

## How Internet *Smart* Are You? Worksheet

It is important to be *Internet Smart* when you are online. Your parents and trusted adults can give you guidelines on how to use the internet/technology safely. Remember if you are uncomfortable with what you are doing or viewing in your *Circle of Grace*, it is probably NOT safe.

Put "Y" for yes you agree, and "N" for no you don't agree or "U" for unsure next to the below statements. Your answer should reflect how you would respond to the situation. It is smart to be truthful. So put "U" if you do not know what you would do or say. This way your parents/ trusted adults can help you figure out the best response for that situation.

- \_\_\_\_\_ Your friend has been texting someone she met on the internet. She said her internet friend is 13 years old. Now the internet friend wants your friend to share her address. She does not know what to do since she has not told her parents about the texting. You tell her the smart thing to do is not to tell her parents because then they will take her phone away. You tell her maybe she could meet her internet friend somewhere instead of giving out her address.
- \_\_\_\_\_ You are on the internet and you see a "Pop Up" that has inappropriate images and words that make you uncomfortable. You leave the computer and go find your parent or trusted adult.
- \_\_\_\_\_ You see one of the older kids at school taking photos of your classmates coming out of gym class. You know no one is allowed to take pictures with a phone during school without permission. It makes you uncomfortable but you do not want the older kid to be mad at you so you do not tell anyone including your teacher or parents.
- \_\_\_\_\_ You were sent several e-mails/texts saying hurtful things about one of your classmates. You notice that he has been out sick the last couple of days. You are worried about him so you talk to your parents or trusted adult about your concern.
- \_\_\_\_\_ Your friend tells you that if you don't want your parents to see what you are doing on the computer, just minimize the screen when they enter the room. Although you are nervous about disagreeing with your friend, you tell him/her that you do not want to view images or seek information that would not be ok with your parents or trusted adults. Their trust in you is important.

# *Parent Information Sheet*

## Children's Rules and Guidelines for Internet Safety

- Never give out personal information such as your address, telephone number, parents' names and phone numbers, or where you go to school or grade level.
- Never assume someone is who they say they are. They are not "friends" if you have never met them in person.
- Treat everyone that you encounter online as a stranger, using the same rules for dealing with strangers online as you would for strangers you see on the street.
- Never agree to meet someone that introduced themselves on the internet without a parent's or trusted adult's approval.
- Never send a picture or anything else to someone who requests it.
- Tell a trusted adult if someone sends you a picture or message that makes you uncomfortable or you know your parents would not approve.
- If you come across information on the internet that makes you feel uncomfortable, tell a trusted adult immediately.
- Never respond to any messages or send any messages that are mean, threatening, or make anyone feel uncomfortable. Go tell a trusted adult immediately.
- Follow the rules established by your parents for computer, phone and internet usage.
- Never download or install software or do anything that could jeopardize a family's privacy. If you do this accidentally, go tell a trusted adult immediately
- Other than your parents, do not share your internet password with anyone and change it regularly.

Action Plan A: \_\_\_\_\_

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Action Plan B: \_\_\_\_\_

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