



HUB TIME ITINERARY

You may use this Hub Time as a replacement for any regular Hub Time.

How can I use the Internet safely?

Welcome everyone to your group. Introduce any visitors. Then proceed with the following.

ASK Have you ever used a computer to get on the Internet? (*Group response*) What are good ways to use the Internet? (*E-mail, research, learning new things, etc.*)

ASK When you're online, how do you know you're looking at something you shouldn't? (*Group response*)

SAY Two things you feel can help you know you're doing something wrong. One is if your heart is beating quickly. Pat your fist on your heart and make a "ba-bum" sound with me. (*Group response*)

SAY The second one is if you don't want anyone else to see. Act like you don't want anyone else to see. (*Group response*)

If you feel either of those things, a warning bell should go off in your head. Let's make a siren sound and say "that's not safe" together. (*Group response*)

ASK What two things make the warning bell go off? (*A quick-beating heart and not wanting anyone else to see.*)

ASK How can we be careful not to visit Web sites that give us warning bells? (*Group response*) Those are great answers.

SAY Your parent or a trusted adult can help you stay safe. Show them the sites you visit and let them see your Internet history log.

SAY Many people use the Internet to chat with others. Who is safe to chat with online? (*Group response*) It's only safe to chat with someone if you already know them in person AND your parents approve of you talking to them.

But even those people can set off our alarm bells. If that happens, listen to your alarm, quit chatting, and tell your parents.

SAY Let's play a game to show why it's important not to talk to people you don't know. I'll hand out paper slips and pens. I want each of you to write someone else's name on your paper and draw a picture of them. Then hand your paper to me facedown. I'll guess who wrote each name.

- Give kids 1 minute to write.
- Collect the papers and mix them up.
- Hold up each paper in turn and guess the writer. (*You shouldn't get many correct.*)

SAY I didn't guess many of those right. That's why you shouldn't talk online to people you don't know. Online, people can say they're anyone they want—whether or not it's true. Even pictures can lie.

SAY Let's review what we've talked about. What two things that we feel should set off our warning bell? (*A quick-beating heart and not wanting anyone else to see.*)

ASK Who are safe people to chat with online? (*Friends and family that you know in person and that your parents approve of and who don't set off your warning bell.*) Great job, everyone!

SAY Let's end with talking about what to do if your warning bell goes off or if someone you don't know tries to talk with you.

ASK What do you do? (*Leave the computer, ALWAYS talk to your parent, show your parent how you got to that site, don't visit the site that led you there again.*)

Prayer

SAY Let's pray and ask God for His help.

God, please give us wisdom in using the Internet. Help us make choices that are safe and that please to You. Amen.

Dear Parents,

Do you wonder what your kid thinks is safe and appropriate to look at on the Internet? Or wonder who your kid thinks is safe to talk to online? Your child will talk about these questions and more in a small group setting at HighPoint.

We'll discuss specific guidelines like only chatting with family and friends your child already knows in person and who you approve of. We'll encourage kids to let you have free access to the Web sites they visit and to their Web-browsing history.

Since we also want to help kids learn to follow God's leading and their conscience, your child will discover ways to know if her conscience is saying that she's looking at something wrong or that she is in danger.

In the small group, your child will be encouraged to enlist your help in knowing what is safe and unsafe on the Internet. To help get the conversation going, here are a few questions you may consider asking your child.

What things do you think are good to explore on the Internet?

Have you ever felt uncomfortable by something you've seen on the Internet?

What if a Web site doesn't feel fun anymore?

How do you know if something you're looking at isn't good for you?

Who do you chat with on the Internet?

What if someone you're chatting with online makes you feel afraid?

What if someone on the Internet wants you to keep a secret?

After talking with your child, you may also think about setting specific boundaries such as

- Not allowing your child access to a computer in a private place
- Telling your child you will periodically review the history of sites they visit
- Installing a filter that restricts access to certain sites

Remember that your presence and your oversight are the best safeguards you can give to your child's Internet usage. Keep your child talking to you about his or her Internet interests. Invite your kids to show you the sites they regularly visit and then keep the conversation going.

