Healthy relationships online

Name: _____ Class: _____

1. Warm up

Something I love about staying in touch online is...

Something online that stresses me or makes me uncomfortable is...

2. The spectrum online

The same spectrum from Lesson 1 applies online, in messages, social media and games.

Healthy

You feel safe and trusted online.

- Asks before posting you
- Respects your time offline
- Trusts you without checking
- Accepts a no to a photo
- Keeps your secrets private
- Supports you in comments

Unhealthy

Some online behaviors hurt you.

- Expects instant replies
- Jealous of likes or follows
- Posts embarrassing photos
- Guilt-trips over "seen"
- Mean jokes in group chats
- Ignores your requests

Controlling or abusive

Someone uses tech to control you.

- Demands your passwords
- Tracks your location
- Reads your messages
- Pressures you for photos
- Threatens to share images
- Tells you who to unfollow

Quick check: tick the zone for each behavior

Behavior	Healthy	Unhealthy	Controlling
Asks you before posting a photo of you	☐	☐	☐
Gets angry when you don't reply within minutes	☐	☐	☐
Asks for your passwords to prove you love them	☐	☐	☐
Says "no problem" when you'll reply tomorrow	☐	☐	☐
Gets jealous about who likes your posts	☐	☐	☐
Threatens to share a private photo of you	☐	☐	☐

Scenario discussion

Answer these with your group for each card you receive.

Card number: _____ ☐ Healthy ☐ Unhealthy ☐ Controlling

Why did you choose this zone?

How might each person feel?

What could the main character say or do?

Who could they ask for help?

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Card number: _____ ☐ Healthy ☐ Unhealthy ☐ Controlling

Why did you choose this zone?

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What could the main character say or do?

Who could they ask for help?

My digital boundaries

Card number: _____ Write what the character could say.

I feel (name the feeling)

when (describe the behavior)

I need (say what you want instead)

Tick the digital boundaries you already keep

- ☐ I don't share my passwords, even with close friends or a partner.
- ☐ I choose who sees my location, and I can turn it off.
- ☐ I ask before posting or tagging photos of other people.
- ☐ I'm allowed to be offline and reply later.
- ☐ I never send private photos, and I never forward ones I receive.
- ☐ I know how to block and report an account.

If something goes wrong online

1 Stop
Don't reply, don't pay and don't send anything more.

2 Save
Take screenshots of the messages, the account name and the date.

3 Block and report
Block the account and report it on the app.

4 Tell
Talk to a trusted adult. You are not in trouble, and you are not alone.

Exit ticket

One online habit I want to keep is...

One online red flag I will now pay attention to is...

If something went wrong online, I would tell...

Need to talk? Your school counselor, the National Lifeline 1564 (24/7), or LARA: laraa@laraa.org.