

Make a list of safe websites and apps that your parents approve of. Talk about what makes them safe.



How to Be a Good Digital Citizen

A digital citizen is someone who uses technology safely and responsibly. Take the Digital Citizen Pledge!

- ✓ Read the Digital Citizen Pledge.
- ✓ Sign it and share the pledge with your family.
- ✓ Cut it out and post it near your computer.

Talk with a family member about the online rules below. Then have them sign the Digital Citizen Pledge with you.

Digital Citizen Pledge

I PROMISE TO:

- ask permission before going online
- set a time limit when using technology
- never share my user name or password with other people
- only talk to people I know online

Name: _____

My signature: _____

Adult signature: _____

1

Ask permission from an adult, like your teacher or parent, before you go online. They can make sure the places you visit are just right for you!

2

Only share your login and password with a trusted adult. Don't share with others, they could log in to your account and pretend to be you.

3

Don't talk to strangers online – they might not be who they say they are. Only talk to people you know in-person, and ask an adult for permission first.

4

Set a time limit with devices so you don't miss out on important things like spending time with your friends and family, homework, and sleep!

Red Light! Yellow Light! Green Light!

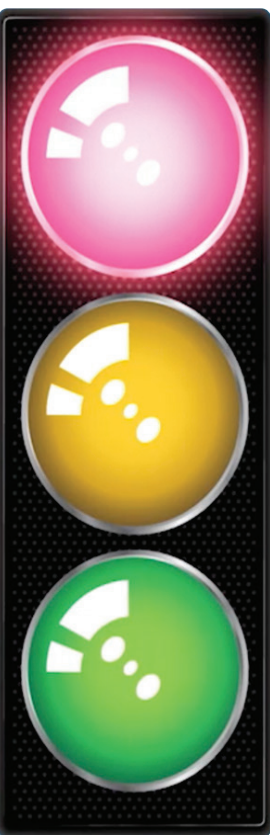
The internet can be a safe and wonderful place. But there are also places online where it is **not** safe for kids. How can you tell the difference?



How to Travel Safely Online

When traveling on streets, traffic lights keep people safe. You know already that a green light means you can cross a street. A yellow light means slow down and get ready to stop and a red light means stop immediately.

Common Sense Education has created lessons for helping children be safe and responsible on the internet. They created the Internet Traffic Light to help you.



A POEM ABOUT THE INTERNET TRAFFIC LIGHT

Do you know about the Internet Traffic Light? The poem below is a good way to remember:

We go online to find new things to do and see

The Internet Traffic Light shows where we need to be

Green means GO to sites we TRUST

Yellow means SLOW, being SAFE is a must

Red means STOP, ask if it's okay

Trust your gut to go the right way!

Q: What should I do when I find a site I think is a yellow light site?

A: It means the site is ok for you to visit.

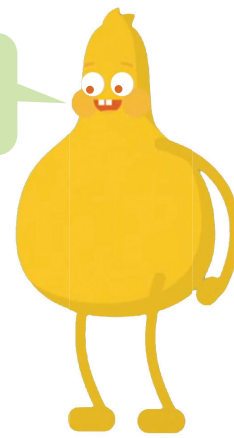
Q: What should I do when I find a site I think is a green light site?

A: Leave the site and talk to a trusted adult about it.

Q: What should I do when I find a site I think is a red light site?

A: Slow down and leave the site, or ask a trusted adult for permission to visit.

Draw a line to connect each question with its answer!



Extra! Extra! Online Safety Poster

Look through the newspaper at the advertisements. Find a design you like and use it to create an advertisement for online safety.

Standards Link: Research: Use the newspaper to locate information

Technology and devices can be useful. But there are times when it's best to put devices away.

Safety: There are times when your or someone else's safety could be at risk.

An example is when somebody is crossing the street. If they're on their phone when they're crossing the street, they might not be able to see a car coming.

Respect for people: There are times when it hurts other people's feelings if you are distracted and not paying attention to them.

An example of this is when someone is talking to you directly. If your friend is trying to tell you an important story, put down your game and listen. It's important to pause for people!

Concentration: There are times when you should give your full attention to a specific activity.

An example is when you are reading a book, doing homework, or even doing a craft. These activities require you to give a task your full attention, and sometimes having devices out makes it harder to concentrate on what you're doing.

Sleep: There are quiet times, like bedtime, when devices should be put away.

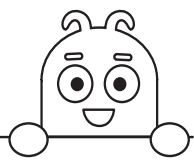
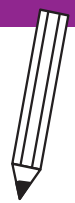
Doctors recommend that people stop using devices at least an hour before bedtime because the blue light in the screen can affect how well you sleep.

Share this page with a parent. See if there are any other rules they would add to the ones on this page.



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What advice would you give a grown-up to not be distracted by devices? Draw about it.



Double Double Word Search

INTERNET
SAFETY
LIGHT
STREETS
SITE
TRAFFIC
ONLINE
RED
YELLOW
GREEN
VISIT
PLEDGE
SAFE
ASK
THINK

Find the words in the puzzle. How many of them can you find on this page?

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

Standards Link: Letter sequencing. Recognized identical words. Skim and scan reading. Recall spelling patterns.

Kid Scoop VOCABULARY BUILDERS

This week's word: PERMISSION

The noun permission means being allowed to do something.

Katy's mom gave her **permission** to chat online with her best friend Melinda.

Try to use the word **permission** in a sentence today when talking with your friends and family members.

Write On! Best Friend

Best Friend

What makes a best friend? In what ways are you a good friend to others?

FROM THE Kid Scoop LESSON LIBRARY

Good Example/Bad Example

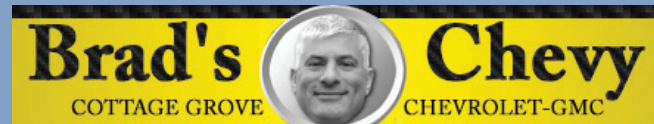
The newspaper is full of examples of things that are safe and unsafe. Look at the pictures, articles, ads and comic strips. Clip out three examples of things that are either safe or unsafe. Glue each to a piece of paper and write a safety rule that applies.

Standards Link: Health & Safety; Students recognize safe and unsafe situations or behaviors.

What kind of tea keeps you from getting hurt?

ANSWER: Safety!

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