



RULE #1

if I see something on my computer or device that makes me feel sad, scared, or confused I will turn off the screen or close my Laptop.

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



RULE #2

I will ask my trusted adult before sharing information like my name, address and phone number, and I will NOT meet face-to-face with anyone from the internet.



RULE #3

if I receive a mean or hurtful message I will:

- 1. Stop and not say anything back.**
- 2. I will tell my trusted adult and ask for help.**

