



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 respect myself and others by choosing and sharing 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 my 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.

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.

TAKE action. Talk to 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:

- Talking to my parents or trusted adults about uncomfortable experiences will never get me in trouble.
- Feeling curious about or attracted to porn is normal, not shameful.
- 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. This means that my body is mine and mine alone, and I am *always* allowed to say no to someone.¹ My body safe boundaries apply in the digital world and in the physical world. I **ACT** if:

- Someone offers me a reward like money or gifts 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: _____



¹ StopItNow.org, *Tip Sheet: Talking To Children And Teens*.