

# iKEEPSAFE

## INTERNET SAFETY PLEDGE

### LEVEL I



- 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 to keep my body strong.



- 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 in a school project.
- I respect myself and others by choosing and sharing healthy content.



- I protect my privacy. I share my personal information (like my age, full name, address, phone number, name of school, passwords, or images) online only with my parents permission.
- I get permission before making a login for an online game or website.



- I post things that create a positive reputation.
- I know that nothing online is private.



- I am kind online, and offline.
- I take 10 deep breaths before posting something when I feel angry or upset.



- I share my passwords only with my parent.
- I only open links that I recognize.

**PART OF BEING AN ETHICAL, RESPECTFUL, RESPONSIBLE, AND RESILIENT DIGITAL CITIZEN IS MAKING HEALTHY CONTENT CHOICES.**

This is what I do if I see porn or unhealthy content:

**ALERT** myself: This is porn. I know unhealthy content when I see it.

**CLOSE** the lid / turn off my device.

**TELL** a parent or trusted adult. They can help me.

- I **ACT** when I see something that makes me uncomfortable, embarrassed, or troubled.
- I **ACT** when I see unhealthy content.
- I **ACT** if a friend or adult shows me unhealthy content.

Here are some things that I know:

- Telling my parents or trusted adults will never get me in trouble.
- Feeling curious about porn is normal.
- True friends and trustworthy adults will never ask me to look at porn or violence.
- Devices that connect to the internet are used in family spaces like the living room.

Certain parts of my body are private, and private parts have special rules. My body safe boundaries mean that there are only a few people, like parents and doctors, who should see or touch private areas of my body. I **ACT** if:

- Someone offers me a reward like money, toys, or treats for something that violates my body safe boundaries.
- Someone threatens to take something good away or do something bad if I won't keep a secret.
- Someone tries to tell me that my body safe boundaries are not important or not normal.

My Name: \_\_\_\_\_

My Signature: \_\_\_\_\_

