Digital Citizenship High School

Lesson Title: *Josh's Story*
Grade Level: High School
Main Character: Josh
SEL Competencies: Self-management, Responsible Decision Making

Introduction

Josh is a high school student who is in recovery for addiction to cyberporn. He began to find pornography on the internet at age 12, but now that he is in recovery, he shares his story.

Activity 1

Watch the video: *Josh's Story*
Watch additional support video featuring Paul Schenk
Watch additional support video featuring Rob Wiess

Activity 2

If you are working with a team each person should take time to reflect individually before discussing with a partner or the group.

Often times this is one of the most difficult topics to discuss, but unfortunately technology has allowed younger children to access extremely explicit pornographic media at an earlier age than ever before. Should a student like Josh confide in you that he or she has a similar problem, would you be prepared to have a discussion with this student? Why or why not? Are you familiar with resources available to help this student? Who are additional support professionals in your school that could provide additional support?

Watch the video of Rob Wiess again.

Josh mentions how he felt fear and shame. These emotions kept him from seeking help for a long period of time. What are the actions that are needed to remove or relieve these feelings of shame from a student like Josh? Why is it so important to do this? In your professional role, are there actions you could take to mitigate some of the shame that a student like Josh feels? If so what?

Activity 3

Watch the video of Paul Schenk again.

Dr. Schenk discusses the negative stereotypes that internet pornography can impart on children. Reflect on his comments and create a list of the ways your curriculum could counteract these negative stereotypes, particularly the negative perspective for women and girls. Using your list, choose one idea you thought of and write out either an action plan or a lesson plan that would help counteract these negative stereotypes. Why do you believe this approach will be effective? Besides internet pornography, what are some other sources that students may encounter that encourage these same negative stereotypes?

Activity 4

Consider your school context.

If a student like Josh confided in you that he had a cyberporn problem and asked for help, what are the procedures in your school? Are they adequate?

Does the culture at your school promote positive and inclusive modeling of gender roles for all students? If you are concerned about the culture at your school what actions are needed? Develop an action plan based on your thoughts, consider allies and policy changes that might be needed as part of your plan.

Additional Resources for Growth

American Academy for Pediatrics Healthy Children
https://www.healthychildren.org/english/Pages/default.aspx