

What are **STICKY** situations?

Safe

Does it feel safe? Am I being safe?

Tricky people

Are they really who they say they are?

Internet fraud

Do they want my money or info?

Cyber bullying

Do they treat me well and respect me?

Kicked Out

Did I do something against the rules?

You

You are important and deserve to be treated well and feel good about yourself.



Name: _____

Date: _____



Keep or Share

What I should keep for myself:

what I ate for lunch

my favourite shows



my phone number

my bank info

What I can share:

pictures of my dog

my home address



Trusted Partners

The great Sherlock Holmes had a trusted partner who gave him advice and helped him when he wasn't sure of something.

Name some people you can trust to ask for help or advice when you are concerned about your cyber safety.

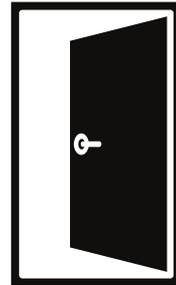
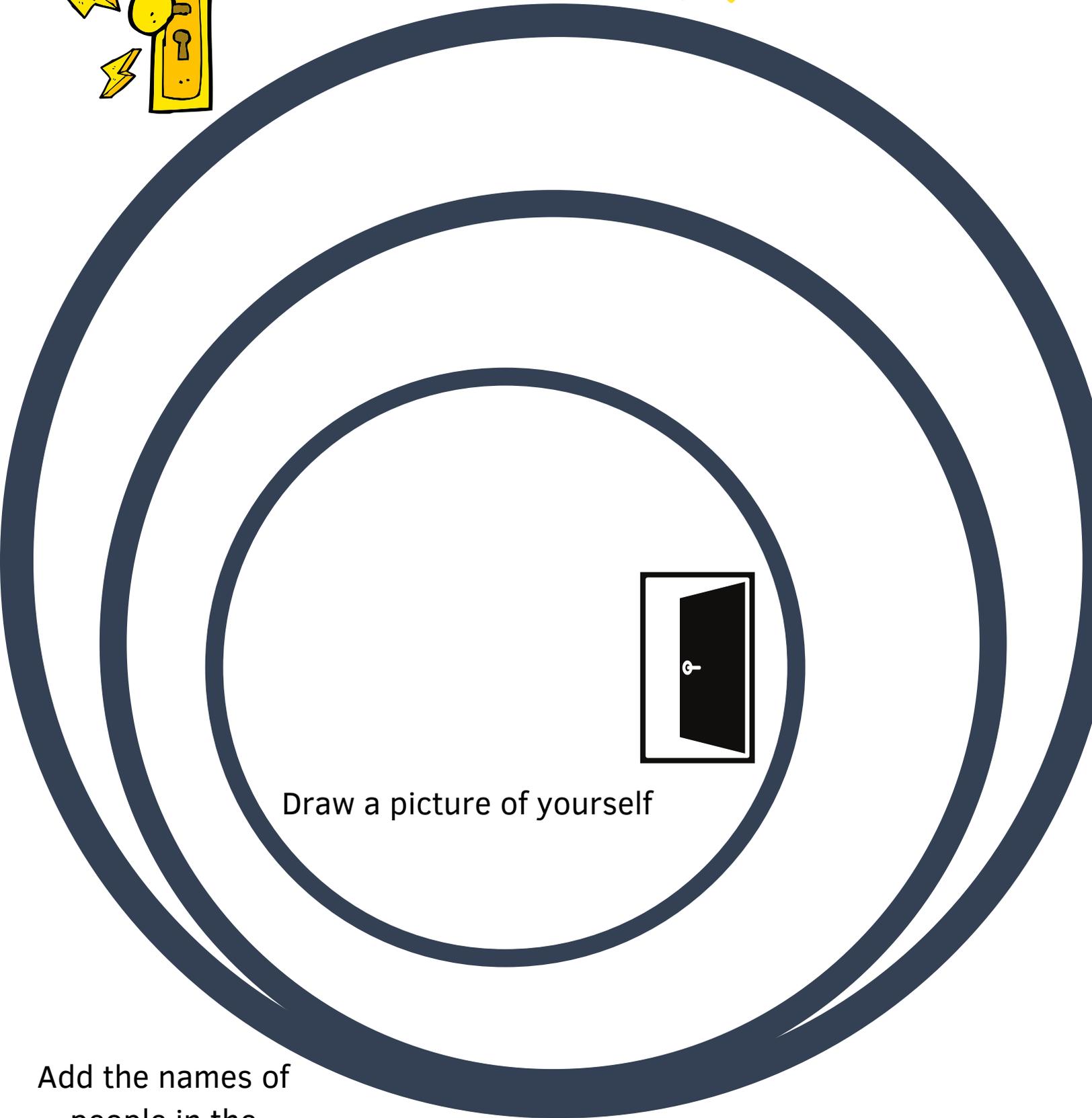




Name: _____ Date: _____



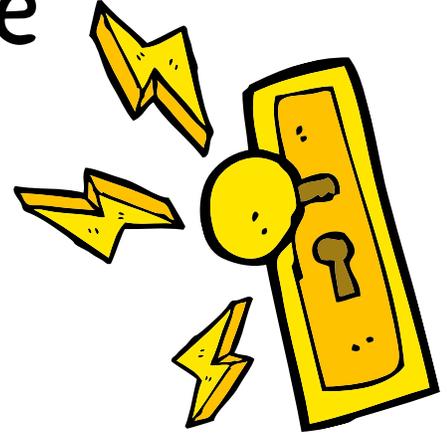
Circles of Privacy



Draw a picture of yourself

Add the names of
people in the
outer circles

Password Practice



A good password is one that is hard for others to guess. Most sites ask that we use a mixture of lowercase and capital letters, as well as numbers and symbols. It's also best not to use the same password for more than one site.

To make it easier to remember, you can think of a phrase and then use the first letter of each word to create a secret password. For example, take the sentence, "I love spicy chips." A password from that could become: IL0v35cH1ps!

Practice creating some passwords below, then keep this page somewhere safe to remember them.

Phrase

Password

Website

Your Digital Footprint

Everytime you visit a website or post a picture online, you leave behind an electronic footprint (Internet Protocol or IP) that can trace where you've been. Write down all the websites you visit in the feet below and compare your digital footprint with your friends.



MY DIGITAL BOUNDARIES

Even though we use the Internet all the time for lots of useful and fun things, it's important to take some time off and have balance in our day. Some people use an app or timer that limits the amount of time they use an app or play a game. Or you can decide you don't want to be disturbed during the night, so you turn off your phone. You might set an autoresponder on your email when you go on vacation. What are some of your personal boundaries?

How many hours do I spend on my phone/computer every day?

I prefer to use my devices between certain hours only:

Do I have time for everything I enjoy doing?

Who should I share my boundaries with so they know when it's a good time to reach me?

Any other rules or commitments to yourself?

What to do if you get hacked

Most sites have a procedure for account recovery



1

Tell your trusted partner if you need help with the process



2

Try to be patient. It can take time to get access back.



3

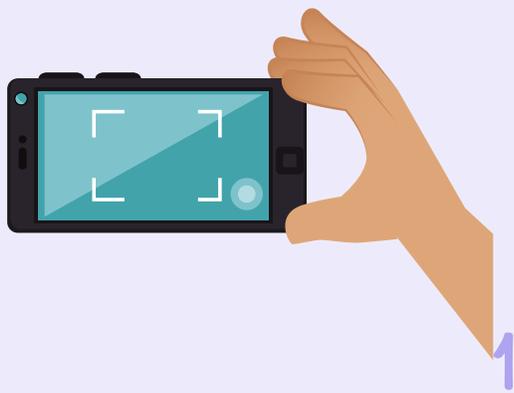
Warn your friends and family so they will be aware of anything suspicious



4

What to do if someone is cyberbullying you

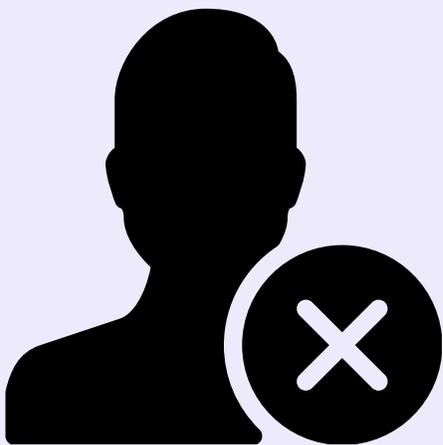
Take a screenshot or save the picture as evidence



Tell your trusted partner



Block The Bully!



Talk about your feelings.
You're not alone.

