Patch Program

Not on Our Watch (C/S/A)

This patch is sponsored by Not on Our Watch, an initiative of Texas Women in Business. The Not on Our Watch patch program helps Girl Scouts, troops and their families raise their awareness of online abuse and exploitation. For discussions being led by the troop leader, consider having the Sensitive Issues Form filled out by caregivers.

Grade level requirements:

- **Cadettes (grades 6-8).** Complete the entire Discover category. Then, choose two activities from the Connect category and one from the Take Action category.

- **Seniors (grades 9-10).** Complete the entire Discover category. Then, choose three activities from the Connect category and two from the Take Action category.

- **Ambassadors (grades 11-12).** Complete the entire Discover category. Then, choose three activities from the Connect category and two from the Take Action category.

  Content courtesy of NetSmartz and the National Center for Missing & Exploited Children

Discover

Online Understanding - There's so much fun stuff to do online, right? And it's not just on computers! Things like cell phones, tablets, and game consoles like can all connect to the internet. You can play games, draw, watch and share videos with friends, and listen to music online. If you're 13 years old or older, you might even use social media apps. There are many ways that you can have a positive,

healthy, and safe experience using social media, online games, and other apps. These activities can make us happy and teach us new skills. What are some positive ways you interact online[1]?

Inappropriate Content – On the other hand, consuming negative content can cause stress, anxiety, and damage to your mental health. Seeing things online that you don't want to see or are not ready to see is considered inappropriate content. Inappropriate content includes adult activities, violence, hate speech, risky or illegal things like dangerous stunts or drinking games, and images of your or other people's private parts.

It may seem cool to look up this type of content, but there is a reason it's not for kids. It could make you feel bad, confused, weird, uncomfortable, or even scared. What should you do if you come across inappropriate content online?

You can:

• Report it to the website or app where you found it or report it to the CyberTipline

• Use the back button and/or turn off the screen or computer

• Tell a trusted adult if you feel upset or want to talk about it

• Do not delete your account. You may be deleting evidence that could prevent this from happening to you or someone else in the future.

If you have already seen this kind of content, do not feel guilty – it is not your fault. Talk to a trusted or safe adult. You can also reach out to the CyberTipline with inappropriate content, even if this happened in the past[2].

Think Before You Share - Posting or sharing something inappropriate online can have serious consequences. It could lead to gaining a bad reputation at school or with your friends. You and others could get in trouble at home, school, or even with the law. It could hurt your future chances of getting onto a sports team, into clubs, into colleges, or even getting a job. Take some time before deciding to post or share something. Sometimes in the moment, we might think it is a good idea to post something, but later we change our minds, and realize that it was not a good post after all. Remember that once you post something online or message anyone, it is there for anyone to see, screenshot and share. A good tip to ask yourself is, "Do I want my parents, grandparents, or teachers to see this?" Another question to ask yourself is "Would I be okay with this information, photo, video being shared beyond its intended audience?" If your answer is no, it is probably not a good idea

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[1] NetSmartz Online Safety for Middle School Presentations. Presenters Guide Slide 3-4. https://connect.ncmec.org/learn

[2] NetSmartz Online Safety for Middle School Presentations. Presenters Guide Slide 7-8. https://connect.ncmec.org/learn

to post or share it. [Watch this video](#) to help you understand that once you send a message online, it's out of your hands and you can never truly take it back[3].

Protect Your Privacy - When you're using social media or gaming online, your privacy settings matter. Take a second to check who can see your posts and information. It's easy to forget, but what you share online can spread fast—even to people you didn't mean to share it with. Posting too much personal stuff, like pictures or details about your life, can be risky. Why? It might end up with people you don't trust and make you feel anxious or even unsafe.

Keep this information OFF the internet:

- Your passwords
- Your home address or current location
- Phone numbers
- Email address
- Vacation or travel plans
- Info about your family or things going on at home

Everything you post has the chance to be seen by more people than you think. That's why it's important to stay private. Sharing too much can lead to getting scammed, someone hacking your accounts, or people using your info in ways that could harm you. And it's not just about you—your friends' and family's privacy matters, too. Revealing personal information online can make you and your family a target for identity theft, scams, computer hacks, and other trouble. And only accept friends that you know in real life. If you don't know them, don't add them.[4]

Inappropriate Requests - It's important to understand that some people don't have the best intentions. They may ask you to do things you don't want to do or share images that put you at risk. This is called an inappropriate request. You might feel pressured to do it because you feel like everyone is doing it. You may really like the person who is asking you. You might want to do it because you see some benefits or positive outcomes. If someone is asking or pressuring you into sending compromising images, step back. Take a minute to think about it and talk to a trusted adult or a friend. It is likely that the person requesting the images may not have your best interest at heart. See how they react when you say no. If the requester gets angry or continues to pressure you, that should be a red flag about that person's intentions. For example, what would you do if someone emailed you a link to an adult website that they wanted you to see? No matter who makes the request — an older teen, an adult, a stranger, or a friend — you have the right to

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[3] NetSmartz Online Safety for Middle School Presentations. Presenters Guide Slide 5 & 9. https://connect.ncmec.org/learn
[4] NetSmartz Online Safety for High School Presentations. Presenters Guide Slide 7. https://connect.ncmec.org/learn

say "no." Practice how you will reject these requests to help you prepare if you ever encounter these kinds of situations[5].

Grooming - Sometimes inappropriate requests develop into dangerous relationships. You may talk to older teens and adults you don't know online, for instance, when you're gaming, but they should never talk about dating you, ask for revealing pictures, ask you to meet offline or pressure you into doing something you feel uncomfortable about. Some people may try to convince you to meet them offline by flattering you, sharing a common interest, or pretending that they care. This is called grooming.

Don't trust anyone who tries to:

- Send gifts through the mail, like gift cards, cell phones, or webcams
- Talk badly about your family and friends
- Make you feel guilty, ashamed, or bad about yourself
- Talk about adult things
- Share or ask for revealing pictures
- Demand that you respond quickly or log in when they ask you to
- Follow all your social media accounts
- Ask a lot of unnecessary personal questions about you or your family, like where your parents work, or what your siblings' daily schedules are
- Ask you inappropriate private questions (for example, ask you about your private hygiene routine)
- Ask you to keep secrets from your family and friends
- Attempt to have inappropriate conversations

Remember that someone who actually cares about you would want the best for you. They would support your existing friend and family relationships and would not blame you or make you feel guilty for doing things you do not want to do. Watch this video to see how quickly grooming can happen and how to recognize the red flags[6].

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[5]NetSmartz Online Safety for Middle School Presentations. Presenters Guide Slide 17. https://connect.ncmec.org/learn

[6] NetSmartz Online Safety for High School Presentations. Presenters Guide Slide 15-16.https://connect.ncmec.org/learn

Sextortion - Sextortion is when someone threatens or blackmails you—usually by saying they'll share a sexual image of you unless you send more pics, do something sexual, or give them money. It often starts when someone gains your trust online, maybe pretending to be someone your age. You might send a photo thinking it's private, but then they turn around and use it to control you. Sometimes, they trick you into sending something, and other times, they may send AI - generated images to make it seem real. No matter how it happens—it's never your fault. It's a serious crime, and you deserve support and protection. You can report on your own or with an adult you trust and in some cases, even get pictures removed from the internet all together.

This is sextortion; it is a crime, and you should report it to protect yourself and others. Reporting means you're standing up for yourself and you are also helping to stop these people from abusing anyone else[7].

Cyberbullying - Cyberbullying is exactly what it sounds like — the combination of bullying and technology. Some examples of cyberbullying are sending mean text messages, spreading rumors online, creating fake profiles to make fun of someone, recording and posting fight videos, photoshopping pictures to make someone look bad, trash-talking someone in an online game, or resharing inappropriate/compromising pictures of someone else. Sometimes people

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[7] NetSmartz Online Safety for Middle School Presentations. Presenters Guide Slide 29. https://connect.ncmec.org/learn

cyberbully others because they think it's funny or they don't like someone and want to hurt their feelings. And cyberbullying hurts. It can lead to depression, anxiety, and a potential to self-harm. If you or someone you know is being cyberbullied, here are some steps you can take:

Cyberbullying isn't something you can just ignore. It's a real problem, and it won't go away unless we all do our part. If it ever happens to you, there are ways to protect yourself. If you see it happening to someone else, don't stay silent—say something or get help. Most importantly, treat people with kindness—online and in real life[8].

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[8] NetSmartz Online Safety for Middle School Presentations. Presenters Guide Slide 36, 39 & 45. https://connect.ncmec.org/learn

Connect

Avoid the Risks – We have all had interactions or situations on online apps or games that have made us uncomfortable. Maybe you had a conversation that made you feel bad, or you were tagged in a picture you didn't approve, or the comment left on your post was not very nice. Maybe YOU were the one who left a not-so-nice comment or posted a friend's picture without asking their permission.

Unfortunately, these exchanges can become more than just unpleasant. Discuss examples of a time where you HAVE or HAVE NOT avoided the five risks in the chart with your troop and/or family and how you intend to avoid these in the future[9].

Avoid the risks

Sending mean messages   Posting inappropriate pictures   Resharing images of other people   Talking to people you don't know   Visiting adult sites

Bystander vs. Upstander - A bystander is someone who sees or knows about a situation where someone is being hurt, bullied, or discriminated against. They are sometimes afraid to speak up because they think the bully might target them next, don't think adults can help or they don't want to be seen as a snitch. It can be scary to say something!

An upstander is someone who sees something wrong—like bullying, discrimination, or unfair treatment—and chooses to speak up or take action instead of staying silent. They don't just watch it happen—they step in to stop it or stand up for what's right to help protect someone from being hurt.

Who is the bystander and who is the upstander in the following scenarios? How do you know?

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[9] NetSmartz Online Safety for Middle School Presentations. Presenters Guide Slide 6. https://connect.ncmec.org/learn

Scenario 1: Group Chat Gossip

You're in a group chat and Maria starts making fun of Olivia behind her back. Everyone is laughing, but Jenny knows it's hurtful. Melissa replies, "This isn't cool—let's not talk about people like that."

Scenario 2: Hallway Shove

Melanie sees a student get shoved into a locker by another kid between classes. No teachers are around, and everyone else just walks by. Regina checks if they're okay and then tells a teacher what happened.

Scenario 3: Gaming Trash Talk

During an online game, someone on your team starts using slurs and targeting another player with hate speech. Tonia says nothing, and the game keeps going. Krysta speaks up: "I will report and block you from this game if you don't stop."

Scenario 4: Social Media Burn Post

A cruel meme about Laura gets shared on Addie's social media story. Michelle sees people reacting and sharing it but is not sure whether to ignore it or say something. Carla messages Addie privately, "This post is messed up, take it down," and then messages Laura to let her know that she's got her back[10].

Test Your Knowledge – Take any three of these short, but relevant, nofiltr.org quizzes to see how well you can identify red flags, set boundaries, and identify how to get help.

Quiz Categories

Digital Mindfulness	Sextortion	Healthy Online Relationships	Online Grooming	Seeking Help
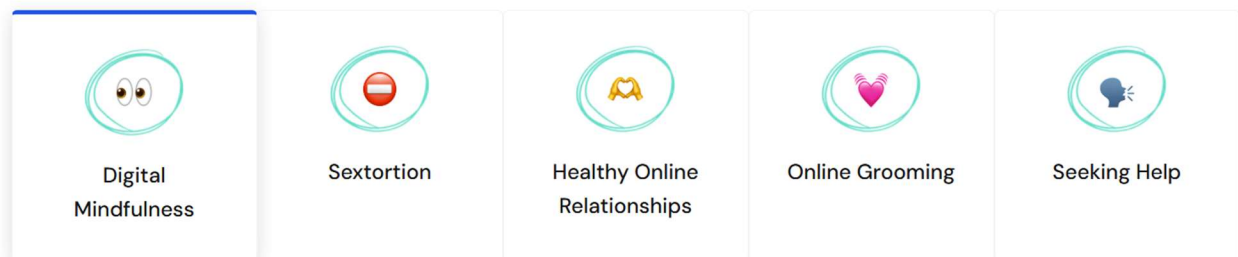
Stay Safe Online - Most teens are pretty smart about being online. They don't meet up with random people from the internet, they stay away from posting sketchy stuff, and they're not out there bullying others. Chances are, you're already making good choices too. But even when you're doing everything right, your parents or teachers might still worry. They hear a lot of scary stories on the

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[10] NetSmartz Online Safety for Middle School Presentations. Presenters Guide Slide 43. https://connect.ncmec.org/learn

news about what could happen online. That's why it helps to keep them in the loop. Talk to your parents or a trusted adult about what apps you use, who you're talking to, and anything you're into—or even stuff that makes you feel unsure. It'll help them feel better knowing you're being smart online, and it makes it way easier for you to go to them if something ever feels off. Parents and Troop Leaders – Here is a Glossary of Internet Terms to help you to be in the know[11]!

Take Action

As a Girl Scout, you can make the online world a better place!

Girl Scout Internet Safety Pledge – You've learned the basic Internet Safety Pledge, but did you know there is a pledge specifically designed for Girl Scouts? The Girl Scout Internet Safety Pledge is most often used when Girl Scouts want to sell cookies online or participate in a virtual Girl Scout program. Review, recite, sign, and share this with your troop and other troops in your Service Unit.

School Cyberbullying Policy - Review the cyberbullying/bullying policy at your school and/or school district to understand what the expectations currently are. What other rules should be included or updated in this policy? Write your principal and/or superintendent a proposal to amend the policy if needed.

Spread the Word – Create a presentation based on the "Not On Our Watch" patch program topics you've just learned about like cyberbullying, think before you share, and grooming. Then, present your informative slideshow to your neighborhood, troop, and/or Service Unit.

Set up an Awareness Event or Booth – Plan a "Safety Booth" or "Missing Children's Awareness Day" event at a school, community center, or park. You could include guest speakers from local law enforcement or child advocacy groups (like Not On Our Watch), safety activity stations, and/or an informational table with NCMEC materials.

Victim, Survivor & Family Support – If you or someone you know has been a victim of having or been a missing and/or sexually exploited child, NCMEC has services available for victims, survivors, siblings and caregivers looking for mental health and peer support. Please reach out to 1-800-THE-LOST or gethelp@ncmec.org.

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[11] NetSmartz Online Safety for Middle School Presentations. Presenters Guide Pgs. 7-8; Slide 47. https://connect.ncmec.org/learn

Thank you to the donors who helped make this patch program possible!

Subject: Upcoming Patch Program: Not on Our Watch – Online Safety for Girl Scouts

Dear Girl Scout Families,

We're excited to let you know that our troop will be participating in the **Not on Our Watch** Girl Scouts of Central Texas patch program, sponsored by Not on Our Watch TX, an initiative of Texas Women in Business and supported by the National Center for Missing & Exploited Children. This program is designed to help Cadettes, Seniors, and Ambassadors navigate the digital world safely and confidently.

This program is designed to help our youngest Girl Scouts—Daisies, Brownies, and Juniors—learn how to stay safe and make smart choices in the digital world.

The curriculum is age-appropriate and engaging, with activities that teach Girl Scouts how to recognize unsafe situations online and how to respond with confidence. The main themes of the patch program include:

- **Online Understanding** – Exploring the fun and safe ways to use the internet.

- **Internet Safety Pledge** – Learning to speak up when something online feels wrong.

- **Protecting Personal Information** – Understanding what's safe to share and what's not.

- **Safe Gaming & Pop-Ups** – Knowing how to stay safe while playing online games.

- **Meeting New People Online** – Learning why it's important to be cautious with online strangers.

- **Netiquette** – Practicing kindness and respect in digital spaces.

- **Cyberbullying & Being a Bystander** – Recognizing bullying and learning how to stand up for others.

- **Digital Citizenship** – Becoming responsible and respectful members of the online community.

This patch program will help our Girl Scouts build awareness and resilience while having fun and working together. If you have any concerns about the sensitive nature of some topics, please feel free to reach out. Please fill out the attached Sensitive Issues Form.

We're proud to offer this opportunity to help our Girl Scouts become safer, smarter digital citizens. Thank you for your continued support!

Warm regards,
[Your Name]
Troop Leader, [Troop Number]
[Contact Information]

Annual Parent/Legal Guardian Permission for Sensitive Issues

During the course of this activity, participants may be exposed to issues and discussions that are, or could be considered to be, of a sensitive or controversial nature. While there is no definitive list of sensitive issues that we can provide, some examples include substance abuse, child abuse, puberty/human sexuality, violence, youth suicide, gender roles and identity, cultural and family values, global citizenship, and religion.

Many of these topics are often brought up between youth in a very casual manner while on the way to or at a Girl Scout activity. When signing the Annual Permission form, parents/legal guardians give permission for the leader/advisor to answer questions or facilitate conversations as they arise informally (only when a member of the troop begins a discussion). Parents/legal guardians also acknowledge responsibility for communicating to the leader about any needs their Participant may have in regard to sensitive topics and of their maturity and ability to participate.

For all planned discussions/activities relating to sensitive issues within the troop, written approval by a parent/legal guardian is required for each Participant. If a participant or their parent/legal guardian wishes to opt out of a discussion or activity, the leader/advisor will acknowledge the Participant's right to opt out of the discussion and be sensitive to their feelings. If the activity fulfills a recognition requirement, the leader/advisor and Participant will discuss an alternate activity that can be done to fulfill the requirement.

In all cases, the leader/advisor will follow GSUSA and Girl Scouts of Central Texas procedures, standards, and practices. This guideline affirms the responsibility of all adults to foster an environment of trust, be sensitive to differing attitudes and strong emotions, ensure age-appropriateness of material, and be non-judgmental.

Either attached or written below is information about the appropriate age-level discussion/activities proposed. Your signature below gives permission for your child to participate with the troop or at the event. This section is to be filled out by troop leader or event organizer.

Discussion/activity date:	Discussion/activity topic:	
Discussion/activity facilitator:		
Discussion/activity facilitator training or experience:		
Troop Leader/Advisor name:		Phone:
Email:		
List any content/activities that are considered sensitive or controversial:		
List any action steps the participants will take when the activity is complete, if applicable:		

Parent/Caregiver: Please complete the section below, tear off, and return to Troop/Group Leader/Advisor.

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Discussion/activity date:	Discussion/activity topic:	
Participant's full name:	Troop #:	Current grade:
Parent/Legal Guardian name:	Phone:	
Email:		
List any content/activities that are considered sensitive or controversial:		
List any action steps the participants will take when the activity is complete, if applicable:		