



HOW TO USE TEACHER NOTES

Teacher notes are designed to guide + supplement lessons throughout That Health Class. The goal of these notes is three-fold:

1. For educators who have less experience with the subject matter, they offer basic background information on the topic.
2. For experienced educators craving more information, they offer a deeper dive into biology, physiology, and data.
3. For all educators, they provide a lesson roadmap.

Here's how the notes are organized:

INTRO FOR EDUCATORS: This top section offers background information, setting the stage for why a particular lesson's content is relevant. In some cases, it will cover how the information has changed over time. It always includes links to articles and at least one episode from the This Is So Awkward podcast for even more information on a given topic.

TEACHING POINTS: This is the lesson plan. Each lesson opens with an ice breaker and set of learning objectives. Then comes the substance of each lesson.

- In middle school and high school, every teaching point has a corresponding slide at the start of that section in the notes.
- In K-3, where there's very little—if any—digital content, the notes are simply organized as an outline.
- Scattered throughout, you may see bold italics ***Teacher note*** followed by a specific callout—these are points in the lesson where students will often ask predictable questions or might raise concerns, and the language is in the notes to help you.
- Also throughout the lesson, you'll find **ACTIVITIES** that go along with a given teaching point—there are linked PDFs describing how to

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conduct these in-class activities both in the relevant section of the notes and also at the very top of the document.

LET'S TALK ABOUT IT: This section offers conversation starters designed to solidify learning at the end of each class. They can serve as an exit ticket if needed.

Here's are two examples from the teacher notes from the High School lesson ONLINE SAFETY:

INTRO FOR EDUCATORS:

[Description of this Class for Parents + Caregivers](#)

Activity 1: [Online Safety - Internet Rules of Thumb](#)

Activity 2: [Online Safety - What About AI...](#)

Activity 3: [Online Safety - You Make the Rules](#)

According to a report from Common Sense Media, [1 in 4 adolescents](#) say they are "constantly connected" to the internet.

In the same way that wearing a helmet minimizes risk of injury while riding a bike, there are precautions that can be taken to prioritize safety online. Social media and other online platforms can be massively helpful tools that offer students information and connection. But everyone – including those same teenagers – know that these can also be dangerous places.

This lesson covers a wide swath of online safety topics – starting with data and personal information and then moving into gambling, trolls, sextortion, and other forms of victimization. Warning teenagers (or adults, for that matter) that their social security number can circulate easily can feel stressful, but it doesn't prompt most people to jump into action. But a lesson that tackles the broader concept of online safety stands a better chance. No one likes being manipulated or taken advantage of. When concepts of online safety relate directly to where kids are spending time online, they have more urgency.

"Just say no" failed as an approach to substance use prevention way back in the 1980s. It doesn't work any better today with regard to technology and platforms. What does work? A combination of laws and rules protecting minors (and all of us for that matter!) along with open and honest conversations. We all need to better understand how to protect ourselves, IRL and virtually. For teenagers in particular, these conversations may keep them safe in ways they have never before considered...

Listen to these episodes of the This Is So Awkward Podcast for more information on teens + online safety:

- [Navigating Tech & Social Media with Devorah Heitner](#)
- [Social Media and the Law](#)

PDFs providing directions and materials to lead activities are linked at the top of the teacher notes and also throughout the lesson.

Each lesson links to at least one episode of the This Is So Awkward Podcast that you can listen to to learn even more about the topic + how to talk about it.

The description of this class for parents + caregivers PDF offers an overview of the lesson and can be sent home to families.

Blue links throughout the teacher notes point to related research for those looking for a deeper dive.

that HEALTH class

Thumbnails of the corresponding slide appear above the teaching points to guide you through the lesson

2. Collect evidence of the situation.
3. Don't respond to the blackmailer.
4. Report the incident to the authorities.
5. Block the blackmailer and ask your friends to do the same.
6. Review and update your privacy and security settings.



HOW TO DEAL WITH SEXTORTION

Victims of sextortion often feel ashamed, which makes them avoid seeking help from people they trust. Or they feel anxious, even hopeless. This message is critical: No one should handle sextortion on their own. And when it comes to teens, while friends may be important sounding boards, they absolutely need a trusted adult to be involved as well.

Perpetrators of sextortion aim to make their victims feel unsure, scared, or embarrassed to tell someone. Remember that the blackmailer is to blame, not you. Even if you made a choice you regret, what they are doing is a crime and it is not your fault. Here are some tips to handle sextortion:

- Get help from a trusted adult – let go of any shame and replace it with support.
- Don't pay the blackmailer.
- Don't respond to messages from the blackmailer.
- Collect evidence including everything the blackmailer has ever sent (especially their demands and threats).
- Report the blackmailer's account within the platform.
- Report the incident to the authorities.
- Block the blackmailer and ask your friends to do the same.
- Review and update your privacy and security settings.

If you have an extra 2 minutes, watch this two minute video from AMAZE on [what to do](#) (and [what not to do](#)) if you are dealing with sextortion.

Teacher note: For more information on sextortion, check out this page from the [FBI](#).

“Teacher notes” offer additional, practical guidance and resources for educators

There are links throughout the teacher notes pointing out to supplemental videos if you have extra time (these are also linked in the slide decks)

YOU MAKE THE RULES

If you were in charge, what regulations would you create to help protect people from dangers online?



How did you think someone should be...
• Allowed to internet
• Have a social media account
• Be a streaming service
• Post a video on YouTube
• Get on a dating site
• Be on a sports game
• Send a message with someone they met online

YOU MAKE THE RULES

ACTIVITY: Open the PDF linked to the right for directions for a class activity designed to get students to think critically about why rules exist for young people regarding online safety - [Online Safety - You Make the Rules](#)

Open the PDFs linked in blue after “ACTIVITY” to access directions and materials to lead class activities