

Online Safety and Citizenship

**National
PTA®**
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The internet opens the world to you...



... but sometimes that can mean parts of the world you don't want to experience:

- Sharing too much information
- Inappropriate content
- Online bullying

Smartphones put information at our fingertips...



... but sometimes they can distract from real-world experiences. This is having an impact on:

- Personal relationships
- Ability to focus
- Physical health
- Quality of sleep

It is everyone's responsibility to talk about **online safety** and **model positive behavior** with technology by how we interact with others online, and in the real world.



A photograph of four diverse teenagers (two girls and two boys) smiling and standing together in what appears to be a library or school hallway. They are all wearing backpacks. The image has a semi-transparent dark overlay where the text is placed.

**Be Internet Awesome
teaches five topics
of online safety
and citizenship**

1 2 3 4 5



Share With Care | **Be Internet Smart**



A really important skill for you to have is knowing what is and isn't ok to share. It's a skill we all need to practice, and the best place to start practicing is *at home*.

Whether it's a picture, a comment, a video, or a meme, what you post online can affect your reputation in the moment, or even later in life.



Share With Care | **Be Internet Smart**



What does it mean to Be Internet SMART?

Communicate
responsibly

Understand

There are two different types of sharing families have: internal - stuff shared within the family; external - stuff shared outside of the family.

Think

Think about online communication like face-to-face communication; if it isn't right to say in real life, it isn't right to post online.

Create

Rules about what kind of communication is (and isn't) okay.

Keep

Personal details about family and friends private.



Don't Fall for Fake | **Be Internet Alert**



With all the information available online, it can be hard to understand what's real and fake online. You'll see tons of information, real or fake, across emails, pop-up windows online, in apps, or when you search for stuff.

Some of the stuff that you may see can be a scam, so you should stay alert and watch out for fake information.



Don't Fall for Fake | **Be Internet Alert**



How can you Be Internet Alert?

**Know the signs of
a potential scam**

If statements about “winning” or getting something for “free” feel too good to be true, they most likely are.

Nothing real will ever ask for you to give away personal information online.

**Pay attention to
your online searches**

Think critically about search results and about how search engines work.



Protect your Secrets | Be Internet Strong



Personal privacy and security are just as important online as they are offline.

Personal information is protected in accounts with passwords. Everyone uses passwords, but we have to learn to **use them in the right way**.



Protect your Secrets | Be Internet Strong



How can you Be Internet Strong?

Create a strong password

Make it memorable, but avoid using personal information like names or birthdays.

Use a mix of uppercase letters, lowercase letters, symbols, and numbers: R3pl@ce le++ers wit# sYmb0ls & n^mb3rs 1ike Thi\$.

Switch it up

Do not use the same password for every website.

Create a few different versions of the same password for different accounts.



It's Cool to be Kind | **Be Internet Kind**

The Internet is Awesome.

However, just as it's used to spread inspiring and positive information, it can also spread shocking and hateful comments and opinions.

Friends are powerful influencers on each other, and you can help your friends “take the high road” by your example and by being kind in real life and online.



It's Cool to be Kind| **Be Internet Kind**

How can you Be Internet Kind?

Spread positivity

Practice the old, but important saying, to “**treat others as you would like to be treated**” in the real world & online.

Set an example

Respect others' differences.

Take action

Block mean or inappropriate profiles or comments online.

Be a friend to someone being bullied.



When in Doubt Talk it Out | **Be Internet Brave**



You may come across something questionable or that makes you feel uncomfortable online.

Whether it's a comment, a message, a picture, or a video that you watched, if it doesn't feel right, you should feel comfortable talking to a trusted adult.



When in Doubt Talk it Out | **Be Internet Brave**

Why is it important to Be Internet Brave?

Practice **brave behavior**

Know and abide by family rules and expectations around Technology and the Internet, as well as the consequences for failure to live by them.

Keep the conversation going by checking in with parents frequently and asking them questions.

Extend the conversation to other trusted adults like teachers, coaches, counselors, friends, and relatives.

Rules and Boundaries: Talk to Your Parents

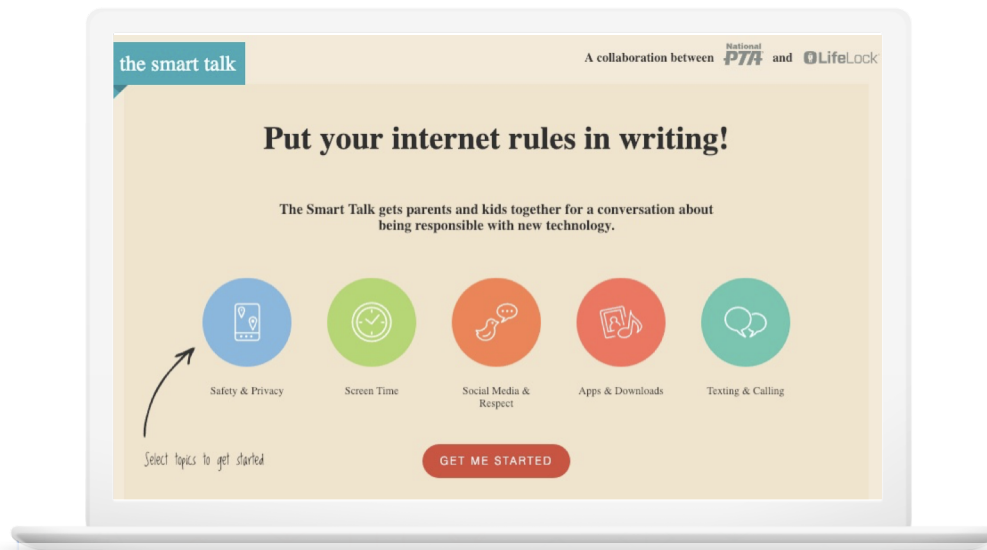
Safety & privacy

Screen time

Social media & respect

Apps & downloads

Texting & calling



Start the Conversation