iKEEPSAFE

**VARSITY TEAMS
& VENTURE CREWS**

WISE TECH CHOICES

Boy Scouts of America

9-12

GRADES

LEADER GUIDE
to Teaching Healthy Content Choices

Please watch the Scout leader video available at iKeepSafe.org/Scouting for specific tips on Healthy Content Choices. Scout leaders are in a unique position to help youth develop these skills.

- Foster an environment at your campouts, expeditions, and activities where Scouts feel comfortable approaching you for help or advice. Demonstrate that you are a trusted source of non-judgemental support.
- Help youth devise a personal plan to remove themselves from a feedback loop of unhealthy content online. The Meeting Activities provide a starting point. Present the ACT acronym and have Scouts personalize their strategy:

    Alert yourself: This is porn. I know unhealthy content when I see it.

    Close lid / turn off your device.

    Take action. Talk to a parent or trusted adult, they can help you.

- Explain that true friends and trusted adults will never ask them to look at unhealthy content. Also explain that sharing nude images of themselves or others is illegal.

Ultimately, we hope this program can be incorporated with the entire Cyber Chip. For now, the purpose of this content is to make it easy to bring Healthy Content Choices into your normal Scouting events.

Help your Scouts fulfill the following requirements.

1. Read, commit to, and sign the *Internet Safety Pledge Level II*.
2. Watch the video *Wise Tech Choices: Healthy Content*, found at iKeepSafe.org/Scouting.
3. Participate in one of the *Meeting Activities* to demonstrate what they have learned about making healthy content choices.
4. As a group, discuss the content environment you would like during Scouting events. Consider making Scouting events device-free and media-free to focus on developing offline relationships.

You will need printed copies of:

- This Leader Guide
- Parent Tips, 6-12 Grades (1-pager & short tips-only versions available)
- Public Health: Why Encourage Healthy Content Choices?
- Internet Safety Pledge Level II (to be signed by Scouts)
- Meeting Activities, 9-12 Grades (to participate in as a group)

Background on Healthy Content

In the digital culture, we are constantly faced with choices over what content to consume, share, and create. Youth in particular need the background information and support system to develop skills for choosing healthy content. As a leader, you can prepare Scouts for life by informing them about their media sources and help them understand how their content choices affect their bodies, brains, and relationships. You can also make yourself available as a source of support and information should they need it.

Youth have constant access to hyper-stimulating sexual and violent material online. Internet porn affects development in two major ways:

1. Psychologically: social norms unhealthy relationships. For example, promotes violence against women.
2. Physiological development: creates neural pathways that train consumers' brain to only be aroused by something specific to porn.

9-12 Graders

By high school, youth expect a higher degree of privacy in some aspects of their lives. However, it is vital to continue to communicate that the digital world is not private — digital devices are used to connect with the public. Parents should still manually monitor what teens this age do online, as well as provide filtering software. Making healthy content choices includes making informed and responsible choices about what we share online. As a leader, emphasize the reasoning— in other words, the "whys"—guiding these choices so that your teens have the opportunity to internalize guiding principles prior to launching into adulthood. Lastly, remind them that possessing nude images of minors is illegal, and if convicted could put youth on the sex offender registry for the rest of their lives. For tips on intervening in case of problematic media use, watch the Scout leader video at iKeepSafe.org/Scouting.