Sometimes I use the computer to go on the Internet.

Sometimes I see things on the Internet that make me feel sad, scared, or confused.

When I feel sad, scared, or confused, I should tell a trusted adult.

These are my trusted adults:

Place a picture of your trusted adult here.

My trusted adult can help me feel better.

I will tell my trusted adult if anything makes me feel sad, scared, or confused.
This is a picture of me.

My name is ____________________________________________

My address is ____________________________________________

My phone number is _______________________________________

My name, address, and phone number are information about me.

Not everyone should know this information. This information is personal.

Sometimes people ask me for this information while I am using the Internet.

I will ask my trusted adult before sharing information like my name, address, and phone number.
Sometimes I talk to people on the computer. These are my Internet friends.

I see some Internet friends when I am not on the computer.

Here is a list of the Internet friends that I talk to even when I am not on the computer.

<table>
<thead>
<tr>
<th>Friend’s Name</th>
<th>Where I see them</th>
</tr>
</thead>
<tbody>
<tr>
<td><em>Ex. Mom</em></td>
<td><em>At home, in the car, etc.</em></td>
</tr>
</tbody>
</table>

1.

2.

3.

I have other Internet friends that I have never seen face-to-face. I only talk to them on the computer.

Here is a list of Internet friends that I only talk to on the computer.

<table>
<thead>
<tr>
<th>Friend’s Name</th>
<th>The website where I talk to them</th>
</tr>
</thead>
<tbody>
<tr>
<td><em>Ex. Tiger27</em></td>
<td><em>Club Penguin®</em></td>
</tr>
</tbody>
</table>

1.

2.

3.

Some of my Internet friends are nice.

They may ask me to meet with them face-to-face.

If an Internet friend asks to meet me, I should tell my mom, dad, or other trusted adult.

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*I will not meet face-to-face with anyone from the Internet.*
Sometimes I use this computer to go on the Internet.

Sometimes when I am on the Internet, I type messages to my friends.
Sometimes my friends type messages to me.
Sometimes I get angry at my friends’ messages.
I want to type a mean or rude message to them.
If I type a mean or rude message to a friend, I could hurt their feelings.
I do not like it when people hurt my feelings.
I will try not to hurt my friends’ feelings.

I will not be mean or rude online.
Before I go outside, I will first stop, then tell my mom, dad, teacher, or other trusted adult.

I want to go outside.

Should I do anything before I go outside?

YES. I should do two things.

First, I should STOP.

Second, I should TELL my mom, dad, teacher, or trusted adult that I want to go outside.

If my trusted adult says NO, I should not go outside. I may be mad, but I should not go outside.

If my trusted adult says YES, then I can go outside. This makes me happy!

Here is a picture of me outside.

Place a picture of yourself outside here.
I like to go places.

Some of my favorite places are:

I will not go anywhere by myself. I will first take a trusted adult, and then I can go.

Sometimes I am very excited to go to these places.

I want to go there right away.

My trusted adults think that it is dangerous for me to go places by myself.

My trusted adults want me to ask them before I go places.

I will not go anywhere by myself. I will first take a trusted adult, and then I can go.
Sometimes I go to the store or playground.

I may see people there that I do not know.

Some of these people look nice. They may offer me a gift, like candy or money.

I may want to take the gift, but I do not know these people.

I should not accept their gifts.

Some of these people may ask me to get in their cars.

I may want to take a ride, but I do not know these people.

I should not get in their cars.

If someone that I do not know asks me to go with them, I will tell my trusted adult.

I will not go anywhere with someone I do not know.
A secret is something that I do not tell anyone.

Secrets can be funny. Secrets can be silly.

Secrets should not make me feel sad, scared, or confused.

If a secret makes me feel sad, scared, or confused, I will tell.

Draw a picture of something that makes you sad, scared, or confused below.

I do not have to keep any secrets from my trusted adults.

I will show or tell a trusted adult if someone makes me feel sad, scared, or confused.
I will tell my trusted adult if anything makes me feel sad, scared, or confused.

I will ask my trusted adult before sharing information.

NetSmartz.org/SpecialNeeds

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I will not be mean on the computer.

I will not meet anyone from the computer.

I will not stay on the computer how.

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Before I go outside, I will first stop to tell my mom, dad, teacher or trusted adult. I will not go anywhere alone. I will take a trusted adult.
I will not go anywhere with someone I don’t know.

Or

I will show or tell a trusted adult if someone makes me feel sad, scared, or confused.