

iKEEPSAFE

INTERNET SAFETY PLEDGE

LEVEL II



- I spend time with my friends and family without technology, media, or screens.
- I keep a list of my favorite things to do without technology.
- I take regular breaks from screens.
- I maintain good posture when using digital devices.



- I respect the creative property of others by using legal websites to watch TV and movies or listen to music.
- I cite my sources when using others' content or information.
- I consume content that supports my body and brain's healthy development.



- I protect my privacy by customizing privacy settings in my online profiles and services.
- I share my personal information (like age, full name, address, phone number, name of school, passwords, or images) online only with my parent's permission.



- I know that nothing online is private.
- I post things that build my positive online reputation.
- I only post images of or text about my friends online that creates positive reputation.



- I am kind online and offline.
- I only share images of others with their consent.
- I take 10 deep breaths before posting something when I feel angry or upset.



- I keep passwords to myself.
- I create strong, difficult to guess passwords and change them regularly.
- I only open links that I recognize.

My Name: _____

My Signature: _____

