

Empowering Your Cyber-life

Ponderosa High School
Pride, Honor, Spirit!



TODAY'S PURPOSES:

- Address questions regarding recent events
- Clarify legal issues surround sexting, pornography, bullying, and harassment
- Empower students to improve their emotional, social, and physical wellbeing
- Discuss short-term and long-term consequences in regard to social media and technology use.

PHS in the News Media: What happened?



As a result of the news coverage of recent events, students asked questions:

- **Is it illegal to send a nude picture?**
- **It is illegal to show pornographic pictures to other students?**
- **Why were students arrested?**
- **What is child pornography?**
- **Why is this a school issue?**

INTERVIEW WITH DEPUTY STELZ, SCHOOL RESOURCE OFFICER



Sexting is the sharing of nude or semi-nude pictures via text or other electronic means.

By law, a nude or obscene photo of an individual under 18 years old can be considered child pornography. Possession or sharing of such photos is illegal, and can result in felony charges.

Anything sent or posted electronically is permanent regardless of what the website or app advertises.

SEXUAL HARASSMENT:

Unwelcome sexual advances, requests for sexual favors, or visual or physical conduct of a sexual nature that has a negative impact on an individual's academic performance or creates an intimidating, hostile or offensive educational environment.

What might sexual harassment look like at school?

- Telling sexual jokes
- Making comments about someone's body or sexuality, or comments about your body
- Making sexual gestures, noises, or motions
- Unwanted touching, grabbing, or pinching
- Intentionally invading someone's personal space in a suggestive manner
- Spreading sexual rumors
- Pulling on clothing
- Showing sexual or nude pictures or videos.

CYBER BULLYING



- Defined as annoying, threatening or harassing someone via electronic means
- It is illegal
- Young people who are bullied are twice as likely as their peers to attempt suicide

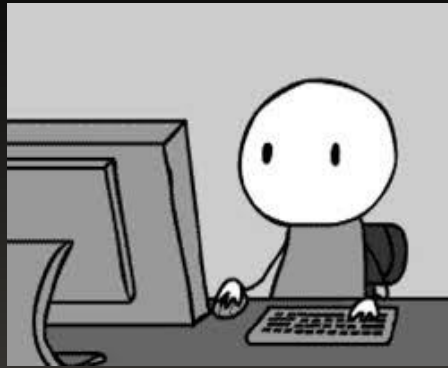


Cyber bullying might look like:

- Sending a mean email, text, or IM
- Making fun of someone in online chat or via a group text
- Harassing someone in an online game
- Repeatedly and unwantedly texting or IMing
- Starting online rumors or gossip, or spreading personal information online
- Impersonating someone online, including creating a fake account
- Taking photos or videos of someone and sharing them knowing that it might embarrass or humiliate them
- Liking someone else's mean or threatening post
- Posting mean, threatening, or hurtful messages on a website



Dude,
be nice.



Effects of Social Media and Pornography

Logout

is the hardest
button to click.

Pornography:

- Is addicting – many people seek addiction recovery programs for pornography.
- Causes changes in the brain that may cause an individual to be disposed to further addictions.
- Distorts views of healthy relationships, and can cause dissatisfaction in future relationships.

Social media: use it wisely

A study of 470 teens found that the more teens engaged with social media, the greater the risk for impaired sleep, poor self-esteem, depression, and anxiety.

Another study of 750 teens found that teens who identified as heavy social media users were more likely to report having poor mental health, symptoms of anxiety and depression, and suicidal thoughts.

Be thoughtful about what you post and where you post it. You never know who might be watching



Your Digital Resume

Can consist of everything you've posted or sent via electronic means.

May be used by others to determine who you are.

- Over 50% of employers use social media to make hiring decisions by looking at:
 - Activities and photos
 - Language
 - Attitude (complaining, negativity, etc.)
- 82% of college admissions officers use Facebook for recruiting.
- 25% of colleges use social media to make entrance decisions.
- 10% of employee firings are a result of information gained on social media.

What you post is who you are!

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