

DIGITAL WELLNESS

DIGITAL RESPONSIBILITY



TABLE OF CONTENTS

CHAPTER 1

Online Responsibility.....	4
----------------------------	---

CHAPTER 2

Ways to Be Responsible Online.....	8
------------------------------------	---

CHAPTER 3

Be Mindful Online.....	16
------------------------	----

GOALS AND TOOLS

Grow with Goals.....	22
----------------------	----

Try This!.....	22
----------------	----

Glossary.....	23
---------------	----

To Learn More.....	23
--------------------	----

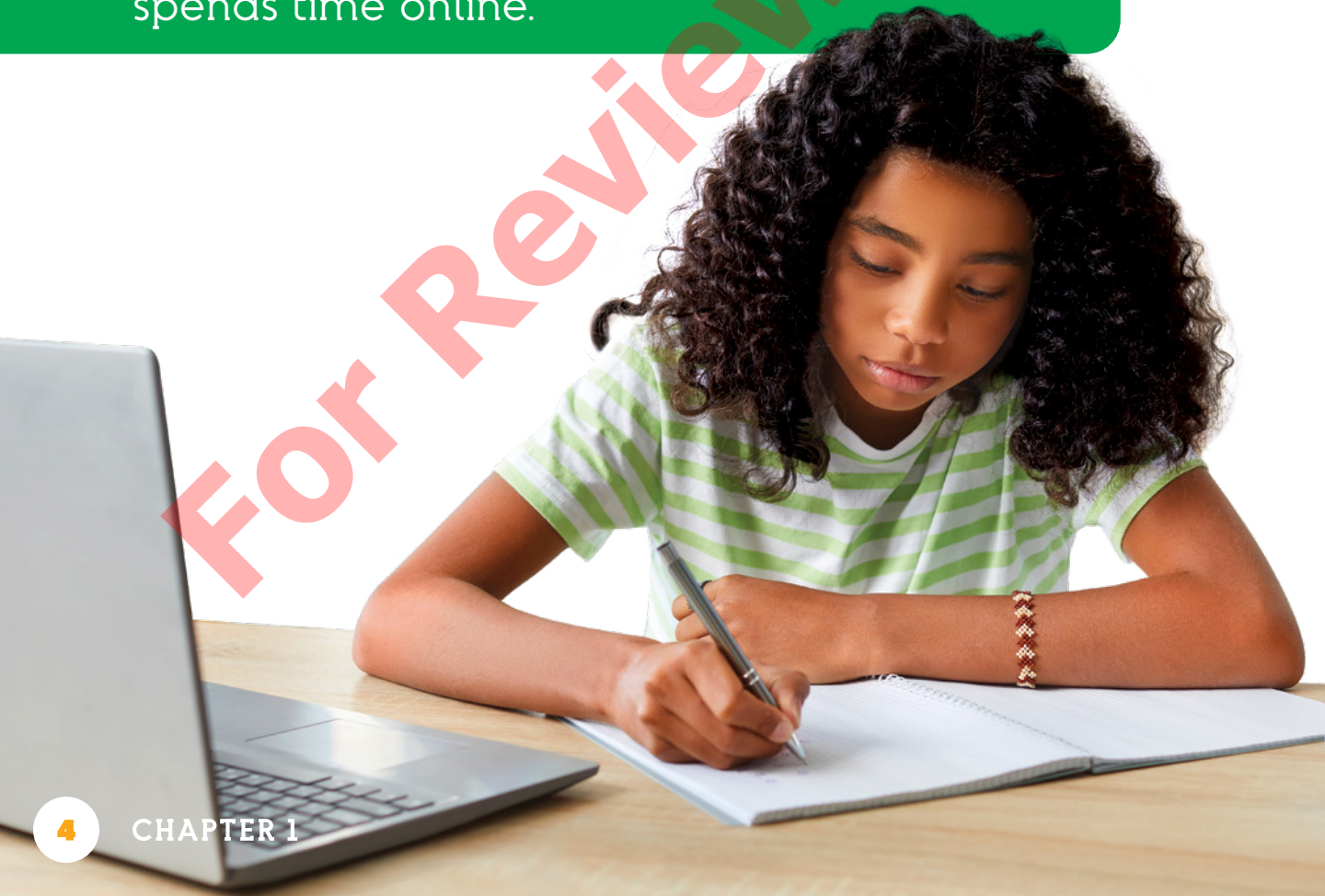
Index.....	24
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CHAPTER 1

ONLINE RESPONSIBILITY

Abby works on a research project. She looks for facts on the internet. This is one way she spends time online.





When she is done, she plays an online game. Then she video calls her friend. There are so many things to do online!

Abby is **responsible** online. Why? The internet affects the way we think and feel. It affects how others feel, too. Try to be the same person online that you are in person.





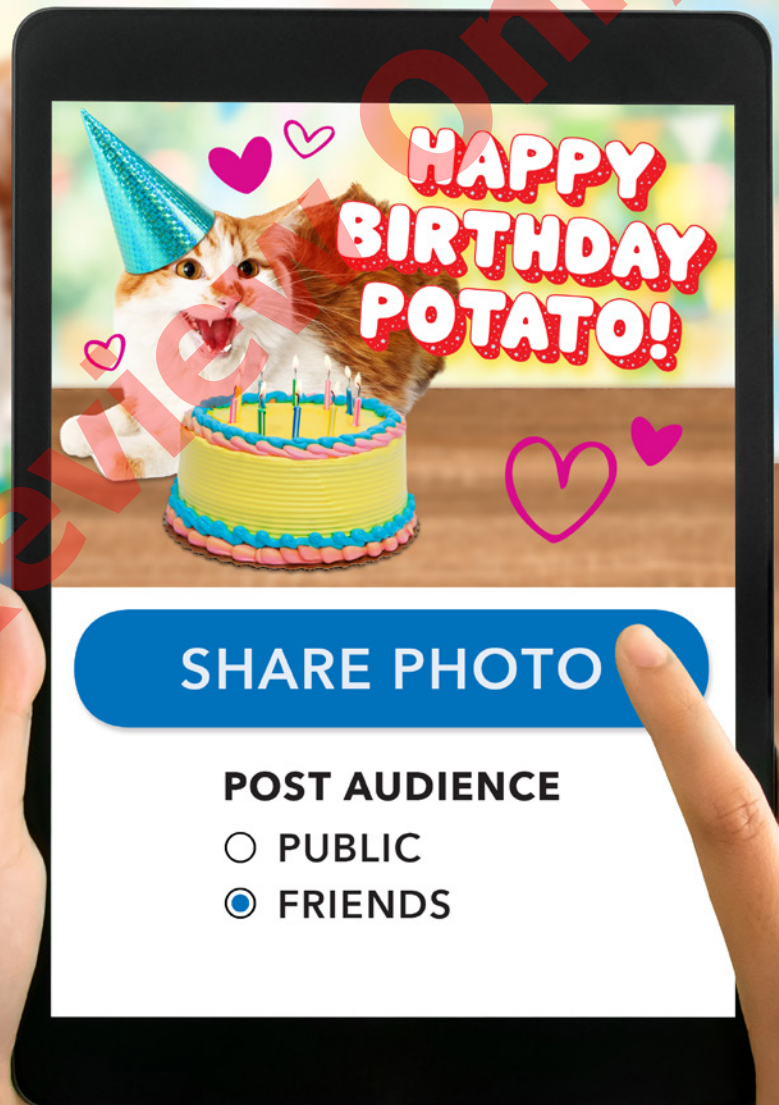
CHAPTER 2

WAYS TO BE RESPONSIBLE ONLINE

Do you use **social media**? Some posts can make you feel good. Others can make you feel bad. If something online makes you feel bad, take a break. Talk to a trusted adult.



Only share posts that make you feel good.
Encourage your friends to do the same.
Sharing **positive** posts is one way to be
responsible online.



GOALS AND TOOLS

GROW WITH GOALS

Try these goals to be responsible online and respect the feelings of others:

Goal: Pay attention to what is going on around you when you are online. Is someone trying to get your attention? Be respectful. Put down your device. Talk to them.

Goal: Practice self-control. Did a friend post something that upset you? Take a deep breath. Count to ten. Choose your words carefully. Share with your friend how their words made you feel. Start with, "I felt _____ when you wrote _____."

Goal: The next time you don't agree with someone, try talking to them about it in person instead of online.



TRY THIS!

Cyberbullies post things to hurt people. They spread rumors and lies. They leave people out of groups. If you are cyberbullied, try these steps to protect yourself:

- Turn off your device.
- Do not respond to the messages.
- Block the cyberbully.
- Show the messages or posts to a trusted adult.
- Talk to a friend or a trusted adult about your feelings.
- Remember to treat others online how you would treat them in person.

