

FAMILYSHIELD ONLINE LEARNING PACK

Ages 13 to 16

Four printable pages written directly for teens and the adults working with them, free to print, copy, and hand out at home, in a classroom, or at a library program. No sign-up or licensing needed.

What's in this pack

- **01: Sextortion, What to Do**, the five steps that actually help, in order
- **02: Deepfakes & AI Risks**, nudify apps, AI companion chatbots, and voice cloning
- **03: Discussion Guide**, six real scenarios for classroom or small-group conversation
- **04: Family Safety Agreement**, a fill-in template for parents and teens to fill out together

Where this content comes from

Everything here is adapted from the full guides at familyshieldonline.com, an independent, ad-supported family online-safety resource that isn't affiliated with any government agency. The site covers scams, grooming, sextortion, cyberbullying, AI and deepfake risks, screen time, and home network security in more depth than fits on paper.

A note on age and reading level

These pages are written directly for teens, roughly ages 13 to 16, in more direct language than the younger pack. For younger kids, FamilyShield Online has a separate learning pack (ages 7 to 12) built around a safety rules poster and simpler activities.