



Implementing Internet Safety Instruction within Health Education and Computer Science

PJ Duncan and Meghan Spencer

Florida Organization of Instructional Leaders Conference

May 16, 2024



FLORIDA DEPARTMENT OF
EDUCATION
fldoe.org

Agenda

- Legislative Updates
 - Required Instruction Statute
 - Computer Science and Technology Instruction Statute
- State Academic Standards
 - Health Education
 - Computer Science
- CPALMS
- Internet Safety Resources

Required Instruction

Section 1003.42, Florida Statutes (F.S.), Required Instruction

- Each district school board shall provide all courses required for middle grades promotion, high school graduation, and appropriate instruction designed to ensure that students meet State Board of Education adopted standards in specific subject areas.
- Members of the instructional staff of the public schools, subject to the rules of the State Board of Education and the district school board, shall teach efficiently and faithfully, using the books and materials required that meet the highest standards for professionalism and historical accuracy, following the prescribed courses of study, and employing approved methods of instruction.

Section 1003.42(2)(o), F.S., Required Instruction

(o) Comprehensive age-appropriate and developmentally appropriate K-12 instruction on:

1. Health education that addresses concepts of community health, consumer health, environmental health, and family life, including:
 - a. Injury prevention and safety.
 - b. Internet safety.
 - c. Nutrition.
 - d. Personal health.
 - e. Prevention and control of disease.
 - f. Substance use and abuse.
 - g. Prevention of child sexual abuse, exploitation, and human trafficking.

House Bill (HB) 379 (2023), Technology in K-12 Public Schools

- Effective July 1, 2023, House Bill 379 amended s. 1003.42, F.S., expanding required instruction to include comprehensive age-appropriate and developmentally appropriate K-12 instruction on the effects of social media.
- Instruction for students in Grades 6 through 12 on the effects of social media must include the following components:
 - the negative effects of social media on mental health, including addiction;
 - the distribution of misinformation on social media;
 - how social media manipulates behavior;
 - the permanency of sharing materials online;
 - how to maintain personal security and identify cyberbullying, predatory behavior and human trafficking on the Internet; and
 - how to report suspicious behavior encountered on the Internet.

Section 1003.42(2)(o)5., F.S., Required Instruction

5.a. For students in grades 6 through 12, the social, emotional, and physical effects of social media. This component must include, but need not be limited to, the negative effects of social media on mental health, including addiction; the distribution of misinformation on social media; how social media manipulates behavior; the permanency of sharing materials online; how to maintain personal security and identify cyberbullying, predatory behavior, and human trafficking on the Internet; and how to report suspicious behavior encountered on the Internet.

b. The Department of Education shall make available online the instructional material being used pursuant to this subparagraph, and each district school board shall notify parents of its availability.



FLORIDA DEPARTMENT OF
EDUCATION
fldoe.org

Computer Science and Technology Instruction

Section 1007.2616, F.S., Computer Science and Technology Instruction

- Computer science means the study of computers and algorithmic processes, including their principles, hardware and software designs, applications, and their impact on society, and includes computer coding and computer programming.

Section 1007.2616, F.S., Computer Science and Technology Instruction (Continued)

- Public schools shall provide students in Grades K-12 opportunities for learning computer science.
- Such opportunities may include:
 - Coding instruction in Grades K through 8.
 - Instruction to develop students' computer usage and digital literacy skills for students in Grades 6 through 8.
 - Courses earning-related industry certifications for students in Grades 6 through 12.
- If a school district does not offer an identified course, the district must provide students access to the course through Florida Virtual School or through other means.

Health Education Standards

Standards for Internet Safety and the Effects of Social Media

- Internet Safety standards were adopted by the State Board of Education and effective June 2023.
 - Benchmarks are organized within Health Education standards.
- The standards are student-centered expectations from which all curriculum, instruction and assessments are based.

Health Education Standards

Subject	Grade Level	Strand	Standard	Benchmark
HE.	6.	PHC.	2.	8
Health Education	Grade 6	Personal Health Concepts	Internal and External Influence	Describe legal and ethical behaviors when using the internet and social media.
Benchmark Clarifications				
<p>Clarification 1: Instruction includes respecting privacy, being honest, and sharing appropriate information.</p> <p>Clarification 2: Instruction includes recognizing and reporting signs of human trafficking and cyberbullying.</p>				

Relevant Internet Safety Standards within Health Education

HE.K.PHC.2.3 Identify safe and unsafe examples of *internet* use.

Clarification 1: Instruction includes safe uses such as playing games, watching appropriate television shows, and learning.

Clarification 2: Instruction includes unsafe uses such as sharing private information and interacting with unknown senders.

Clarification 3: Instruction includes unsafe screen time leading to health issues.

HE.4.CEH.1.3 Discuss the impact of *internet* and *social media* in the community.

Clarification 1: Instruction includes positive impact such as spreading awareness and information.

Clarification 2: Instruction includes negative impacts such as sharing misinformation, human trafficking, cyberbullies, permanence of social media posts, and social media addiction

HE.7.CH.2.1 Analyze ways consumer health messages can target different audiences through *internet* and *social media* sources.

Clarification 1: Instruction includes how organizations/companies use a variety of public service announcements, celebrities, social media posts, and platforms.

HE.912.CEH.2.3 Propose strategies to avoid risks on *social media* and the *internet*.

Example: Limiting screen time to under two hours a day to avoid physical health risks, reporting messages from unknown senders, not sharing personal information online.

Internet Safety and the Effects of Social Media Resource Development Process

Internet safety and
the effect of social
media workgroup
meetings

Finalization of
workgroup
feedback

Approval of
Internet safety and
effects of social
media resources

Instructional
materials
anticipated for use
during the 2024-
2025 school year

Internet Safety and the Effects of Social Media Resource Development Process

- Materials related to the effects of social media for students in Grades 6 through 12.
- Resources provide essential information and strategies to help students stay safe while navigating digital environments.
- Intended to guide meaningful conversations related to internet safety and the use of social media.

Online Protections for Minors Pursuant to HB 3 (2024)

- Social media platforms, as defined in Section 501.1736, F.S., must prohibit the creation of an account by a minor who is younger than 14 years of age.
- Social media platforms must prohibit the creation of an account by a minor 14- or 15-year-old, unless the minor's parent or guardian provides consent for the minor to become an account holder.
- Minors 16 years of age and older should only access age-appropriate subject matter and materials on the Internet. Internet safety and social media instruction should encourage the safety and security of students when using the Internet, including social media.

Computer Science Standards

Florida's State Academic Standards for Computer Science

- The proposed computer science standards and benchmarks include strands that allow students to develop healthy, safe and appropriate uses for technology and online practices.
- The standards and benchmarks are student-centered expectations from which all curriculum, instruction and assessments are based.

Computer Science Standards (Continued)

Subject	Grade Level	Strand	Standard	Benchmark
SC.	6.	HS.	1.	3
Science	Grade 6	Healthy and Safety	Explore safe Internet practices.	Describe safe practices when participating in online communities.
Benchmark Clarifications				
Clarification 1: Instruction focuses on communities such as discussion groups, blogs and social networking sites				

Relevant Internet Safety Standards within Computer Science

SC.2.HS.1.1 Identify examples of safe *online* communications.

SC.5.HS.1.2 Describe the role that parental digital monitoring programs play in *Internet safety*.

SC.5.HS.3.1 Explain the impact of *digital media*, communication and the consequences of cyberbullying and harassment.

SC.8.HS.3.1 Discuss how regulating the use of *digital media* and communication is important for mental and physical well-being.

SC.912.HS.3.2 Analyze how *social media* influences the digital footprint of individuals, communities and cultures.

SC.912.HS.2.1 Prioritize regulating screen time and the use of electronic devices for mental and physical well-being.

Benchmark Clarifications:

Clarification 1: Instruction includes the role of *digital media* and communication, gaming devices, cellular devices, television and other digital sources as they relate to mental and physical well-being.

Computer Science Standards Development Process

Facilitation of
workgroup
meetings

Finalization of
workgroup
member feedback

Drafted standards
available for
public comment
on Alchemer

Approval of
computer science
standards by the
State Board of
Education



FLORIDA DEPARTMENT OF
EDUCATION
fldoe.org

CPALMS

CPALMS Where Educators Go For Bright Ideas

NOT A MEMBER YET? [SIGN UP](#) [SIGN IN](#) [HELP](#)

[HOME Of CPALMS](#)
[STANDARDS Info. & Resources](#)
[COURSE Descriptions & Directory](#)
[RESOURCES Vetted By Peers & Experts](#)
[PD PROGRAMS Self-Paced Training](#)
[ABOUT CPALMS Initiatives & Partnerships](#)
[ICPALMS Florida's Platform](#)

[Standards](#)
[Access Points](#)
[Print/Export Standards](#)
[Computer Science Standards](#)
[Coding Scheme](#)
[B.E.S.T. Standards](#)

[Standards Viewer App](#)
[API](#)

HE.912.PHC.2.10

[Export](#) [Print](#)

 **Benchmark Information**

Demonstrate ethical and responsible use of technology.

Clarifications

Clarification 1: Instruction includes respecting privacy, being honest, and sharing appropriate information.

Clarification 2: Instruction includes recognizing and reporting signs of human trafficking, cyberbullying, and other suspicious behavior.

General Information

Subject Area: Health Education

Grade: 912

Strand: Personal Health Concepts



FLORIDA DEPARTMENT OF
EDUCATION
fldoe.org

Connecting Computer Science with Health Education

Health Education

HE.3.PHC.2.5 Identify types of cyberbullying.

Benchmark Clarifications:

Clarification 1: Instruction includes sending, posting, or sharing negative, harmful, false, or mean content about someone else online.

Clarification 2: Instruction includes sharing personal or private information about someone else.

Computer Science

SC.3.HS.1.3 Explain what actions should be taken if students are either victims or witnesses of cyberbullying or harassment.

Benchmark Clarifications:

Clarification 1: Instruction includes providing information or evidence to authority figures or Fortify Florida to show authority figures, recordings, emails or photos.

Clarification 2: Students should understand that they should not engage with the cyberbully and block or mute all communication.



FLORIDA DEPARTMENT OF
EDUCATION
fldoe.org

Why Internet Safety is Important

Importance of Internet Safety

Safe and appropriate use of the Internet, including social media.

Navigation of applications on mobile and in-home devices.

Safe use of ads and other communication techniques strategies that target different audiences.

Storage of personal information, location data and search history.



FLORIDA DEPARTMENT OF
EDUCATION
fldoe.org

Standards-based Internet Safety Activity

Standards and Objectives

- HE.912.PHC.4.3 Develop strategies to combat cyberbullying and online harassment.
- HE.912.CEH.2.3 Propose strategies to avoid risks on social media and the internet.
- HE.912.CEH.2.9 Identify computer related laws and analyze their impact on internet safety.

Identifying Online Risks

- Brainstorm tasks performed on the Internet and/or social media such as communication, entertainment and learning.
- Identify online risks for the following scenarios:
 - Cyberbullying: A student receives hurtful messages and is excluded from online groups.
 - Predatory behavior: An adult online asks a student for personal information or to meet in person.
 - Human trafficking: A young person is offered a job online that seems too good to be true.

Strategies for Online Safety



Think before you post: Consider the potential consequences of your online actions, both for yourself and others.



Maintain strong passwords and privacy settings: Use complex passwords and adjust privacy settings on social media accounts to limit who can see your information.



Be cautious about sharing personal information: Avoid sharing sensitive information such as your address, phone number or school location online.



Be critical of online content: Do not accept everything as fact without verification. Be aware of scams and misinformation.



Report suspicious activity: If you experience cyberbullying, predatory behavior or see something concerning online, report it to a trusted adult or platform administrator.



FLORIDA DEPARTMENT OF
EDUCATION
fldoe.org

**How does your
school or district implement
Internet Safety instruction?**

Questions?

Bureau of Standards and Instructional Support Contact Information

Meghan Spencer

Director of Healthy Schools

Meghan.Spencer@fldoe.org

Courtney Starling

Director of Mathematics and the Sciences

Courtney.Starling@fldoe.org

Whitney Gaddis

K-12 Computer Science Specialist

Whitney.Gaddis@fldoe.org

Session Evaluation





www.FLDOE.org



www.FLDOE.org