

# BLUEPRINT FOR BUILDING SAFER, SMARTER FAMILIES ACTIVITY BOOK

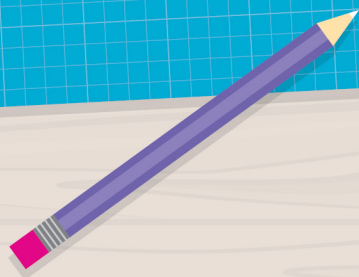
## Building Safety in the Digital World

Cyber  
P.L.A.N.

Password



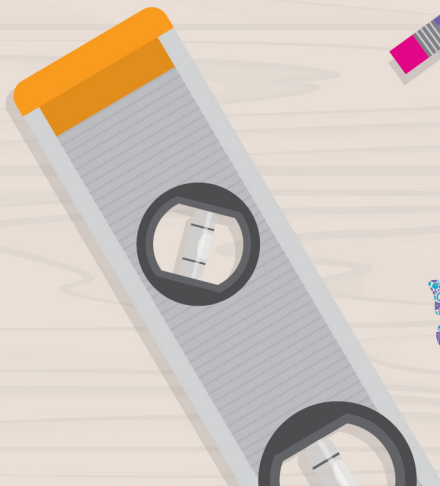
Internet



Safer, Smarter  
FAMILIES



LAUREN'S KIDS



# INTERNET CODE OF CONDUCT



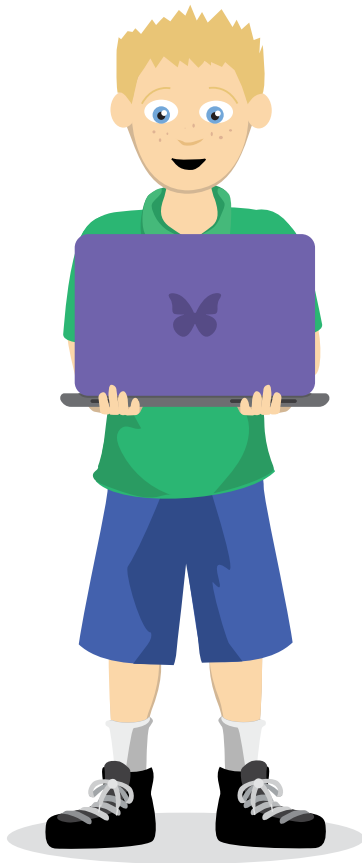
I understand the use of Internet devices is a privilege. I understand I must take responsibility for my actions on the Internet and on social media. My use of the Internet and social media will never involve hurting another person. I will never participate in hurting another person. I will never be a bystander and do nothing when I know that someone is being cyber-bullied.

## I will not:

- ✧ Tease or frighten someone online or on social media
- ✧ Tell anyone I am someone else online
- ✧ Forward a private conversation or email without the permission of the other person
- ✧ Post pictures or information about someone without their consent
- ✧ Use information to follow, tease, embarrass, or harass someone online or on social media
- ✧ Send or post rude or scary things to someone, even if I'm "just joking"
- ✧ Use someone else's password for any reason
- ✧ Send or post rude things or lies about someone online or on social media
- ✧ Sign on with someone else's screen name
- ✧ Send an email from someone else's account

Name: \_\_\_\_\_

Date: \_\_\_\_\_



# APP INVENTORY



**Directions:** Together with your child, review all of the apps installed on the digital devices they have access to and list them in the table below. Fill in what type of app it is (for example - game, video player, etc.). Monitor your child's devices often to ensure that any app your child has installed is safe and has been installed with your permission and knowledge. Have your child sign the pledge at the bottom, and keep this chart in a public place in your home.

APP NAME	DEVICE	TYPE

## MY APP PROMISE

I, \_\_\_\_\_, promise not to install any apps without the knowledge and permission of my parents. I know that this promise keeps me safe.

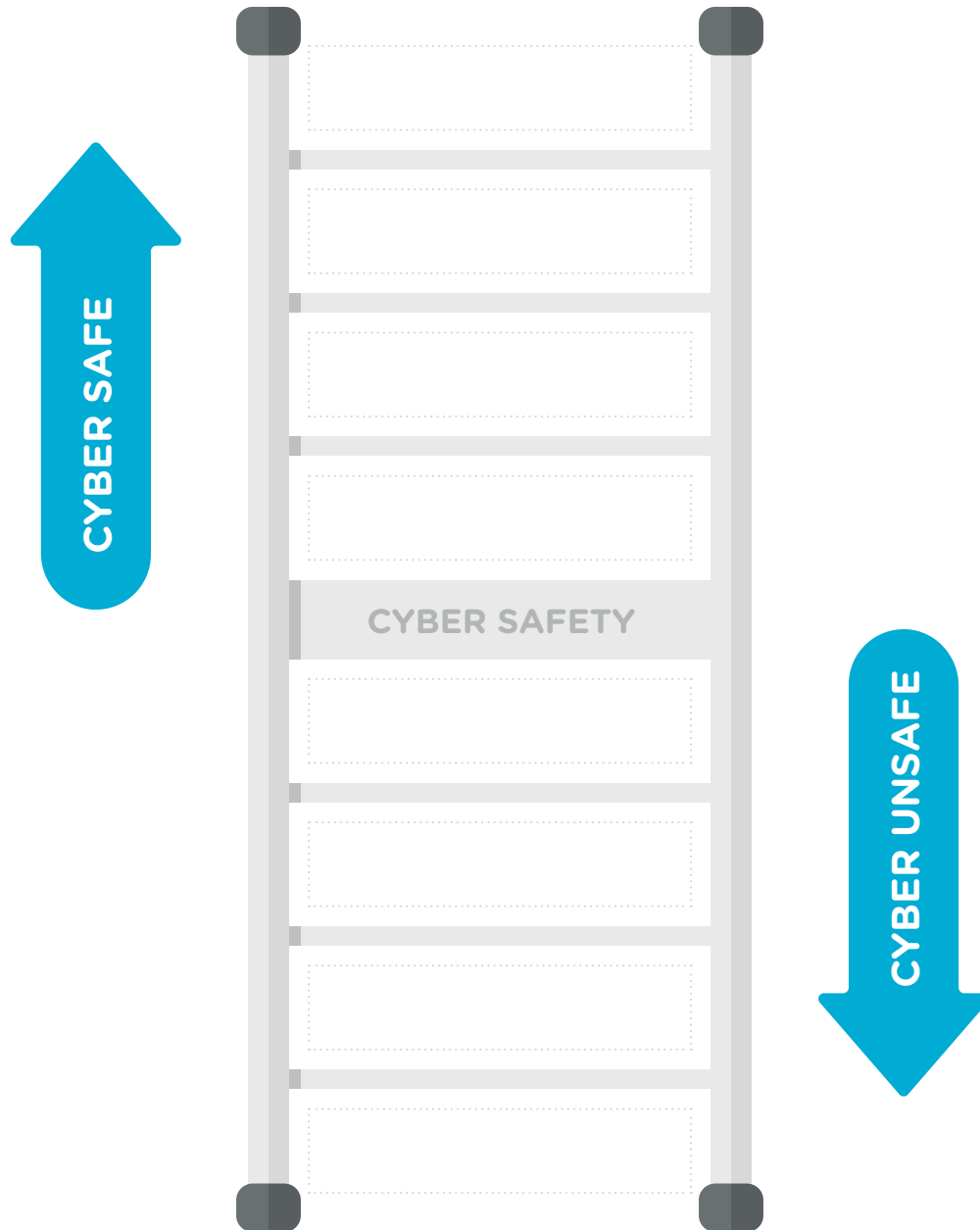
\_\_\_\_\_  
Child's Signature

\_\_\_\_\_  
Parent's Signature

# CYBER SAFETY SITUATION LADDER GAME



CYBER SAFE: YOU HAVE THE TOOLS TO BE A  
SAFER, SMARTER KID IN THE DIGITAL WORLD!



CYBER UNSAFE: THIS IS NOT A SAFE OR RESPONSIBLE CHOICE.  
TELL A TRUSTED ADULT IN YOUR SAFETY NETWORK.

# CYBER SAFETY SITUATION LADDER GAME



**Directions:** Read each situation and then cut out the corresponding numbers along the dotted lines. Decide if you think the scenario depicts a safe or an unsafe choice. Place the numbers on the ladder.

1. Your friend asks you to share your password with him. He promises not to use it. He says that friends always share that kind of information with each other. He is your best friend, so you give him your password.



1

2. You get a text with an embarrassing picture of a classmate. You are asked in the text to forward the picture to other people. You know that the classmate in the picture doesn't have many friends and that the picture will be hurtful to them. You tell a trusted adult and show them the picture.

2

3. You think it will be funny to take a picture of your friend changing clothes at the recreation center. You text the picture to your friend. It's just a joke.

3

4. You are playing online games and someone you don't know asks to chat with you. You don't accept the invitation and you block that person from being able to contact you.

4

5. You decide to not follow the Cyber P.L.A.N. in your house. Your parents aren't home and they will never know.

5

6. You agree to meet a friend that you know only online at the park.

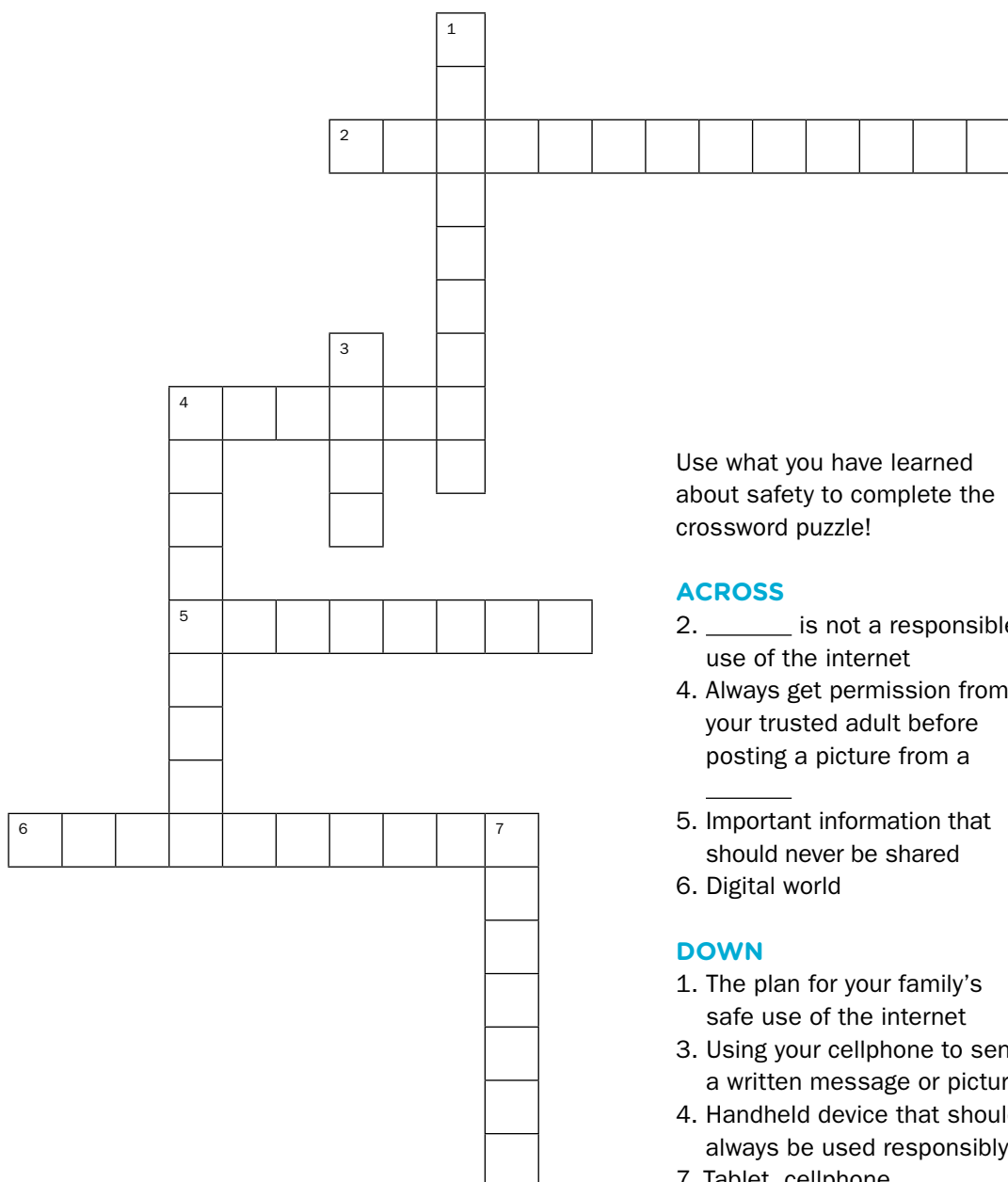
6

7. You have some great pictures of your vacation. You ask your mother if you can post them to social media.

7

8. You have pictures of your baseball team that you want to post on social media. You don't ask your teammates' parents for permission before you post the pictures. You think that everyone will want to see the pictures.

8



## ACROSS

- DOWN**

1. The plan for your family's safe use of the internet
3. Using your cellphone to send a written message or picture
4. Handheld device that should always be used responsibly
7. Tablet, cellphone

# WHAT THIS MEANS TO ME



Why is it important to have a Cyber P.L.A.N.? How does it keep you safe in the digital world?

## SAFETY CHECK UP

See what you learned about building a plan for safety!

1. It is okay to text embarrassing pictures of someone if it is a joke.     True     False
2. A \_\_\_\_\_ is a safe secret and should never be shared with anyone.
3. If I find an inappropriate website by accident, I should:
4. I should never post pictures of others or myself on social media without the permission of trusted adults.     True     False
5. What should you do if someone on a gaming site asks you for personal information?

# CYBER P.L.A.N.



Discuss the importance of each step of the Cyber P.L.A.N. with your child:

- **P stands for Permission:** Your child needs to have your permission each time they go online or use a digital device. Stress the importance of protecting passwords for computers, phones, and tablets.
- **L stands for Location:** Your child needs permission from you or another trusted adult to visit an approved location – which, with digital devices, means websites, game sites, and apps. Children should never visit a site or use a game or app unless it has been approved by you or another trusted adult, and they should never use chat rooms or features.
- **A stands for Activity:** Your child needs to understand that they should only use their devices for the permitted game, site, app, or activity that is allowed by a trusted adult.
- **N stands for Name:** Your child needs to know the name of anyone they interact with online, and they must know this person in real life, too. Stress the idea that your child should not chat or reply to a stranger online, just like they would not talk and give personal information to strangers in person.

Post the Cyber P.L.A.N. guide sheet in a prominent area in the house to remind your child about the rules for digital safety.

## CYBER P.L.A.N.

Each step of my Cyber P.L.A.N. helps  
keep me safe on the Internet.



**P** – is important because I should always have **PERMISSION** from a trusted adult to go online. I have the responsibility to protect my password.

**L** – **LOCATION** – a trusted adult has approved the website or game site I will be visiting online.

**A** – a permitted **ACTIVITY** of a game, site, or app that is allowed by a trusted adult.

**N** – is the **NAME** of the person(s) I am communicating with online. I understand that anyone can say they are anyone online. I will not ever give personal information online or ever agree to meet in person with anyone I have met online.



# RULES FOR THE DIGITAL WORLD

**Directions:** Cut along the dotted lines and place on or near your digital device(s).



## RULES FOR THE DIGITAL WORLD

- ✖ Always ask for permission from a trusted adult before going online.
- ✖ Never send personal information or any pictures online, in a text, or in an email to anyone you don't know.
- ✖ Chat rooms are not safe. Never accept an invitation to chat with anyone online.
- ✖ Always tell a trusted adult if you find an unsafe website.
- ✖ Ask a trusted adult to log you on to a digital device, game, or app.

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# SAFETY WORDS



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

## FIND THE SAFETY WORDS

Words can go horizontally, vertically and diagonally  
in all eight directions. Words may overlap.

Camera  
Cellphone  
Cyber  
Cyber PLAN

Internet  
Password  
Safety  
Text



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