Please print- or make a copy of this document to type on:
Name _____   Health

<u>Online Safety Rules</u>

Please review and talk about these online safety rules with your children:

1. **<u>Inappropriate Content-</u>** things that are for adults or that may upset you.
    If we see something that makes us feel sad, scared or confused, we should:
    - Turn off the device.
    - Click the X to exit or the back button.
    - Don't share it with friends
    - TELL a trusted adult.

2. **<u>Personal Information-</u>** Things like your name, address, school, email, phone number, and passwords are your personal information.
    - If you are online and are asked for personal information-ALWAYS tell a trusted adult.

3. **<u>Face to Face Meetings:</u>** People can sometimes lie while online. That could make it unsafe to meet someone face to face, even for adults.
    - If someone asks you to meet face to face, tell them NO!, and go TELL a trusted adult.

4. **<u>Use Good Online Manners:</u>**
    When you're online, you should:
    - Use nice language and say kind things.
    - Not type in all CAPS because that means yelling online.
    - Use emojis – the smiley faces -- to help people understand how you feel. If you make a joke for example, use a smiley face to show that you are joking and not trying to be mean.
    - Not spread rumors or make negative comments on someone's video or social media.
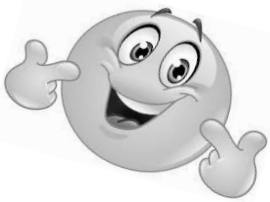
    If you're being cyberbullied, it may feel like there's nothing you can do to make it stop. But you can't give up! No one has the right to treat you badly online and you can take steps to help it stop.
    If you're being cyberbullied, you should:
    - Don't respond or message back. Choose to be the better person and don't respond.
    - Ask a trusted adult like a parent or a teacher if you should save the messages.
    - Report to the website or app where you are being bullied.
    - Tell a trusted adult.

I pledge to use and follow these online safety rules to help stay safe while using apps, playing games, and using the Internet:

Signed _____