staying safe online

ACTIVITY BOOK

PARENTS LEAD.ORG

stay safe

There are many good things about media use. But there are also things to watch out for. Follow these rules and talk to your mom or dad about more ways to stay safe.

FOLLOW THESE RULES

Don't sign up for sites if you are not old enough.

If you see something that makes you upset or worried, tell an adult.

Think carefully about what you post.

Only talk to people you know.

Always ask your parents before spending money online.

media use can be great

- Connect with friends and family.
- Get to know others with similar interests.
- Do schoolwork and communicate with teachers.
- Find entertainment that helps you learn.
- Open your world to new ideas and cultures.

W U Y Q C D D E O R P A
T C E N N O C T E M L T
T U H D W S Y A X P A M
D R L A J A D E I D Y C
W U O A W M M R N U U P
X O X P F X E C Q X S Y
D R U T P S L E A R N N
E S N C E U G F N P Q L
D X H A N A S A L N A N
J C R A G O B F H Y M S
Y C A N R H H I Q I M V
H F E T B E Y R A O R S

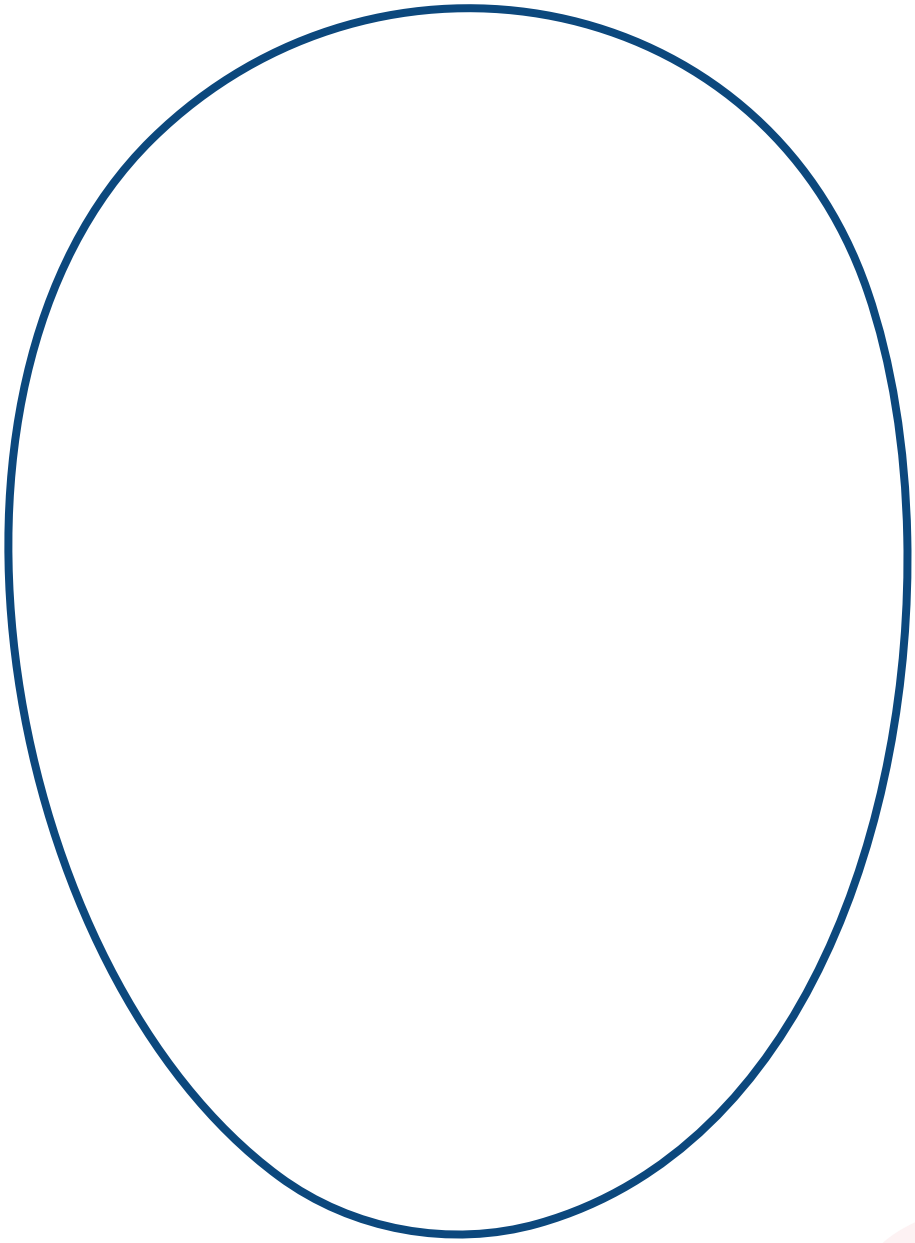
Word find

PLAY
CREATE
CONNECT
LEARN
RESEARCH
SHARE
READ
SUPPORT
ENGAGE

Answer on page 7.

keep your information private

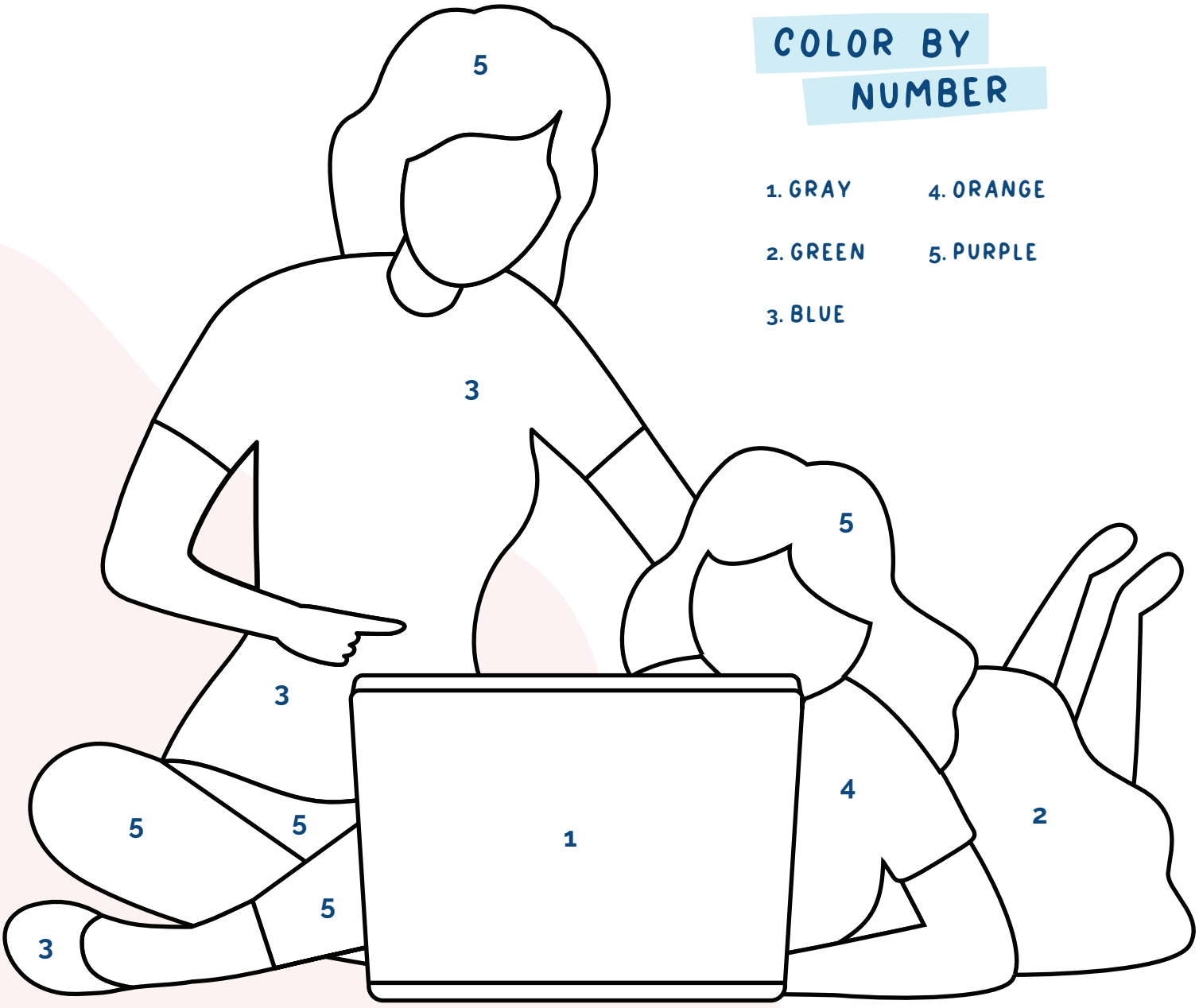
- Never share where you are or any information about where you live.
- Don't give your real name to strangers.
- Use a fun fake name as your username rather than your real one.



DRAW A DISGUISE

be kind online

- Never tag someone or post their photo without asking.
- Don't post when you are angry.
- Be positive and honest.
- Don't like posts or comments that are hurtful.



COLOR BY NUMBER

1. GRAY
2. GREEN
3. BLUE
4. ORANGE
5. PURPLE

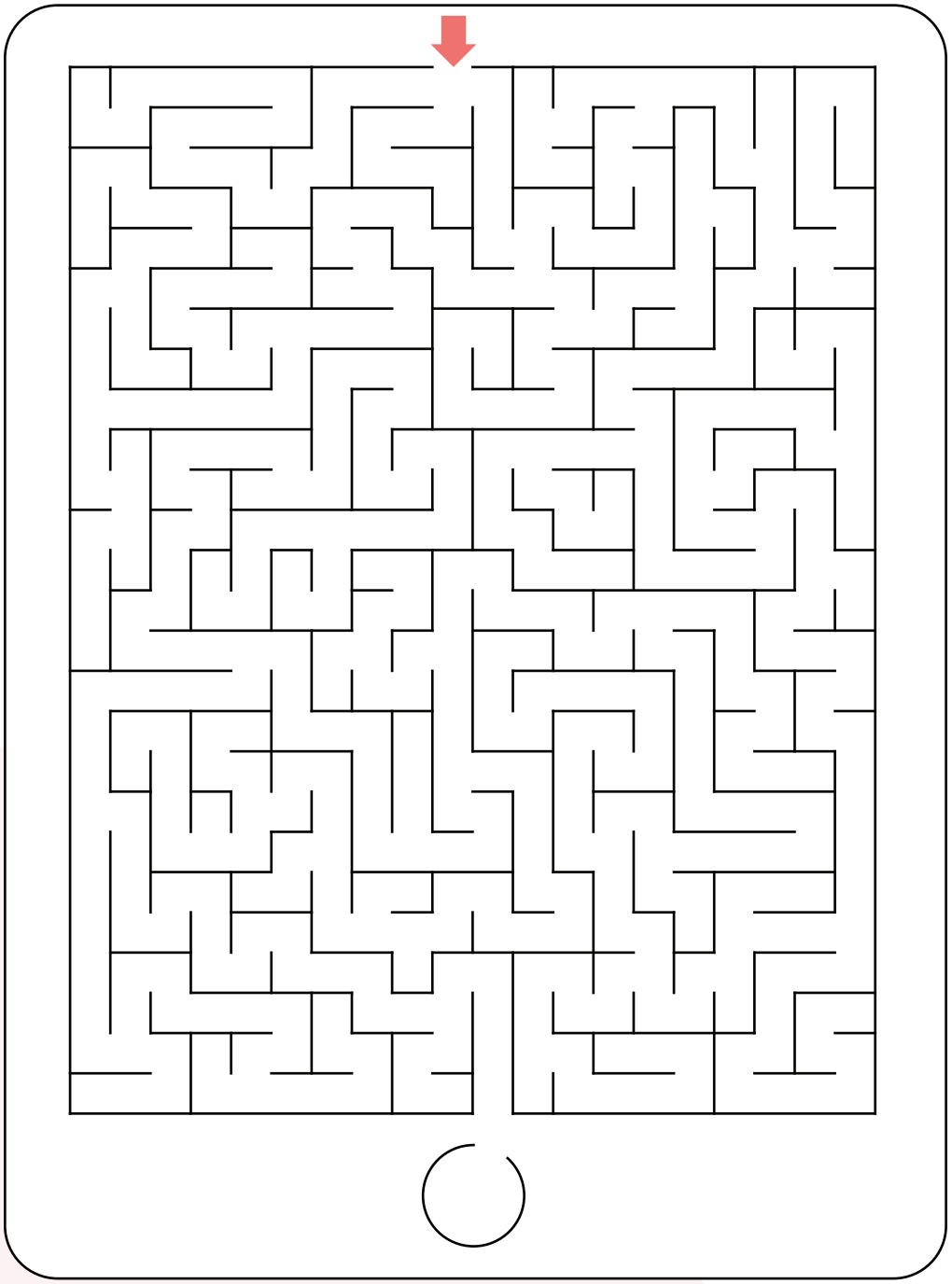
take a break

Sometimes, playing games or doing other activities online can make you frustrated or mad. It's important to know when you need to take a break and do something else.

Talk to your mom or dad about what you feel like when you need a break from screens.

IT'S TIME FOR A BREAK.

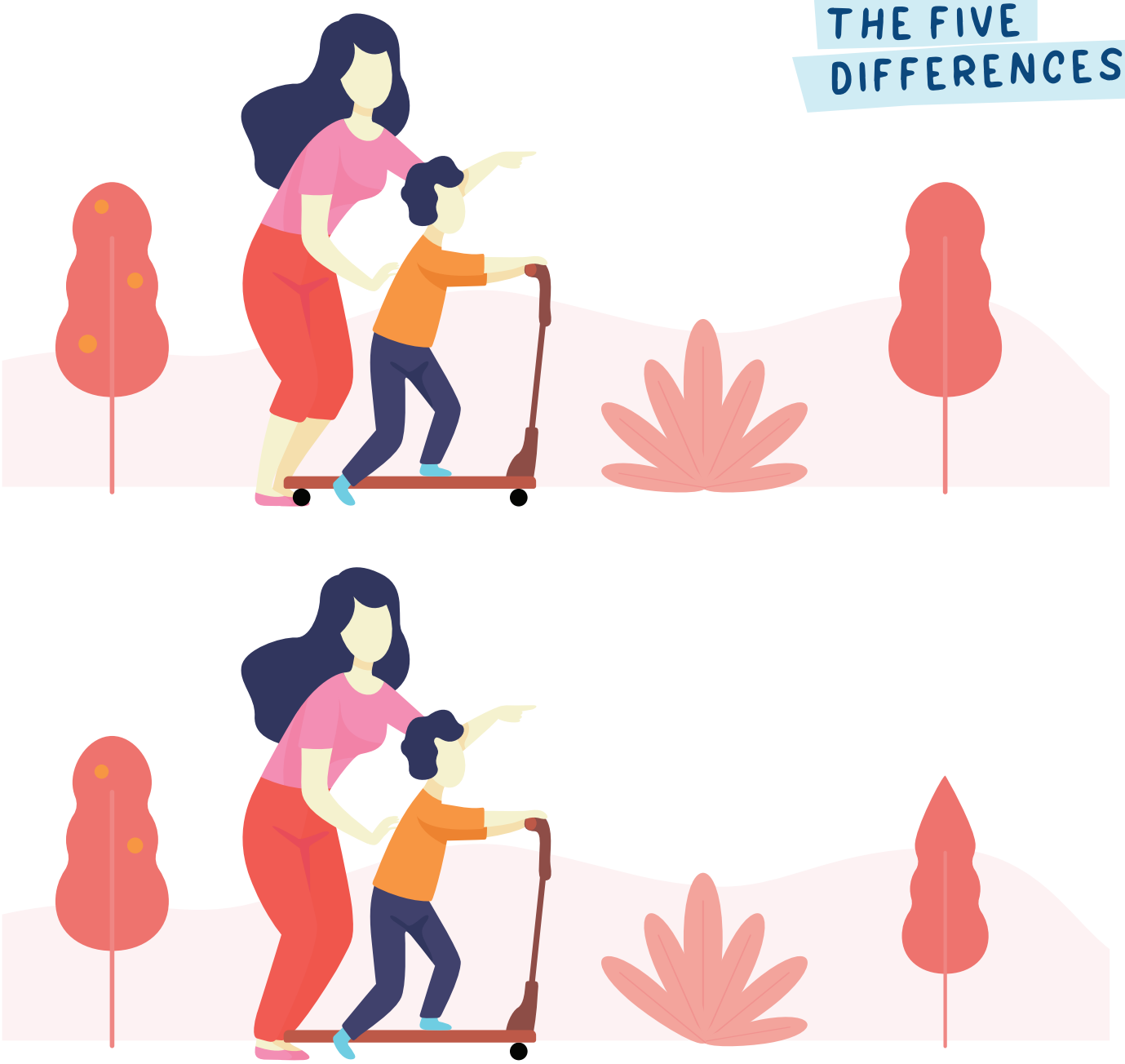
CAN YOU GET TO THE POWER BUTTON?



pay attention

Be cautious about free games or other downloads. They may contain viruses that can steal information or harm your device. Don't open something if you don't know what it is or where it came from. Always ask your mom or dad if it is safe.

FIND THE FIVE DIFFERENCES



together time

What's your favorite screen time activity with your mom or dad?

Write or draw your answer below.

MY FAVORITE ACTIVITY IS...

be the hero in your own show

Imagine there is a show about your life.
Draw what happens.

DRAW YOUR OWN COMIC

what should you share?

When you post something online, it can be seen by and shared with a lot of people – sometimes people you don't know or trust.

Things that you would not share with everyone should not be posted online. Talk to your mom or dad about what is OK to share.

WHAT KINDS OF INFORMATION WOULD YOU SHARE WITH...

EVERYONE **(your whole school or the town you live in)**

SOME PEOPLE **(teachers, friends and other people you trust)**

CLOSE FRIENDS **(or even a diary)**

tips for parents

MEDIA USE SAFETY

Have your child use technology in a family space so you can see what they are doing.

Keep the lines of communication open so your child is willing to tell you if they experience something online that makes them uncomfortable.

Teach your kids that the internet poses dangers, just like the real world.

Make sure privacy settings are set to the highest level.

IF YOUR CHILD SEES SOMEONE WHO IS BEING CYBERBULLIED, TELL THEM TO:

- Not forward embarrassing photos or messages.
- Not comment on insulting or harassing posts.
- Report any instances of cyberbullying to a trusted adult.
- Support the victim by being a good friend and showing the cyberbullies they won't join in.

IF YOUR CHILD IS BEING CYBERBULLIED:

- Encourage your child not to respond to or forward cyberbullying messages.
- Record the dates, times, and descriptions of instances when cyberbullying has occurred. Save and print screenshots, emails, and text messages. Use this evidence to report cyberbullying to web and cell phone service providers.
- Block the person who is cyberbullying. Change phone numbers if bullying is occurring through phone or text.
- Get your child's school involved and learn about their policies. Inform law enforcement and report details if you feel something illegal has occurred.

Watch for cyberbullying

Cyberbullying can affect the social, emotional, and physical health of a child.

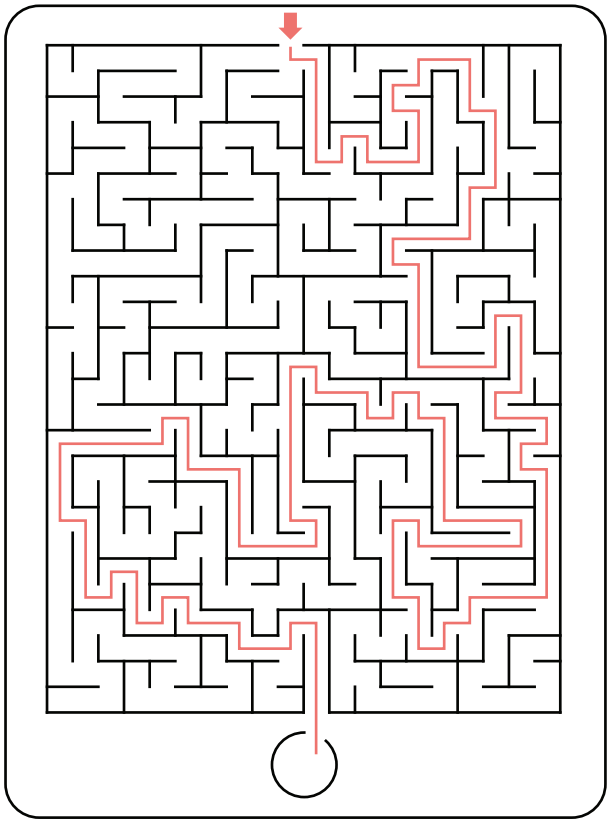
Visit ParentsLead.org for more information.

answer key

WORD FIND

W	U	Y	Q	C	D	D	E	O	R	P	A
T	C	E	N	N	O	C	T	E	M	L	T
T	U	H	D	W	S	Y	A	X	P	A	M
D	R	L	A	J	A	D	E	I	D	Y	C
W	U	O	A	W	M	M	R	N	U	U	P
X	O	X	P	F	X	E	C	Q	X	S	Y
D	R	U	T	P	S	L	E	A	R	N	N
E	S	N	C	E	U	G	F	N	P	Q	L
D	X	H	A	N	A	S	A	L	N	A	N
J	C	R	A	G	O	B	F	H	Y	M	S
Y	C	A	N	R	H	H	I	Q	I	M	V
H	F	E	T	B	E	Y	R	A	O	R	S

MAZE



FIND THE DIFFERENCES

PARENTS LEAD.ORG

NORTH Dakota Be Legendary.

Health & Human Services