

I'VE GOT THE POWER TO



S STAY KIND

"I WILL NOT VIEW, POST OR PASS
ALONG EMBARRASSING OR NEGATIVE
INFORMATION ANYTIME, ANYWHERE."

T TELL A TRUSTED ADULT

"I WILL ALWAYS TALK TO A TRUSTED ADULT RIGHT
AWAY ABOUT ANYTHING THAT DOESN'T SEEM RIGHT."



ONLY CONNECT WITH REAL LIFE FRIENDS

"I WILL USE TECHNOLOGY TO CONNECT WITH MY REAL-LIFE FRIENDS,
NOT STRANGERS. PEOPLE ONLINE ARE NOT ALWAYS WHO THEY SAY
THEY ARE."

P PROTECT PERSONAL INFORMATION

"I WILL KEEP MY PRIVATE INFORMATION AND PASSWORDS
SAFE. I WILL ONLY SHARE THEM WITH A PARENT."

**AS A FAMILY, WE COMMIT TO MAKING SAFE MEDIA CHOICES IN ORDER TO
PROTECT OUR FAMILY AND KEEP OUR HOME A HAPPY PLACE TO BE**



Please review the statements above, sign the pledge as a family,
and hang it as a reminder. More information on each topic is
posted on the school website, cves.washk12.org/internetsafety.
Please sign below and send this bottom section to school with
your child by Thursday.

Student Name

Parent Signature

DO I NEED TO ASK PERMISSION?

YES NO

☐☐

TO WATCH YOUTUBE?

☐☐

TO FACE TIME/SKYPE A FRIEND?

☐☐

TO PLAY A NEW GAME?

☐☐

TO SEARCH THE INTERNET?

☐☐

TO PLAY ON A FRIEND'S PHONE?

☐☐

TO SEND A PICTURE OR VIDEO?

Is it OK
for
me to ...

SCREEN TIME

I CAN BE ONLINE/
PLAY GAMES FOR:

_____ minutes a day

How long can
I be online?

TECHNOLOGY IS ALLOWED
DURING THE HOURS OF

AM
PM



AM
PM

What times
of the day am
I allowed online?

Where do I plug
all technology in at night,
so it isn't ever in my
room?

when I'm at my
friend's house are
the rules the same?

TALK TO ME

PARENTS, PLEASE HELP ME LEARN
HOW TO MAKE SMART CHOICES ONLINE

TELL A TRUSTED ADULT WHEN ...

- ✓ SOMEONE I DON'T KNOW WANTS TO TALK TO ME
- ✓ SOMETHING DOESN'T SEEM RIGHT
- ✓ I SEE SOMETHING ONLINE THAT ISN'T RIGHT FOR ME

STOP
BE SMART ONLINE