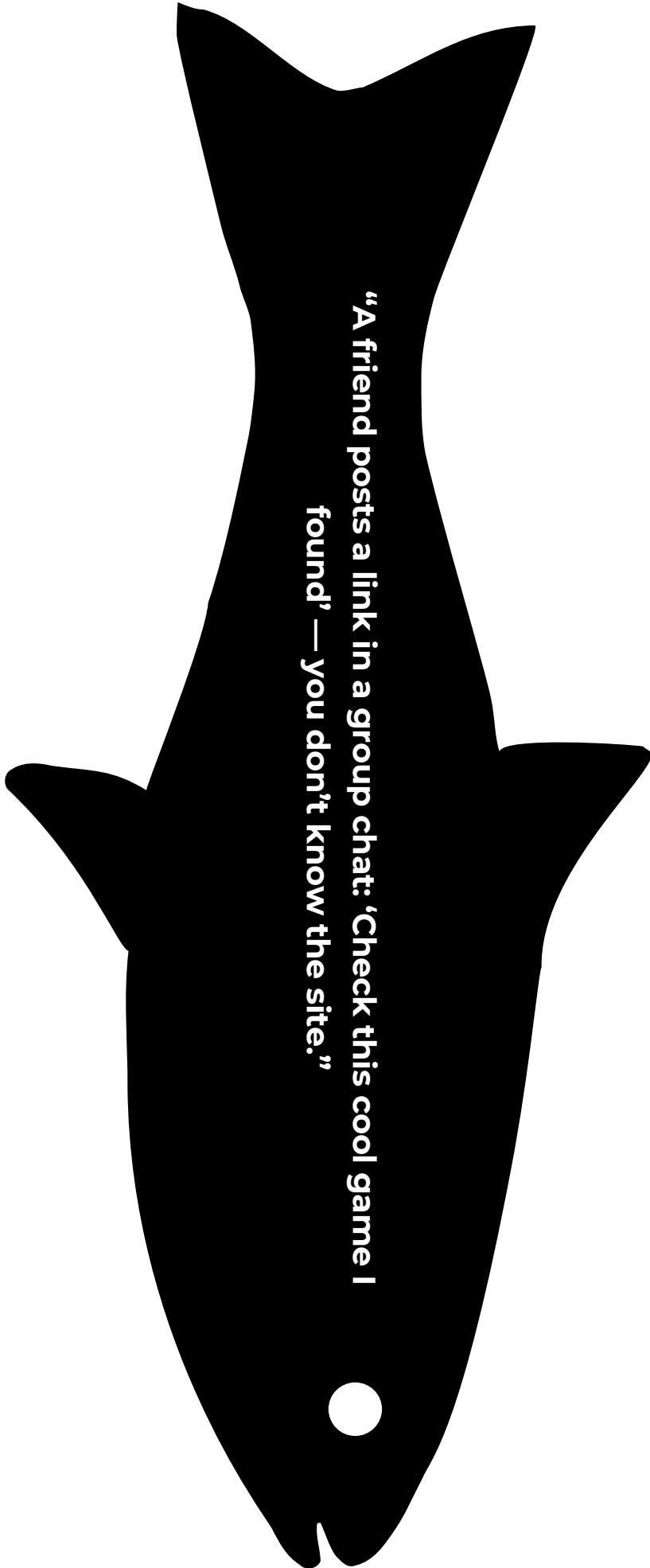
“Website popup: ‘You won a free phone! Just enter your name and last 4 digits of your credit card to claim.’”



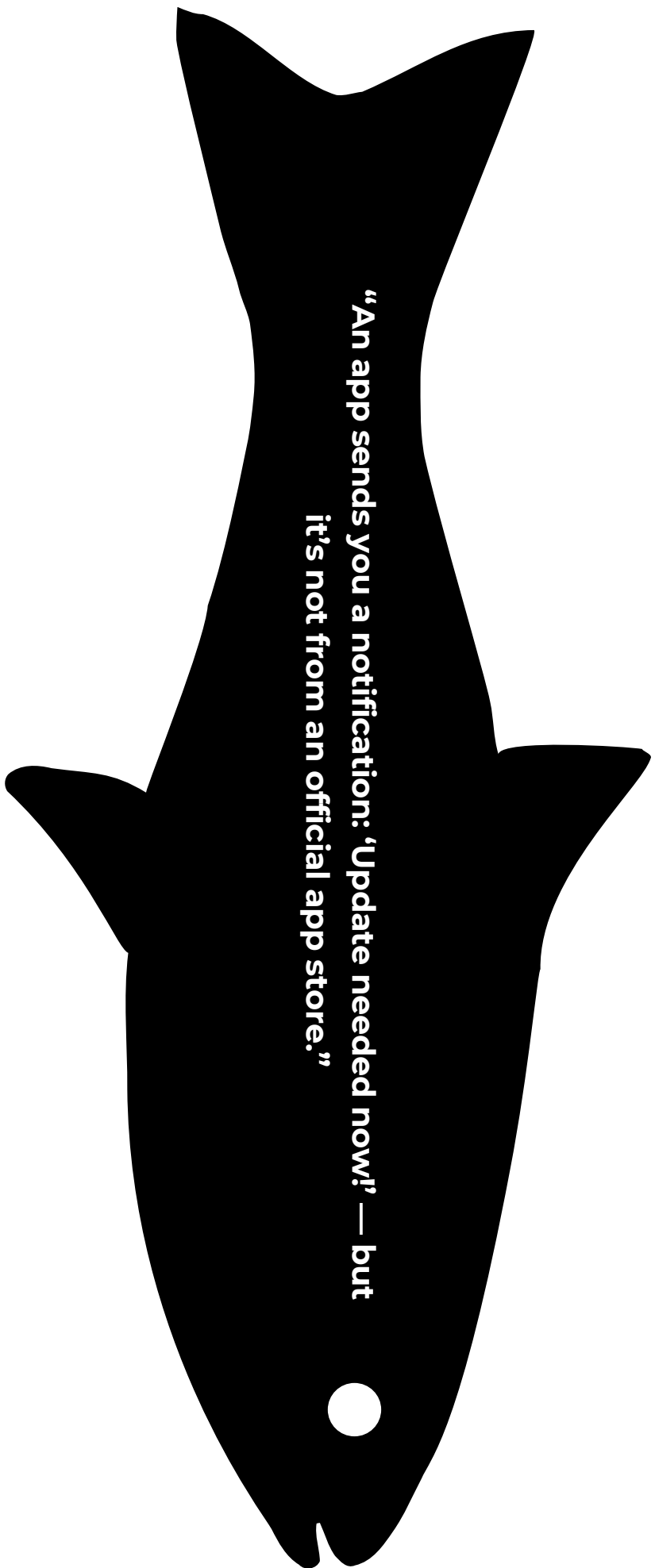
"SMS: 'Your parcel is delayed – click this tracking link to reschedule.'"



**“Email from your teacher: ‘Project file for class’ with a link to
your school’s shared drive you already use.”**



"A friend posts a link in a group chat: 'Check this cool game I found' — you don't know the site."



**“An app sends you a notification: ‘Update needed now!’ — but
it’s not from an official app store.”**







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SMARTSCROLL Safety Program – Introduction to Cybersecurity

Why It Matters

Kids are online every day — gaming, chatting, watching videos, and learning. While the internet is fun and useful, it also has risks. Scams, fake messages, and harmful software can trick kids into sharing personal information or damaging their devices. Helping kids recognize common online threats protects their privacy, keeps devices safe, and builds smart habits for the future.



Learning Corner: What Parents Should Know

Phishing Looks Real

Scammers send fake emails, texts, or messages pretending to be someone you trust (a bank, game company, even a teacher). They ask for personal info or passwords.

Malware = Bad Software

Malware sneaks onto devices through unsafe links, downloads, or pop-ups. It can slow down games, steal information, or lock files.

Imposters Pretend to Be Friends

An imposter may use a fake profile photo or name to trick kids into thinking they're someone they know. Remind kids: if they don't know them in real life, they're a stranger.

Not Everyone Online Is a Friend

A "friend of a friend" is still a stranger if your child doesn't personally know them. Encourage kids to be careful about who they accept online.

Spotting Warning Signs

Urgent language ("act now!"), strange links, or unexpected attachments are red flags. Teach kids to pause and check with an adult before clicking.

Family Privacy Checklist

- | | |
|----------|---|
| YES / NO | - Do we know how to spot a phishing message (weird links, urgent requests)? |
| YES / NO | - Do we talk about not clicking pop-ups or unknown links? |
| YES / NO | - Do we check before downloading apps or files? |
| YES / NO | - Do we only accept online friends we know in real life? |
| YES / NO | - Do we know what to do if someone is pretending to be a friend online? |
| YES / NO | - Do we talk about telling an adult if something seems "fishy" online? |

Next Steps for Families

Pick one action this week:

- Review a message or email together and look for warning signs.
- Practice the rule: If it looks fishy — pause and ask an adult.
- Remind your child that it's okay to say "no" to online requests, even from "friends of friends."

Safe online habits grow stronger when families talk and learn together.
Visit www.mediasmarts.ca/digital-media-literacy for resources to keep the conversation going!





SMARTSCROLL Safety Program – Introduction to Cybersecurity

Scenarios to Discuss Together

Take some time as a family to chat about the following scenarios. We've reviewed these in program so it's a great refresher for your child and an opportunity for them to show you just how much they already know!

“SMS: ‘Your parcel is delayed – click this tracking link to reschedule.’”

— Threat: phishing/smishing; message asks to click link from text.

“Email from your teacher: ‘Project file for class’ with a link to your school’s shared drive you already use.”

— Safe if link is the known class drive and sender is verified.

“A friend posts a link in a group chat: ‘Check this cool game I found’

— you don’t know the site.” — Could be safe or risky; requires checking with friend and verifying site.

“Email from school-admin@sch0ol-update.com says: ‘URGENT: Click here to verify your account or it will be closed.’”

— Threat: phishing; urgent language + weird sender URL.

“Pop-up: ‘Your device is infected — download this cleaner now!’ (button: Download).”

— Threat: malware; fake alert prompting download.

“Friend sends a link but says ‘open this quick!’ — you weren’t expecting it.”

— Discuss: could be safe (friend sent it) or risky (account hacked). Always ask before clicking.

“An app sends you a notification: ‘Update needed now!’ — but it’s not from an official app store.”

— Shadow zone: could be malware if not genuine update source.





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Session Evaluation: _____

What Worked:

Challenges:

Solutions to test:

Concerns:

Session 2
Online Privacy -
Intro to Digital
Foot Prints



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SMARTSCROLL Safety Program – Session 2

TOPIC

Digital Footprint Trail (Movement Game)

Goal

Help participants recognize the difference between positive and negative online actions, and understand how their choices shape their digital footprint.

WORKSHOP

Understanding Digital Footprints?

Participants will learn how their online activities, from social media posts to gaming interactions, contribute to their digital footprint.

Anticipated Outcome

Anticipated Outcome:

- Participants practice identifying safe, positive online behaviors.
- They learn how negative actions can create lasting consequences.
- Adds a kinesthetic element, making the concept memorable.

SUPPLIES

- large laminated footprints with the actions printed on them
- Tape
- Markers & Flip Chart Paper

INSTRUCTIONS

1. Place footprint cutouts on the floor in a winding trail. Each footprint has an “online action” written on it (e.g., posting a selfie, commenting kindly, oversharing your address, helping a friend online).
2. Students walk the trail, stepping only on the footprints they think create a positive digital footprint.
3. If they step on a “negative” one, pause and discuss why it’s risky.
4. Continue until each student has completed the trail.





**Posting a
kind
comment
on a friend's
picture**



**Sharing a
funny meme
that makes
people laugh
(without
being mean)**



**Watching an
educational
video (science
experiment,
how-to, etc.)**



**Helping a
friend with
homework
over chat**



**Asking a
teacher or
parent
before
downloading
a new app**



**Reporting a
bully or mean
comment to
an adult**



Using
respectful
words in a
gaming
chat



Creating and
posting
original
artwork,
music, or
writing



**Using a
nickname/
username
instead of
your real
name**



**Sharing
encouragement
with a
teammate in
a group chat**



**Posting
about a
community
event or
school
fundraiser**



**Playing an age-
appropriate
online game**



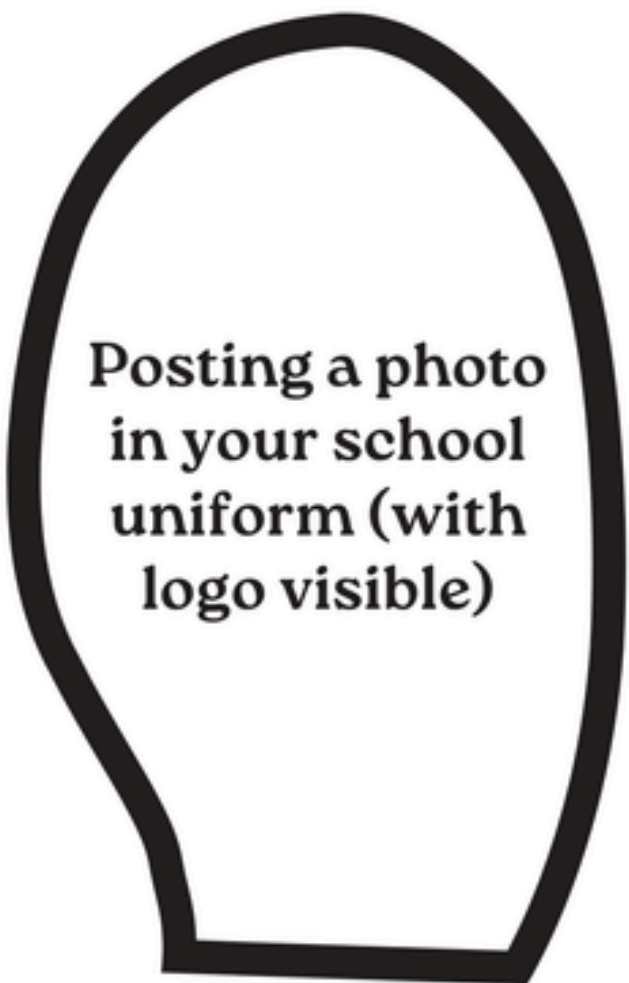
**Posting
your home
address or
school
name
online**



**Sharing your
phone number
with a person
you've never
met in person &
don't know
(a stranger)**



**Using your
pet's name
as your
password**



**Posting a photo
in your school
uniform (with
logo visible)**



**Writing a
mean or
teasing
comment on
someone's
post**



**Clicking on a
“free prize” link
in a game or
email**



**Telling your
location
during a
livestream
or game**



**Sharing
someone else's
picture without
asking**



**Accepting a
friend
request from
someone
you don't
know**



**Using curse
words in a
group chat**



**Oversharing
(birthday,
full name,
where you
live) on a
public
account**



**Liking or
sharing a
hurtful post
about another
person**



**Sharing your
favorite food**



**Telling people
you have a pet
dog**



**Posting your
favorite
video game**



**Sharing a group
photo with
friends in it**



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SMARTSCROLL Safety Program – Session 2

Digital Footprint Trail (Movement Game)

LOWRISK ONLINE ACTIONS

1. Posting a kind comment on a friend's picture
2. Sharing a funny meme that makes people laugh (without being mean)
3. Watching an educational video (science experiment, how-to, etc.)
4. Helping a friend with homework over chat
5. Using respectful words in a gaming chat
6. Creating and posting original artwork, music, or writing
7. Asking a teacher or parent before downloading a new app
8. Reporting a bully or mean comment to an adult
9. Using a nickname/username instead of your real name
10. Sharing encouragement with a teammate in a group chat
11. Posting about a community event or school fundraiser
12. Playing an age-appropriate online game

RISKY ONLINE ACTIONS

1. Posting your home address or school name online
2. Sharing your phone number with strangers
3. Using your pet's name as your password
4. Posting a photo in your school uniform (with logo visible)
5. Writing a mean or teasing comment on someone's post
6. Clicking on a "free prize" link in a game or email
7. Telling your location during a livestream or game
8. Sharing someone else's picture without asking
9. Accepting a friend request from someone you don't know
10. Using curse words in a group chat
11. Oversharing (birthday, full name, where you live) on a public account
12. Liking or sharing a hurtful post about another person

THE GRAY AREA...

To make it more interactive, mix in a few "tricky/gray area" footprints where kids need to discuss why it could be risky or safe depending on context:

1. Sharing your favorite food
2. Telling people you have a pet dog
3. Posting your favorite video game
4. Sharing a group photo with friends in it

These gray ones are great for sparking discussion instead of just labeling "good/bad."





SMARTSCROLL Safety Program – Session 2

TOPIC

Online Privacy & Protecting Personal Information

Goal

Teach Participants how to safeguard their personal information, recognize what should remain private, and understand the risks of oversharing online.

ACTIVITY

Future Headlines

Participants will imagine how their digital footprint could be viewed years from now by creating playful “future news headlines” based on online actions today.

Anticipated Outcome

- Participants practice thinking about the long-term impact of online choices.
- They recognize how positive actions can strengthen their reputation.
- Builds creativity while reinforcing digital responsibility

SUPPLIES

- Paper
- Markers
- Template with “Future News Headline” layout

INSTRUCTIONS

1. Ask participants to imagine someone found their old posts years from now.
2. In pairs, they create a “mock headline” about what their footprint might say about them (e.g., “Teen Known for Helping Others Online” vs. “Old Posts Come Back to Haunt”).
3. Share with the group

REFLECTIONS

Think about it:

1. Is your headline positive or negative?
2. What online actions might lead to this kind of headline?
3. What changes could you make today to shape the future you want?



THE DAILY DIGITAL TIMES

DATE:

PRESENTED BY:

WHAT WILL YOUR DIGITAL FOOTPRINT SAY ABOUT YOU IN THE FUTURE?



STUDENT'S POSTER MAKES HEADLINES

A student's creativity caught everyone's attention this week after her artwork was chosen as the winner of a digital responsibility poster contest. The bright and colorful design showed how online choices leave a lasting footprint.

Her poster reminded viewers that what we share today can shape how others see us in the future. Contest judges said the design was a perfect example of using creativity to send a positive online message. The winner said she hopes her work inspires other kids to think twice before posting and to share things that spread kindness.

ARTWORK WITH A MESSAGE

The winning poster stood out because it was fun, bold, and filled with good energy. "This design captured the spirit of the contest," one judge explained. "It shows how even simple posts can send a powerful message."

The poster will now be shared at schools and youth programs to remind students that digital footprints can tell a story—so make it one you're proud of!

***"CREATIVE
STUDENT
REMINDS
OTHERS: POSTS
LAST FOREVER"***

✂ READ MORE AT WWW.THEDAILYDIGITALTIMES.COM ✂

THE DAILY DIGITAL TIMES

DATE:

PRESENTED BY:

WHAT WILL YOUR DIGITAL FOOTPRINT SAY ABOUT YOU IN THE FUTURE?



Soccer Victory Post Raises Questions

A student's excitement over winning a soccer tournament led to a post that shared more than expected. The photo showed uniforms, team logos, and the school name in the background. While the post celebrated a big win, it also revealed personal details. Teachers reminded students that even fun moments should be shared with care.

When Celebration Goes Public

The team photo got lots of likes but also gave away information. Uniforms and locations can be part of a digital footprint.

"This shows how even happy posts can share too much," one coach said. Students were encouraged to crop photos or use captions that protect their privacy.

Post Gone Too Far

A team victory post was fun to share—but it also revealed private details. The photo showed uniforms, logos, and the school name in the background, which made it easy for others to know exactly where the players could be found.

What felt like a harmless celebration quickly turned into an example of oversharing. Students were reminded to always check photos before posting and to think about what information might be visible. Cropping, blurring, or simply sharing a caption without a photo are safer ways to celebrate online. Protecting personal details is just as important as celebrating a big win.

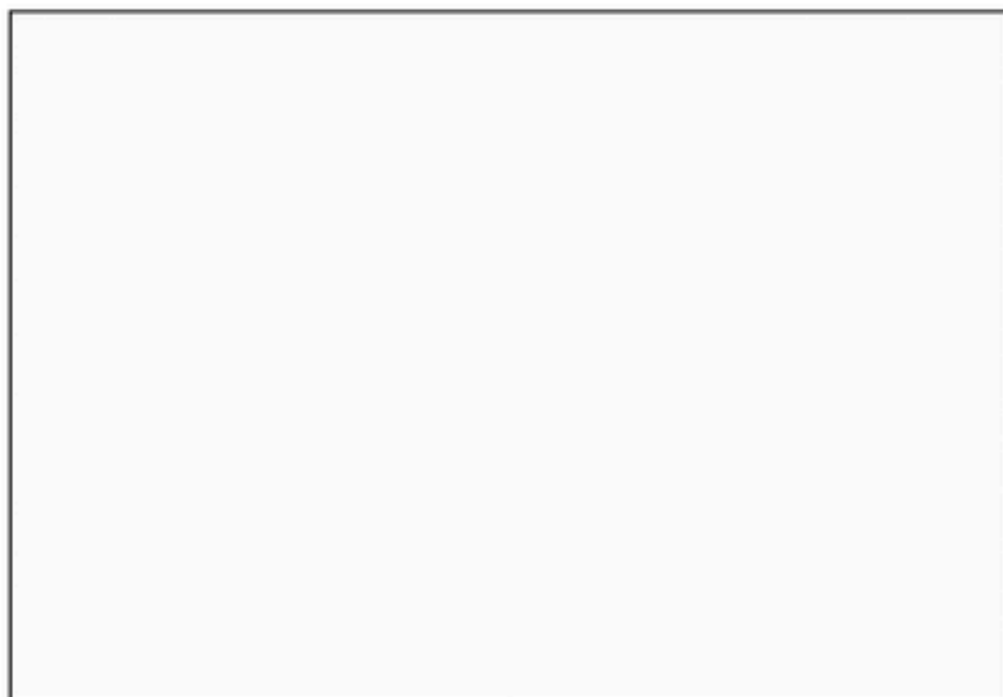
**"VICTORY
PHOTO REVEALS
TOO MUCH"**

✂ READ MORE AT WWW.THEDAILYDIGITALTIMES.COM ✂

THE DAILY DIGITAL TIMES

DATE:

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“

”





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Session Evaluation: _____

What Worked:

Challenges:

Solutions to test:

Concerns:

Session 3
Online Privacy
Continued -
Protecting
Personal Info



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SMARTSCROLL Safety Program – Session 3

TOPIC

Online Privacy Continued -
Protecting Personal Info.

Goal

Teach Participants how to safeguard their personal information, recognize what should remain private, and understand the risks of oversharing online.

ACTIVITY

Slideshow Presentation

Participants will explore how to protect their personal information and digital footprint.

Anticipated Outcome

- Participants practice thinking about the long-term impact of online choices.
- They recognize how positive actions can strengthen their reputation.
- Builds creativity while reinforcing digital responsibility

SUPPLIES

- Slideshow Presentation
- Projector & cords
- Screen

INSTRUCTIONS

1. setup up equipment
2. Seat participants in a comfortable area.
3. Share with the group. Be sure to allow plenty of time of questions and group discussion.

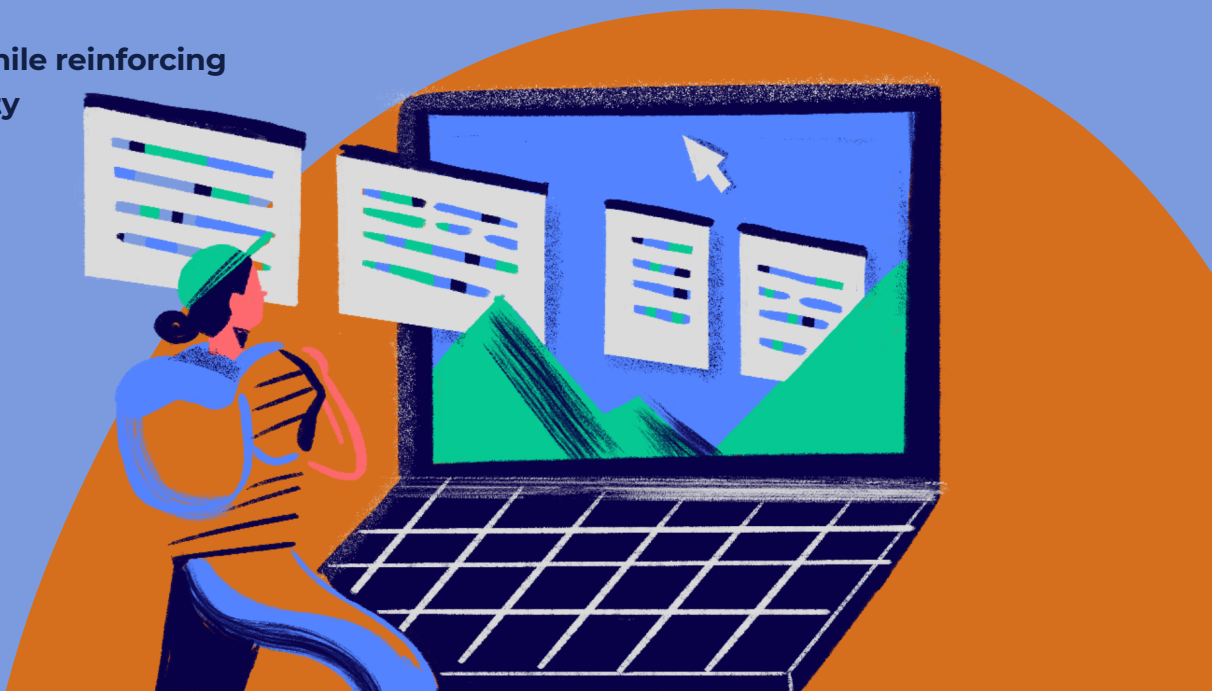
REFLECTIONS

Think about it:

1. Are you make safe online choices?
2. What online actions might make you safer?

Slide Presentation

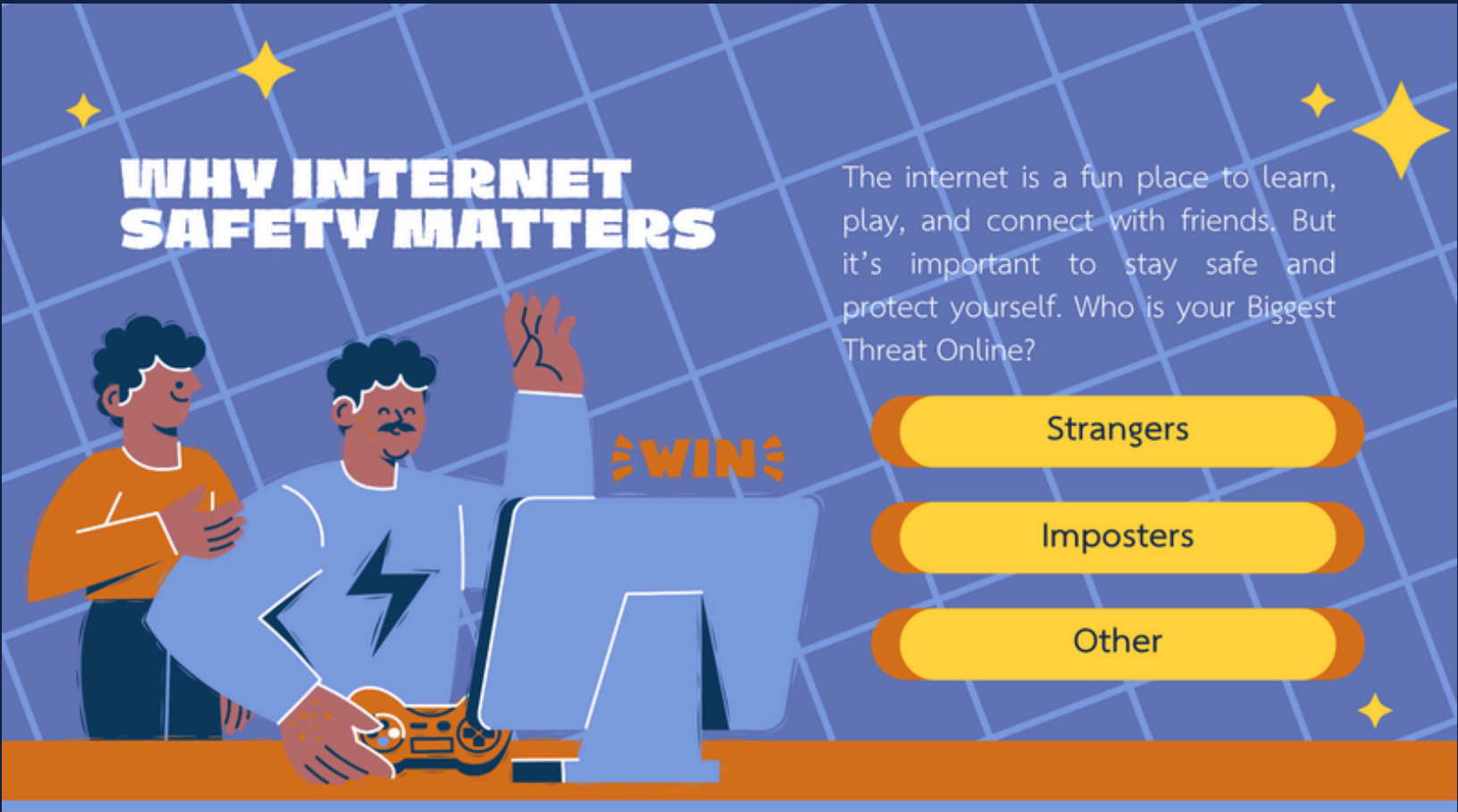
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PROTECTING YOUR PERSONAL INFORMATION ONLINE

“Be Smart, Share Safe Online”



WHY INTERNET SAFETY MATTERS

The internet is a fun place to learn, play, and connect with friends. But it's important to stay safe and protect yourself. Who is your Biggest Threat Online?

Strangers

Imposters

Other

It's YOU!

YOU ARE YOUR BIGGEST THREAT

Sometimes the biggest online danger isn't a hacker or scammer — it's what we share ourselves.

Every time you post a photo, comment, or story, you reveal small details about who you are, where you are, and what you do.

When too many of those details add up, strangers can piece together your identity, location, or daily habits. Protect your personal information.





STAND UP IF...

- You have posted a photo online
- You have purchased something online
- You have posted a comment in a chat
- You have ever used your real name or location in a username or profile
- You have shared a photo or video that showed your school, home, or neighborhood
- You have clicked on an online quiz or game that asked personal questions
- You have ever joined an online group or chat with people you didn't know in real life
- You have ever accepted a friend or follow request from someone you don't know personally



KEEP PERSONAL INFORMATION PRIVATE

Never share your full name, address, school name, or phone number online. This keeps you safe from strangers.

Use a nickname

Don't share personal details

Keep information private

BE CAREFUL WITH PHOTOS AND VIDEOS

Think Before you post. Once something is online, it's hard to take it back. If you're unsure, ask a safe adult.

Think before you post

Use the "Grandma Test"

Ask a safe adult



DISCUSSION SCENARIOS

Decide whether the person is sharing to much or not.





SCENARIO #1

Jordan was excited about a new drawing she made. She took a photo of the drawing and posted it on social media with her account set to private. The post showed only the artwork and did not include Jordan's face, school, or location.



SCENARIO #2

Taylor was drinking smoothies with his friends at a local smoothie shop. He tagged the smoothie shop's location on his social media account. Taylor's social media account is not set to private and he has lots of followers.



SCENARIO #3

Alex joined a virtual game tournament with friends. He shared a screenshot of his game scoreboard on social media but made sure his real name, school, and city were not visible. His friends could see the fun moment, but Alex's personal information stayed private.



SCENARIO #4

Rachelle was playing a dare game with her friends. One of her friends asked her to share a photo of her making a funny face. Rachelle shared the photo with her friend who posted it on social media and made it public.



AVOID THE TEMPTATION TO SHARE INFORMATION

Be smart & share safely every time you go online.





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SMARTSCROLL Safety Program Online Privacy & Protecting Personal Information - Digital Footprint

Why It Matters

Every post, picture, and comment online leaves a trail called a digital footprint. This trail can be positive (kind comments, achievements, creativity) or risky (oversharing personal details). Even when a post is deleted, screenshots or shares can keep it alive. Teaching kids to think before posting helps protect their privacy and builds a reputation they can be proud of.



Learning Corner: What Parents Should Know



- 1. A Digital Footprint Is Permanent**
Kids often think posts disappear—but traces remain through screenshots, backups, or people resharing content.
- 2. Privacy Settings Help but Aren't Perfect**
Accounts marked “private” can still be seen by friends of friends, or reshared by others. Always double-check what's visible.
- 3. Oversharing Is Easy to Miss**
Photos can include clues—like school names on uniforms, house numbers, or even landmarks in the background.
- 4. Footprints Have Power**
Encourage your child to safely share things that highlight their values, like acts of kindness, school projects, sports achievements, or creative work. These create a strong, positive online presence.
- 5. Talk About the “Pause Before You Post” Rule**
A simple pause helps kids decide: Is this kind? Is it safe? Would I be okay with my a teacher, coach, or future employer seeing this?

Family Privacy Checklist

Sit down with your child and go through each item. Circle Yes or No together and discuss next steps.

- YES / NO – Do we know who can see our social media posts?
- YES / NO – Have we checked the privacy settings on our games/apps?
- YES / NO – Are we using strong passwords that aren't easy to guess?
- YES / NO – Do we avoid sharing personal details (school name, phone number, address)?
- YES / NO – Do we think carefully before sharing photos or videos?
- YES / NO – Do we ask permission before posting about friends or family?
- YES / NO – Do we know what to do if someone is unkind or unsafe online?
- YES / NO – Do we celebrate positive online actions (kind comments, helping friends, creativity)?

Next Steps for Families

Pick one action this week (e.g., check privacy settings, create stronger passwords).

Practice the “pause before posting” rule together.

Keep the conversation going—safe online habits grow stronger when families make them part of everyday life.



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Session Evaluation: _____

What Worked:

Challenges:

Solutions to test:

Concerns:

Session 4
Understanding
AI & Safe
Practices



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SMARTSCROLL Safety Program – Session 4

TOPIC

Understanding AI & Safe Practices

Goal

Participants will explore what AI is, learn about pitfalls & how deepfakes can influence unsuspecting viewers.

ACTIVITY

Slideshow Presentation

Participants will explore AI Basics and learn skills to protect themselves online.

Anticipated Outcome

- Participants will understand what AI is and how it's used.
- They will better recognize deepfakes.
- They will have a basic understanding of AI Bias
- They will know what to do if they need support

SUPPLIES

- Slideshow Presentation
- Projector & cords
- Screen

INSTRUCTIONS

1. setup up equipment
2. Seat participants in a comfortable area.
3. Share with the group. Be sure to allow plenty of time of questions and group discussion.

REFLECTIONS

Think about it:

1. Are you make safe online choices?
2. What online actions might make you safer?

Slide Presentation

To access the link to this and our other Canva generated program presentations please email youth@crc-renfrewcounty.com



AI Safety: Your Superpower!



What does AI stand for?

Automatic Integration

Artificial Innovation

Artificial Intelligence

Awesome Intelligence

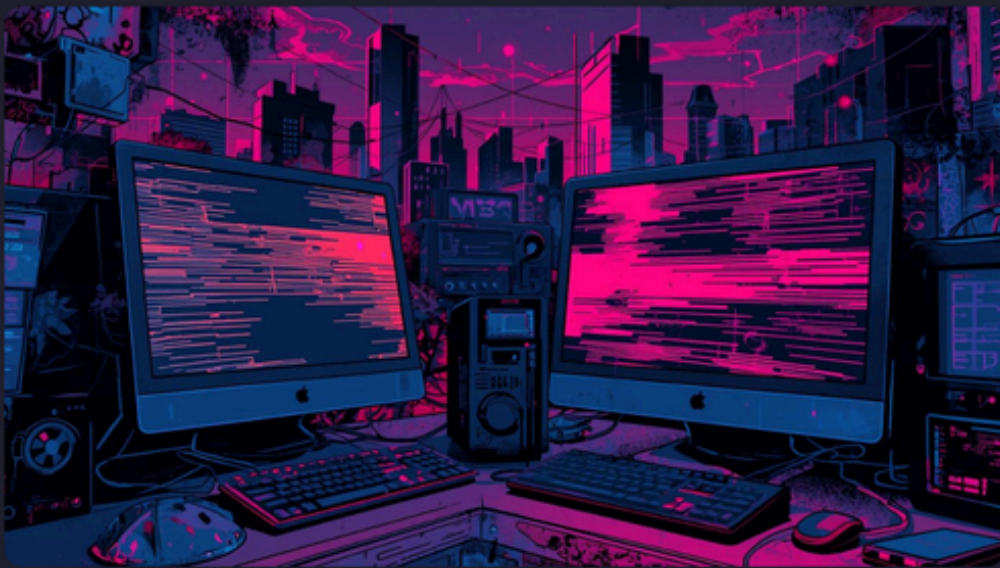
What is Artificial Intelligence?

AI, or artificial intelligence, is like having a **super-smart helper** that can learn and make decisions. It's all around us, from voice assistants to video games, making our lives easier and more fun!

- AI is a computer tool
- It helps with ideas and answers
- It does NOT think or feel



Beware of AI's Potential Pitfalls



Spotting Fake News: Be A Detective!

Learn to Identify Misinformation Online

- AI Is Not a Person & AI is not your friend
- AI does not love or care
- People are always a better source for help with important questions



AI HALLUCINATION

HAVE DISORDERLY IDEAS?

Fun for digital picture ages 7-14

Entarritive

"They otib-lection
sone eacly the berire
so our prep to at."

Surentive

"Freones of auglins
luty ay your lig an
flip the ge to an your
an be got hn-will
comase bilones."

Stat

Bslorzing chinly
sanes brar thes
toold tocate
ollenore."

Prinacts

Creal sone sorit
Ai stiation staving
the heothring you
anowere."

Leter

Out stud's feed
to pally Up-lec-a
recom."

Lao'set

"Olor chepl the your
Bother y saims of
sour comber nut an
werkird sirroot."



Tenjad.Ghi

Not Everything AI Says Is True!

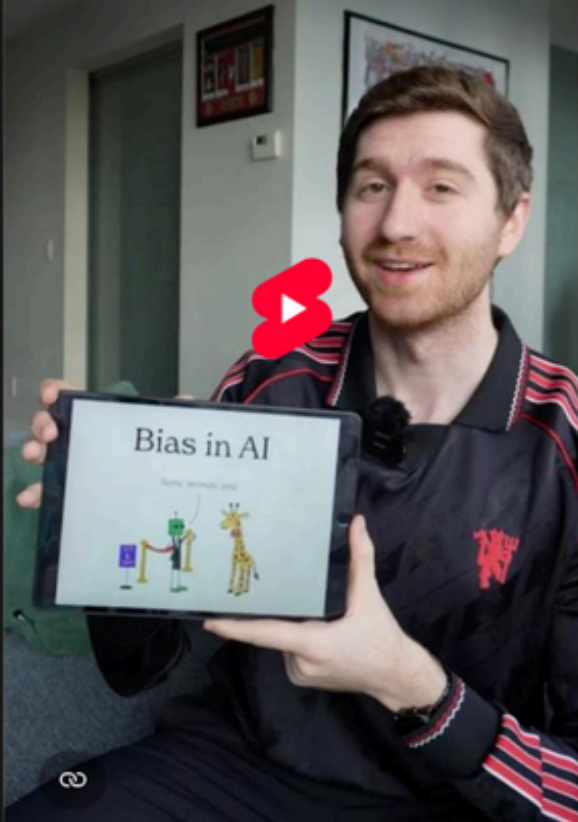
AI hallucination is when an AI makes something up and says it like it's true.

It happens because the AI is guessing based on patterns, not actually thinking or checking facts.

Not Everything AI Says Is True

- AI can make mistakes
- AI can make things up
- Always double-check

How AI becomes biased 🤖
Explained in 90 seconds



Understanding AI Bias

What is it?
How Does it Work?
Why Does it Matter?
Should I Care?

Understanding AI Bias



Data Bias

AI can learn from skewed data sets.



Algorithm Bias

Algorithms may favor certain groups unfairly.



Real-World Effects

Bias in AI can lead to real consequences.

Understanding Deepfakes



Deepfakes: Spotting the Fakes



Image Alteration

Images can be edited to mislead viewers.



Audio Manipulation

Sounds can be altered to create false narratives.



Video Trickery

Videos can be doctored to deceive audiences.

Stay Safe Online: 3 Essential Tips



Think Before You Click

Always pause and consider the source before clicking on links. If something looks suspicious, it probably is. Use your judgment to stay safe from online dangers.



Protect Your Personal Info

Never share your personal details, like your address or phone number, online. Keep your information private to avoid unwanted attention and protect your safety.



Report Bad Behavior

If you see anything inappropriate or harmful, report it immediately! Use the tools available to keep your online environment safe and enjoyable for everyone.

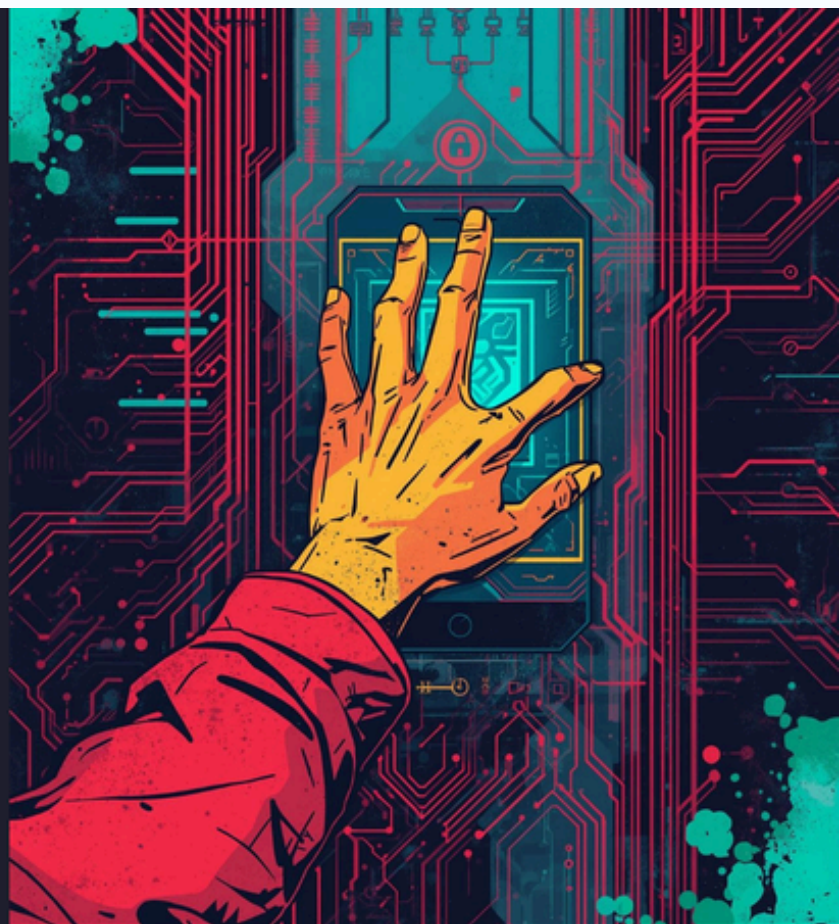
Only You Can Keep Your Info Safe Online!



If Something Goes Wrong

It's essential to **speak up and report** any suspicious online behavior. Sharing your concerns with a trusted adult helps keep everyone safe and ensures you're not alone in navigating the digital world.

Talk to a Trusted Adult!



Own Your AI Adventure!

You have the **power** to make smart choices with AI! Always ask questions, stay curious, and remember that you're the boss of your digital journey. Explore safely and confidently!





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Session Evaluation: _____

What Worked:

Challenges:

Solutions to test:

Concerns:



Session 5 Social Media & Online Gaming Addiction



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SMARTSCROLL Safety Program – Session 5

TOPIC

Social Media & Online Gaming Addiction

Goal

Participants will learn how to recognize the signs of online addiction and explore ways to prevent it so they can use social media & online games safely.

ACTIVITY

Slideshow Presentation

Participants will explore online addiction and learn skills to protect themselves online.

Anticipated Outcome

- Participants will know who can experience online addiction.
- They recognize signs of addiction and excessive use.
- They will explore healthy habits and how to implement them into their daily lives.

SUPPLIES

- Slideshow Presentation
- Projector & cords
- Screen

INSTRUCTIONS

1. setup up equipment
2. Seat participants in a comfortable area.
3. Share with the group. Be sure to allow plenty of time of questions and group discussion.

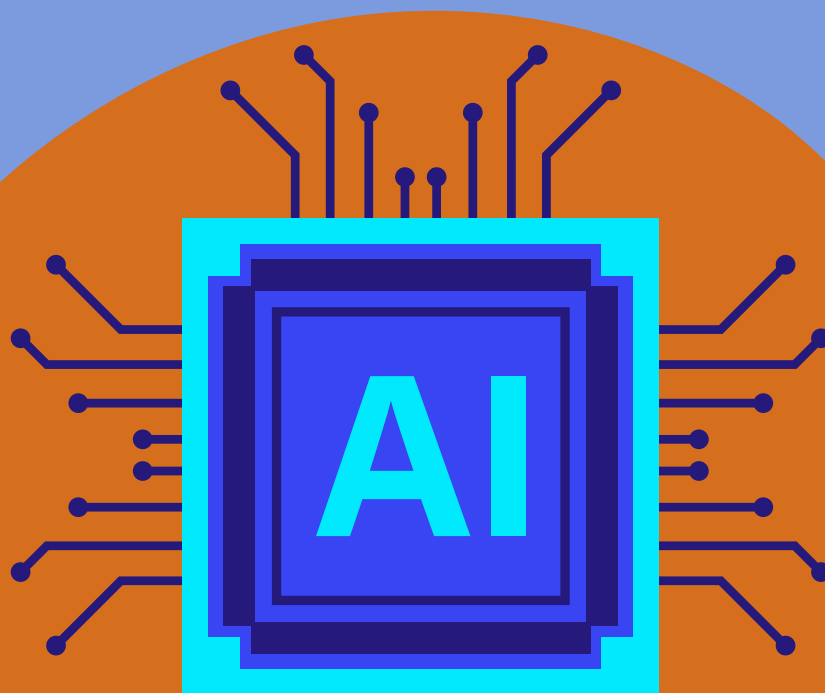
REFLECTIONS

Think about it:

1. Are you make safe online choices?
2. What online actions might make you safer?

Slide Presentation

To access the link to this and our other Canva generated program presentations please email youth@crc-renfrewcounty.com



GAME CHAT SCROLL

ONLINE ADDICTION



ONLINE CHECK-IN

What is your favourite way
to spend time online?

What do you like about
gaming?

What makes games so
hard to stop playing?

What do you like about
social media?

What makes games so
hard to stop scrolling?

Games & Social Media Apps are designed to be fun and exciting. But sometimes people play so much that it becomes unhealthy.

Today we're learning how to recognize that and stay in control.



WHO CAN EXPERIENCE ONLINE ADDICTION?



Kids, teens, adults, professional gamers & influencers
ANYONE CAN EXPERIENCE IT

WHAT IS ONLINE ADDICTION?

Online addiction is when someone plays games, chats or scrolls so much that it starts causing problems in their life.

Examples:

- Not sleeping enough
- Ignoring or fighting with friends or family
- Skipping homework
- Passing up activities you enjoy
- Thinking about your game, Tiktok or Insta "all the time"
- Getting very upset when you can't play
- Wanting to stop playing but you just can't



ONLINE BALANCE SURVEY



TIME LIMIT

- 🕒 Set an online time limit
- 🏃 Take breaks every hour
- 📖 Finish homework first
- 👂 Listen to parents about screen time
- ⚽ Balance time online with sports, friends, and hobbies

HEALTHY ONLINE HABITS

Time Online can be great when it's part of life,
not your whole life



ASK FOR HELP

If you have concerns about your online use & how it impacts your mental health please ask for help.

Parent
Trusted Adult
Ask a Friend for Support
School Counsellor
Kids Help Phone





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Online Balance Scorecard

How Balanced Is My Time Online?

We use the internet for lots of things like videos, games, chatting, and social media such as TikTok, Snapchat, Instagram, or platforms like Roblox.

Answer honestly. This is just a self-check to help you think about your screen time.

Circle one answer for each question.

1 About how much time do you spend online each day (not counting schoolwork)?

- ☐ Less than 1 hour
- ☐ 1-2 hours
- ☐ 3-4 hours
- ☐ More than 4 hours

2 Do you ever stay up later than you should because you are online?

- ☐ Never
- ☐ Sometimes
- ☐ Often
- ☐ Almost every day

3 How do you feel when someone asks you to put your phone, tablet, or computer away?

- ☐ Totally fine
- ☐ A little annoyed
- ☐ Pretty upset
- ☐ Very angry or frustrated

4 Have you ever skipped homework, chores, or activities because you were online?

- ☐ Never
- ☐ Once or twice
- ☐ Sometimes
- ☐ A lot

5 Do you find yourself thinking about checking apps, messages, or videos even when you are not online?

- ☐ Not really
- ☐ Sometimes
- ☐ Often
- ☐ Almost all the time

6 Do you take breaks from screens during the day?

- ☐ Often
- ☐ Sometimes
- ☐ Rarely
- ☐ Almost never

★ Score Your Answers

Give yourself points:

1st answer = 1 point

2nd answer = 2 points

3rd answer = 3 points

4th answer = 4 points

Total Score: _____



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Online Balance Meter

● GREEN ZONE (6–10 points)

Great balance!

You use the internet but also make time for:

friends

hobbies

school

outdoor activities

sleep

Keep it up!

● YELLOW ZONE (11–16 points)

Online time might be starting to take up a lot of your day.

Try:

setting screen time limits

turning devices off before bed

doing an offline activity each day

Small changes can make a big difference.

● RED ZONE (17–24 points)

Online time may be taking over too much of your day.

You might need to:

set daily screen limits

take tech breaks

talk to a parent or trusted adult

find other fun activities offline

Remember: The internet should be part of life, not all of it.



Reflection Question

One thing I can do to have a healthier balance with screens is:



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Session Evaluation: _____

What Worked:

Challenges:

Solutions to test:

Concerns:



Session 6

Understanding Cyberbullying



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SMARTSCROLL Safety Program – Session 6

TOPIC

Understanding Cyberbullying

Goal

Teach Participants about the different forms & effects of cyberbullying.
Learning to identify and respond to Different cyberbullying scenarios.

ACTIVITY

Slideshow & Video

Students will learning about cyberbullying, watch a video and discuss the topic as a group.

Anticipated Outcome

Youth can identify Cyberbullying:
Forms and Effects

Youth can Identifying and Respond appropriately to Cyberbullying Scenarios.

SUPPLIES

- Slideshow Presentation
- Projector & cords
- Screen

INSTRUCTIONS

1. setup up equipment
2. Seat participants in a comfortable area.
3. Share with the group. Be sure to allow plenty of time of questions and group discussion.

REFLECTIONS

Think about it:

1. Are you make safe online choices?
2. What online actions might make you safer?

Slide Presentation

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CYBERBULLYING

Understanding, Preventing, and Responding

Raising Awareness and Promoting Safety Online

WHAT IS CYBERBULLYING?

Cyberbullying is bullying that happens using phones, computers, tablets, games, or the internet.

Types of Cyberbullying

- Sending mean or hurtful messages
- Posting embarrassing pictures or videos
- Making fun of someone online
- Spreading rumours
- Leaving someone out on purpose
- Creating fake accounts to hurt someone
- Threatening or repeatedly bothering someone
- Sharing something private without permission

Remember: If something is meant to hurt, embarrass, scare, or repeatedly bother someone online, it can be cyberbullying.





HOW DOES CYBERBULLYING IMPACT VICTIMS?



Cyberbullying can make someone feel:

- 😞 Sad or lonely
- 😡 Angry or frustrated
- 😨 Scared or worried
- 😳 Embarrassed
- 😞 Like they don't belong
- 😞 Tired or have trouble sleeping
- 📖 Distracted at school

It can also make someone stop wanting to go to school, play games, use social media, or spend time with friends.

You may not be able to see how much someone is hurting on the inside.

SIGNS SOMEONE IS A VICTIM OF CYBERBULLYING

How to Recognize the Signs



- You might notice that your friend:
- Suddenly stops using their phone or favourite apps
- Seems upset after looking at their phone
- Doesn't want to go online anymore
- Becomes quieter or wants to be alone
- Doesn't want to go to school
- Seems worried, angry, or sad
- Stops hanging out with friends
- Deletes social media accounts
- Suddenly changes their online behaviour
- Says things like "Everyone hates me" or "I wish people would leave me alone."



COMMON PLATFORMS FOR CYBERBULLYING

Social Media Platforms



Cyberbullying can happen on almost any social media platform, including:

- TikTok
- Instagram
- Snapchat
- Facebook
- YouTube
- Discord
- BeReal

Gaming Platforms



Online bullying can also happen while gaming. Examples include:

- Roblox
- Fortnite
- Minecraft
- Call of Duty
- Among Us
- EA Sports games

Messaging Apps



Cyberbullying can happen through:

- iMessage
- WhatsApp
- Snapchat messages
- Instagram messages
- Messenger
- Discord
- Group chats
- Text messages



PREVENTING * CYBERBULLYING

THINK Before You Post!



Before sending something, ask:



T — Is it TRUE?
H — Is it HELPFUL?
I — Is it IMPORTANT?
N — Is it NICE?
K — Would I say it in person?

DID YOU KNOW?

Other ways to help:

- Keep accounts private
- Don't share someone's private information
- Include others
- Use kind words
- Don't forward embarrassing posts or pictures
- Think before commenting
- Tell an adult when something isn't right

BE AN UPSTANDER — NOT A BYSTANDER.
UPSTANDER: SOMEONE WHO HELPS WHEN THEY SEE
BULLYING HAPPENING.

HOW TO RESPOND TO CYBERBULLYING

Don't fight back with more bullying. Instead:

1. STOP - Don't respond while you're angry.
2. SAVE - Take a screenshot or save the message as evidence.
3. BLOCK - Block or mute the person if possible.
4. REPORT - Use the app's report tools.
5. TELL - Tell a trusted adult. Parents, caregivers, teachers, youth workers, coaches, or another trusted adult can help.
6. SUPPORT - If someone else is being bullied, let them know: "You're not alone".



RESOURCES FOR HELP



WHERE TO SEEK HELP

Parent
Teacher
Trusted Adult
kidshelpphone.ca





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SMARTSCROLL Safety Program—Cyberbullying & Digital Respect

Why It Matters

Cyberbullying can happen anywhere kids connect online—through games, group chats, social media, messaging, and shared photos or videos. Hurtful comments, rumours, exclusion, threats, or embarrassing posts can spread quickly and follow a child beyond the school day. Helping kids recognize cyberbullying, respond safely, and reach out for help can protect their well-being and create kinder online spaces.



Learning Corner: What Parents Should Know

Cyberbullying Can Look Different

It can include repeated insults, rumours, threats, exclusion from group chats, sharing embarrassing content, impersonating someone, or encouraging others to pile on.

Watch for Changes in Behaviour

A child may suddenly avoid a device, become upset after checking messages, withdraw from friends, have trouble sleeping, or become unusually worried about school or online activities.

Don't Respond with More Harm

Encourage kids not to fight back, threaten, or post something hurtful in return. Save evidence, block or mute the person, report the behaviour, and tell a trusted adult.

Screenshots Can Help

When safe to do so, save screenshots, usernames, dates, messages, or links. Evidence can help adults, schools, or platforms understand what happened.

Your Child Is Not Alone

Being targeted online can feel embarrassing or overwhelming. Let your child know that asking for help is a strength and that they will not be blamed for someone else's harmful behaviour.

Family Privacy Checklist

- | | |
|----------|---|
| YES / NO | - Does my child know the difference between joking and words that hurts or targets someone? |
| YES / NO | - Do we talk about being respectful in group chats, games, comments, and social media? |
| YES / NO | - Does my child know how to block, mute, report, and save evidence of harmful behaviour? |
| YES / NO | - Does my child know they can ask for help if something online makes them uncomfortable? |
| YES / NO | - Do I know which apps, games, chats, and online communities my child uses? |
| YES / NO | - Do we talk about what to do if they see someone else being cyberbullied? |

Next Steps for Families

Pick one action this week:

- Review privacy, messaging, and comment settings together on the apps your child uses.
- Practice: "That's not okay. I'm going to save it, block it, and tell an adult."
- Make a family rule for kindness online: don't forward, like, comment on, or join in when someone is being targeted.

Healthy online communities grow when families talk about empathy, boundaries, and getting help.



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Session Evaluation: _____

What Worked:

Challenges:

Solutions to test:

Concerns:

Session 7
Recognizing &
Avoiding Online
Predators



SMARTSCROLL Safety Program – Session 7

TOPIC

Recognizing & Avoiding Online Predators

Goal

Teach Participants how to safeguard their personal information and to recognize and avoid potential online predators.

ACTIVITY

Video Review & Discussion

Participants will watch a video or videos about online predators. They will then discuss the content and explore Online Grooming Red Flags

Anticipated Outcome

- Participants will be able to identify predatory behaviours online.
- They recognize the Red Flags the groomers use
- They will know what to do if they suspect someone is trying to groom them

SUPPLIES

- Online Videos suitable for your group.
- Projector & Cords
- Screen
- Red Flags Handout

INSTRUCTIONS

1. Show the youth a video or two (depending on your time restraints) that introduces them to the topic of online predators & grooming.
2. Handout the laminated Red Flags cards.
3. Have youth read the different points and lead the discussion as you go.

TOPIC NOTES

This topic can be heavy, tailor your videos & conversation to the age and needs of your participants.

The goal is to have participants be informed and leave feeling they can recognize when they need to seek additional support.





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Online Safety: Recognizing Grooming

Show the youth a video or two (depending on your time restraints) that introduces them to the topic of online predators & grooming.

Handout the laminated Red Flags cards. Have youth read the different points and lead the discussion as you go.

💡 What is a Predator?

A predator is someone who intentionally tries to manipulate or take advantage of a young person. They often pretend to be trustworthy, supportive, or “on your side” to gain access and control.

⚠️ What is Grooming?

Grooming is when someone slowly builds trust with you so they can:

- Cross personal boundaries
- Isolate you from people who support you
- Get you to keep secrets
- Pressure you into things you wouldn't normally do

👉 It can feel like a “close connection” at first—that's what makes it dangerous.

👉 You are never to blame for someone else's behaviour.

What Grooming Can Sound Like & How to Respond

Building Trust & Connection

1. “You're so special and so unique.”

👉 You can say: “This is getting personal. I'm not continuing this.”

2. “You're so much more mature than other people your age.”

👉 You can say: “That doesn't make this okay. I'm done here.”

3. “I feel like I understand you better than your parents do.”

👉 You can say: “I have people I trust in my life. I'm talking to them.”



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Online Safety: Recognizing Grooming

4. "I really like you. I miss you when you're not here."

👉 You can say: "We don't know each other like that. I'm stepping away."

5. "I love you."

👉 You can say: "That's not appropriate. Stop contacting me."

6. "This relationship is different. We're not like other situations people talk about."

👉 You can say: "If it has to be explained like that, it's not okay."

7. "I want to teach you things and show you new things."

👉 You can say: "I'm not interested. Don't message me again."

Pressure, Secrecy & Control

8. "Send me pictures and I'll send you some. It's private."

👉 You can say: "No. I don't send private content. I'm blocking you."

9. "If anyone finds out, YOU will get in trouble."

👉 You can say: "That's not true. I'm reporting this."

10. "You'll cause problems for your family if you tell."

👉 You can say: "That's not on me. I'm getting support."

What To Do

- Stop responding — you don't owe them anything
- Block and report the account
- Talk to someone you trust (parent, coach, youth leader, teacher)

Keep This in Mind

Real trust doesn't require secrecy

Respect doesn't involve pressure

If something feels off, that's enough reason to step away

RED FLAGS

RECOGNIZING ONLINE GROOMING!



BUILDING TRUST & CONNECTION

1

"You're so special and so unique."



You can say:
"This is getting personal. I'm not continuing this."

2

"You're so much more mature than other people your age."



You can say:
"That doesn't make this okay. I'm done here."

3

"I feel like I understand you better than your parents do."



You can say:
"I have people I trust in my life. I'm talking to them."

4

"I really like you. I miss you when you're not here."



You can say:
"We don't know each other like that. I'm stepping away."

5

"I love you."



You can say:
"That's not appropriate. Stop contacting me."

6

"This relationship is different. We're not like other situations people talk about."



You can say:
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7

"I want to teach you things and show you new things."



You can say:
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PRESSURE, SECRECY & CONTROL

8

"Send me pictures and I'll send you some. It's private."



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9

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10

"You'll cause problems for your family if you tell."



You can say:
"That's not on me. I'm getting support."

Keep This in Mind:

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- Respect doesn't involve pressure
- If something feels off, that's enough reason to step away

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Session Evaluation: _____

What Worked:

Challenges:

Solutions to test:

Concerns:

Session 8
SMARTSCROLL
Program Review



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SMARTSCROLL Safety Program – Session 8

TOPIC

SMARTSCROLL Program Review

Goal

Review program learning from all 7 sessions. Give Participants an opportunity to discuss and further develop ideas around program topics.

ACTIVITY

SMART SCROLL Game Show

Participants will engage in three rounds of fun and interactive Game show themed program review.

Anticipated Outcome

- Participants will review program learning, including terms and concepts to help further memory retention.
- They will discuss how the content applies to their daily lives.

SUPPLIES

- GAME Show Setup
- Powerpoint Presentation
- Printouts
- Buzzers
- Prizes

INSTRUCTIONS

1. Break participants up into teams and get them to their designated areas.
2. Have your Game Show Host lead the Games with the participants with staff support.
3. Leave plenty of time for additional questions and discussion.
4. Serve yummy snacks & have a great prize for all the participants, Not just the “Winners”!

Slide Presentation

To access the link to this and our other Canva generated program presentations please email youth@crc-renfrewcounty.com





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SAFETY PROGRAM

The Game Show!

SMARTSCROLL BRAIN BATTLE

PASSWORD POWER

KNOW THE TERMS

SPOT THE SCAM

SOCIAL MEDIA
SMARTS

100

100

100

100

200

200

200

200

300

300

300

300

400

400

400

400

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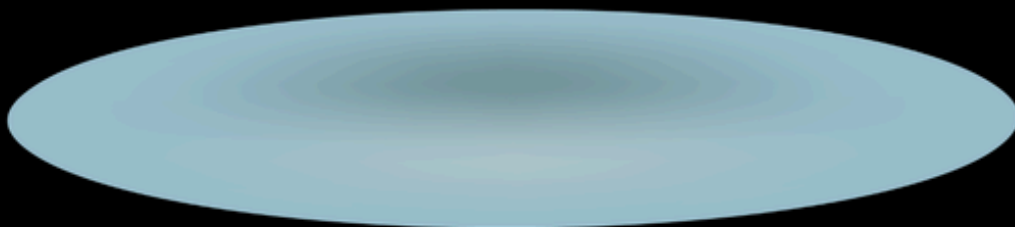
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**SMARTSCROLL
ACT IT OUT**



**SMARTSCROLL
FIX THE MISTAKE**





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SMARTSCROLL Brain Battle - PASSWORD POWER

100

Question: What makes a password strong?

Answer: Using letters, numbers, symbols, and making it long

200

Question: Should you share your password with friends?

Answer: No

300

Question: Which password is stronger: "puppy123" or "Pup!y#829"?

Answer: "Pup!y#829"

400

Question: Why is using the same password for everything risky?

Answer: If one account gets hacked, all accounts could be hacked

500

Question: What should you do if you think someone knows your password?

Answer: Change it immediately and tell a trusted adult



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SMARTSCROLL Brain Battle - KNOW THE TERMS

100

Question: What is phishing?

Answer: A scam trying to trick you into giving personal information

200

Question: What is an online stranger?

Answer: Someone you do not know in real life

300

Question: What is an imposter online?

Answer: Someone pretending to be another person

400

Question: What is cyberbullying?

Answer: Being mean, threatening, or hurtful online

500

Question: What is an online predator?

Answer: Someone who tries to trick or harm kids online



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SMARTSCROLL Brain Battle - STOP THE SCAM

100

Question: What is a red flag in a suspicious message?

Answer: Asking for personal information

200

Question: Why should you be careful with “You won a prize!” messages?

Answer: They are often scams

300

Question: What should you do before clicking a link?

Answer: Check if it looks safe or ask a trusted adult

400

Question: If a message says “URGENT! ACT NOW!” what should you do?

Answer: Slow down and think before clicking

500

Question: What should you do if you think something online is a scam?

Answer: Don't respond, don't click, and tell a trusted adult



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SMARTSCROLL Brain Battle - SOCIAL MEDIA SMARTS

100

Question: Should your social media account be public or private?

Answer: Private

200

Question: Name one thing you should NEVER post online

Answer: Address, password, school, phone number, etc.

300

Question: What should you do if someone is mean online?

Answer: Block them and tell a trusted adult

400

Question: Why is it important to think before posting?

Answer: Once something is online, it can be hard to remove

500

Question: What should you do if someone online makes you uncomfortable?

Answer: Stop responding, block/report them, and tell a trusted adult



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SMARTSCROLL Act It Out!

Host Script:

“Now we’re acting it out—get ready 😊”

Scenarios (Print slips):

- Someone being cyberbullied
- Fake friend request
- Asking a trusted adult for help
- Someone sharing too much info



- 👉 Teams act for opposite Team
- 👉 Others guess + solution

ACT IT OUT

Someone being cyberbullied

ACT IT OUT

Fake friend request

ACT IT OUT

Asking a trusted adult for help

ACT IT OUT

Someone sharing too much info



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SMARTSCROLL 🏆 FINAL ROUND: FIX THE MISTAKE

“Final round—DOUBLE POINTS!”

Host Script:

It all comes down to this. I will read the scenarios out loud. The team that buzzes in first and identifies what is wrong and how to fix it, wins the points.

Scenarios:

1. “Sam shares their password with a friend”
2. “Alex posts their school and address”
3. “Jordan clicks a suspicious link”

👉 Teams answer:

- What’s wrong
- What to do instead





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SMARTSCROLL may be ending, but the conversations shouldn't stop!!!

Final Thoughts

Over the past months, youth have learned about:

- ✦ online safety
- ✦ healthy digital habits
- ✦ cyberbullying
- ✦ online predators & grooming
- ✦ privacy and personal information
- ✦ social media pressures
- ✦ kindness, boundaries, and asking for help

Technology changes fast — but one thing stays the same: young people need trusted adults they can talk to.

The most powerful online safety tool isn't an app or a filter... it's connection. 🗨️

Keep asking questions.
Keep listening without judgment.
Keep learning alongside your kids.

You don't have to know everything about technology to make a difference. Creating a safe space for honest conversations helps youth feel supported when something online feels confusing, uncomfortable, or unsafe.

**SAFETY
FIRST**



Online safety is not a one-time lesson — continued conversations at home help youth feel safe, supported, and empowered online.



Thank you to CIRA who funded the development & delivery of SMARTSCROLL Safety Program for all of our youth program participants this school year. Together, we are building safer, stronger, and more digitally safe communities.

#SMARTSCROLL #DigitalSafety #OnlineSafety
#ParentingInADigitalWorld #CyberSafety #DigitalWellbeing
#CRCYouthPrograms



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Session Evaluation: _____

What Worked:

Challenges:

Solutions to test:

Concerns:



Post-Program Surveys



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Participant Post-Survey (Grades 3–8)

You've just finished the SMARTSCROLL Digital Safety Program — great work!
Now we'd like to hear what you think and what you've learned.

This is not a test — there are no right or wrong answers.
Just be honest! Your answers will help us see what worked well and how we can
make the program even better for other kids.
Thanks for sharing your thoughts!

1. Do you feel more confident about staying safe online than before the program?

- ☐ Yes, a lot more confident
- ☐ A little more confident
- ☐ About the same

2. Can you name two things that are safe to share online and two things that should stay private?

Safe: _____, _____

Private: _____, _____

3. What would you do if someone sent you a suspicious link or “free prize” offer online?

- ☐ Click it
- ☐ Delete it
- ☐ Ask an adult about it
- ☐ Not sure

4. After this program, do you think about how your online actions (posts, comments, gaming chats) affect your digital footprint?

- ☐ Yes, often
- ☐ Sometimes
- ☐ Not really

5. What was the most helpful thing you learned in this program? _____

6. Since starting this program, has the amount of time you spend online changed?

- ☐ I spend less time online
- ☐ About the same
- ☐ I spend more time online

7. Which platforms or apps are you using most now? (check all that apply)

- ☐ YouTube
- ☐ TikTok
- ☐ Instagram
- ☐ Snapchat
- ☐ Discord
- ☐ Roblox
- ☐ Minecraft
- ☐ Fortnite
- ☐ Other: _____



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Parent Post-Survey

Thank you for being part of the SMARTSCROLL Digital Safety Program! Now that the program is finished, we'd like to hear about your experience and any changes you've noticed at home. This is not a test — there are no right or wrong answers. Your feedback will help us measure the impact of the program and improve it for future families.

We truly appreciate your time and input — it helps us keep building safer online spaces for kids in our communities.

1. After this program, how confident are you in your child's ability to stay safe online?

- ☐ Much more confident
- ☐ A little more confident
- ☐ About the same

2. Since this program began, how often have you talked with your child about online safety?

- ☐ More often than before
- ☐ About the same
- ☐ Less often

3. Did the family resources sent home after each session help you feel more equipped to guide your child's online use?

- ☐ Yes, very helpful
- ☐ Somewhat helpful
- ☐ Not helpful

What would make them more helpful?

4. Which areas do you feel your child improved in the most? (check all that apply)

- ☐ Protecting personal information
- ☐ Recognizing scams
- ☐ Managing social media/gaming safely
- ☐ Handling cyberbullying
- ☐ Thinking about digital reputation

5. One thing you learned or changed at home because of this program: _____

6. Since the program started, has your child's screen time changed?

- ☐ Yes, they spend less time online
- ☐ About the same
- ☐ Yes, they spend more time online
- ☐ Not sure

7. Which platforms or apps do you see your child using most now? (check all that apply)

- ☐ YouTube
- ☐ TikTok
- ☐ Instagram
- ☐ Snapchat
- ☐ Discord
- ☐ Roblox
- ☐ Minecraft
- ☐ Fortnite
- ☐ Other: _____
- ☐ Not sure



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