

BLUEPRINT FOR BUILDING SAFER, SMARTER FAMILIES ACTIVITY BOOK

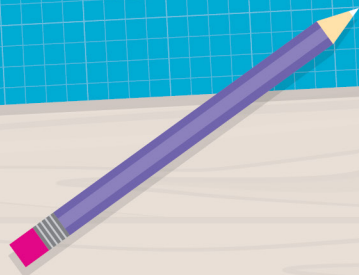
Building Safety in the Digital World

Cyber
P.L.A.N.

Password



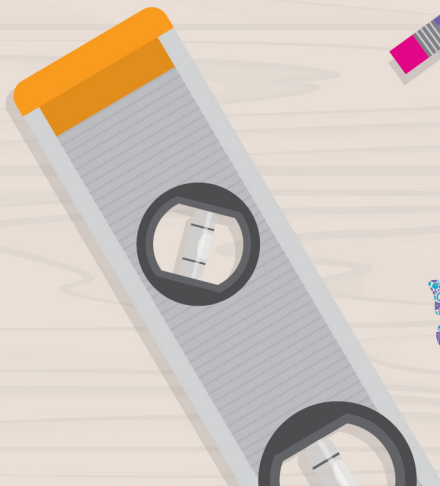
Internet



Safer, Smarter
FAMILIES



LAUREN'S KIDS



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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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

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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