



A KID'S GUIDE TO STAYING SAFE ONLINE

THIS BOOK BELONGS TO:

WHY DO WE PUT OUR SAFETY FIRST WHEN WE ARE ONLINE?

The internet is a wonderful place to talk to friends and family or learn more about what we are interested in.

On the other hand, the internet also has its risks if we don't use it the right way.

These risks can include cyberbullying, seeing inappropriate content or meeting people who may want to steal your information.



To stay safe from harmful experiences, follow the rules set by your parents or guardians and teachers when using the internet and when posting on social media.



GENERAL RULES TO FOLLOW WHEN USING THE INTERNET



DO's

- ✓ Ask for help from your parents, guardians or teachers to set up the privacy settings of social networking and browsing sites
- ✓ Tell your parents/guardians first before posting anything on social media
- ✓ Tell your parents/guardians or teacher if anything online makes you feel uncomfortable
- ✓ Share your passwords - but only with your parents

DON'Ts

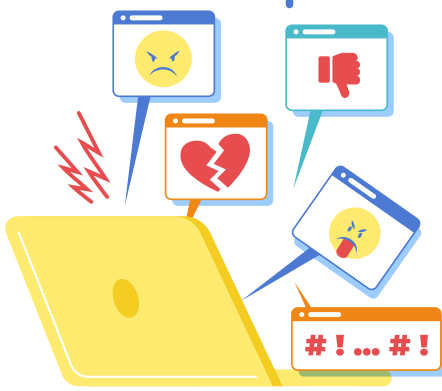
- ✗ Post or share any personal information like your home address, cellphone number or your current location
- ✗ Meet strangers that you've met on the internet alone
- ✗ Say or post anything that might make anyone else feel bad
- ✗ Stream content, download or install software or apps without telling your parents or teacher first



WATCH OUT FOR RED FLAGS

Red flags are anything that warns you of danger or a problem that needs the attention of your parents, guardians or teacher.

Anyone who is active online, even kids, can experience red flags especially through cyberbullying and potential online predators.



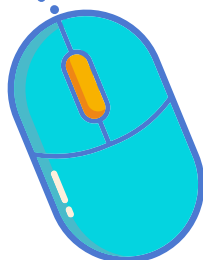
What is CYBERBULLYING?

To stay safe from harmful experiences, follow the rules set by your parents or guardians and teachers when using the internet and when posting on social media.



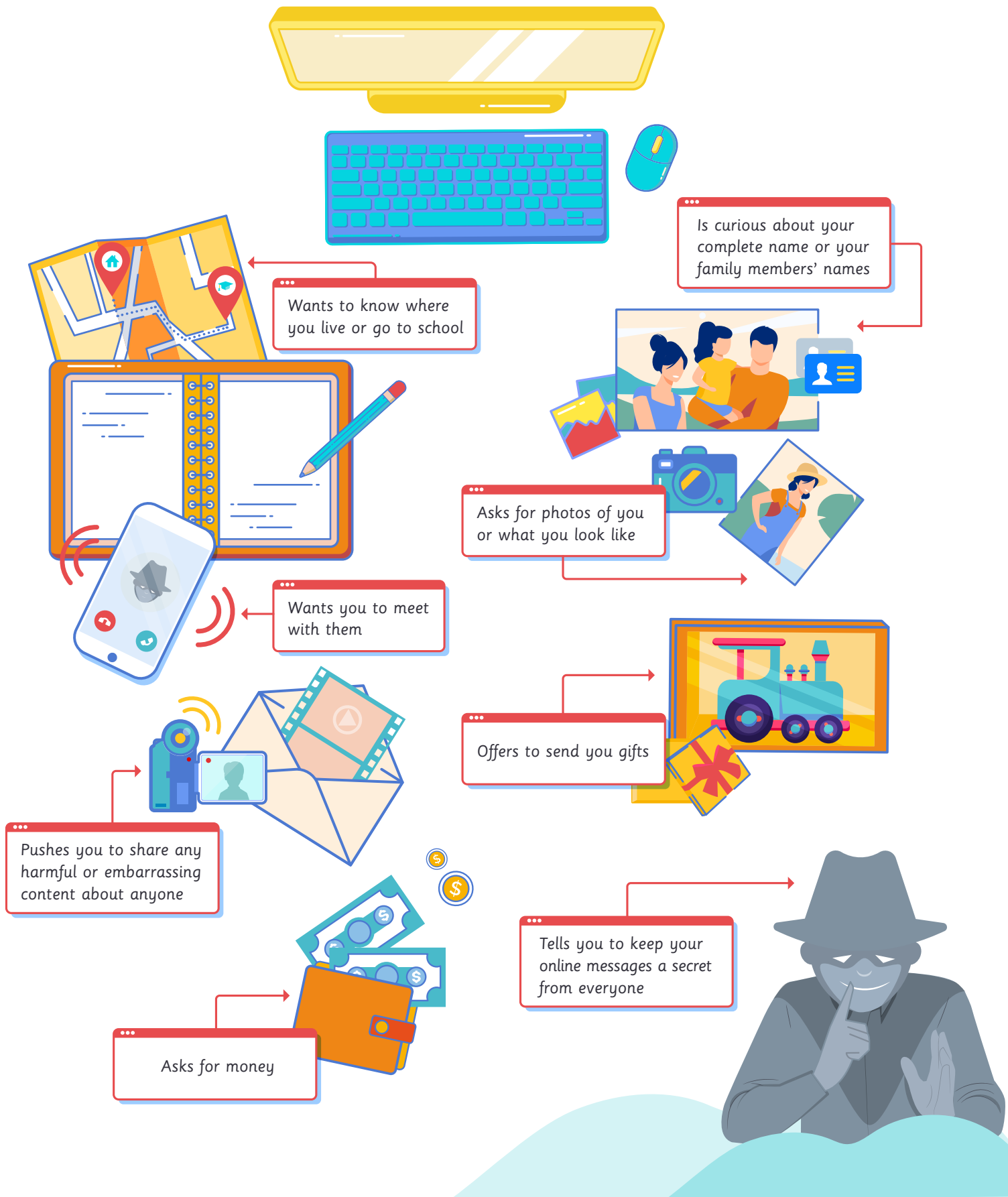
What is an ONLINE PREDATOR?

An online predator is an adult who uses the internet to target and hurt young people. They sometimes lie about their age and use fake online profiles.



 **Inform your parents, guardians or teacher immediately when you encounter these red flags.**

Typically, it starts when someone on the internet:





IS THIS A RED FLAG?

Color the flag **RED** if you think that this situation needs to be reported to your parents, guardians or teacher.



Your friend invites you to watch a virtual movie marathon with them.



A stranger messages you about sending a gift to your house.



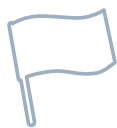
Your teacher asks you and your friends what your favorite snack is in your class group chat.



You receive a link to download an app that you are not familiar with.



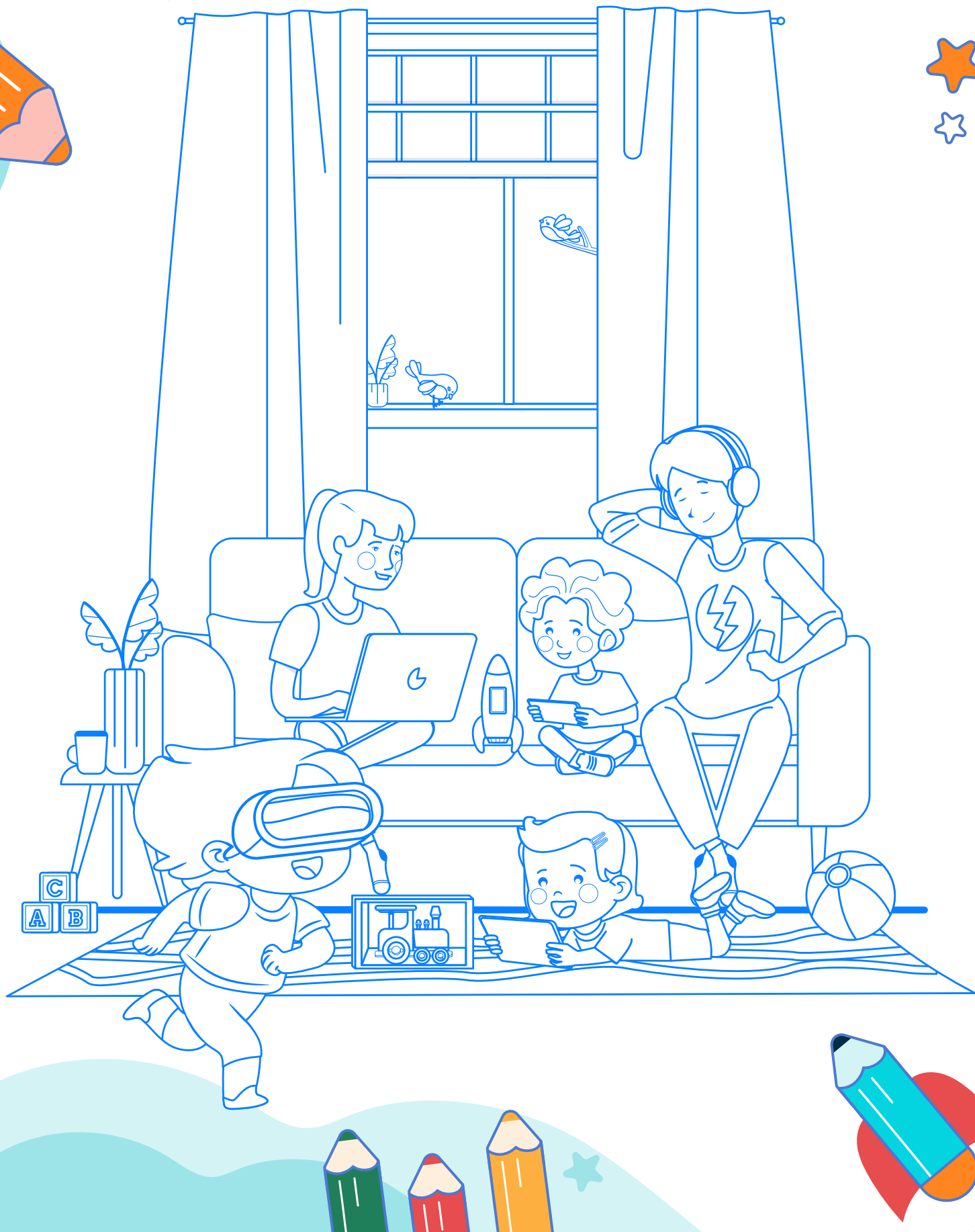
Someone messages you claiming to be your friend's friend.



One of your classmates invites you to a group chat with messages bullying another classmate.



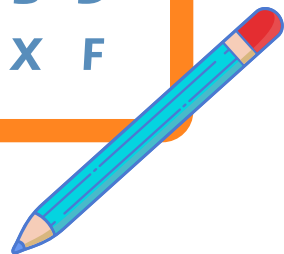
COLORING PAGES



WORD SEARCH

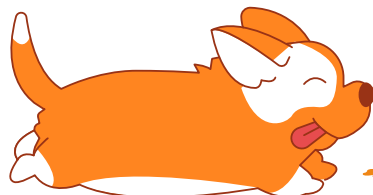


P A S S W O R D R S C T H U Q C I H
M X T P J E H V I X U O C I G D N P
D F J E R S A F E T Y I C N R B S O
O Q A X L I T U M R Y N G S M I T S
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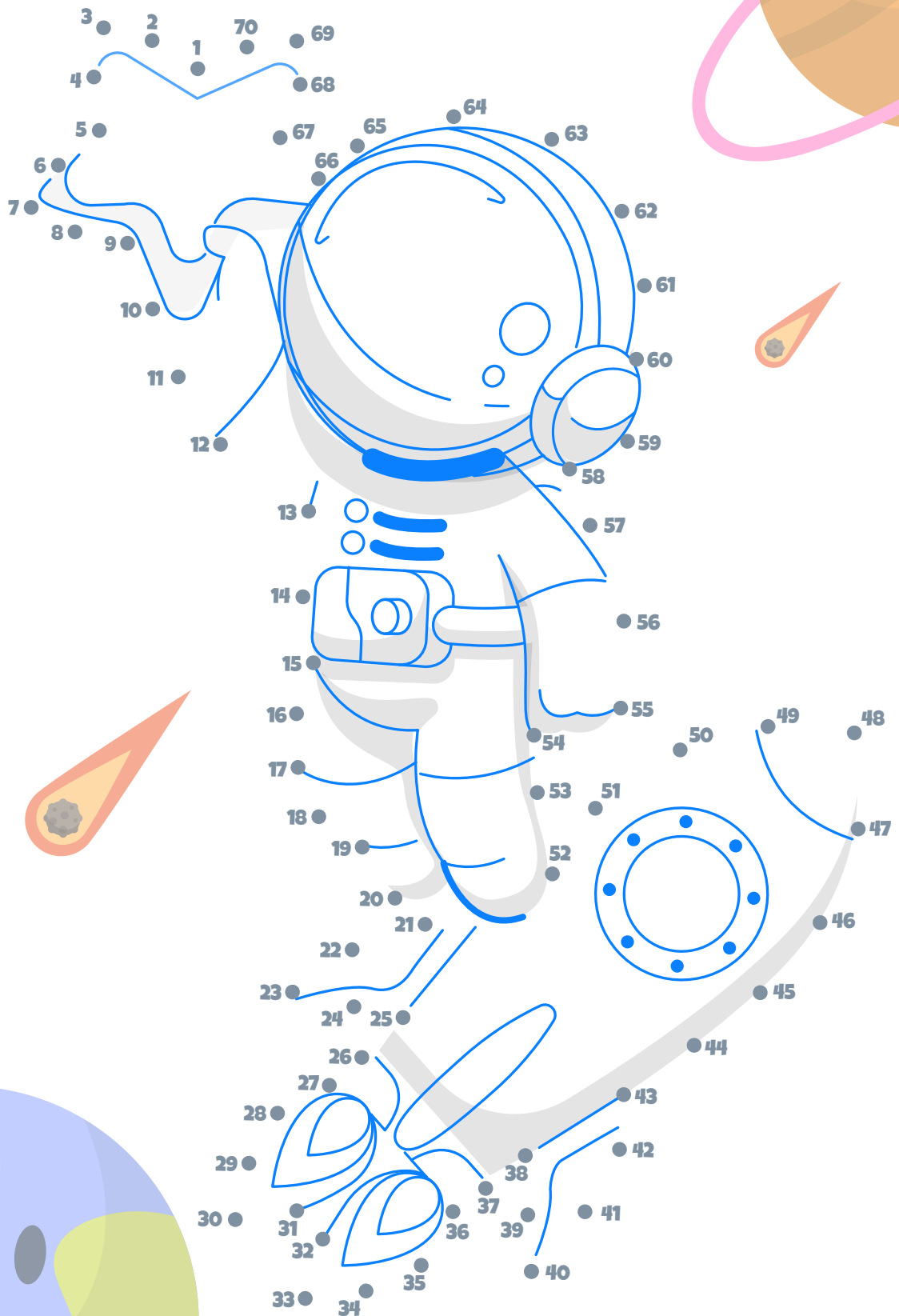


DOWNLOAD
FACEBOOK
INSTAGRAM
INSTALL
INTERNET
ONLINE

PASSWORD
POST
PRIVACY
SAFETY
STREAM
WEBSITE



DOT-TO-DOT A-Z



SPOT THE DIFFERENCES

Find 15 differences between the two pictures!



YOUR INTERNET AND SOCIAL MEDIA SAFETY PLAN

I, _____ [your name], promise to follow the rules and the internet and social media plan that I have agreed upon with _____ [name of parent, guardian or teacher].

I will make sure not to use mobile devices and browse social media during these times:

- While studying and doing homework
- While at school
- While crossing the street
- During family and meal times
- One hour before bed

_____ (write your own)

_____ (write your own)

_____ (write your own)

I promise to follow these internet safety rules:

- I will not share my personal information with anyone online
- I will not share photos without permission
- I will not meet or chat with strangers online
- I will tell _____ or _____ if there's anything online that makes me feel uncomfortable

_____ (write your own)

_____ (write your own)

_____ (write your own)

If I follow these rules, I am entitled or allowed to _____ (write fun activity or special treat) on _____ (date).

I promise to work hard to follow this internet and social media safety plan.

[your name and signature]

[your parent's/teacher's name and signature]





CONGRATULATIONS

**On being a responsible internet
and social media user!**