6ᵗʰ Grade Tips for Staying Safe Online and On Cell Phones

Here is a summary of some tips your student learned today in the Speak Up Be Safe program.

Before I push the send button, I should ask myself…

- "Would I tell or show this text or email in person?"
- "How much would I mind if this was posted on a bulletin board for everyone to see?"
- "Is this how I would like to be treated?"

Remind myself that before I push the send button…

- I should pause and think about if I should really send this text or picture.
- I can never "unsend" anything.
- I will no longer have control over what happens to the information or picture.

When Texting, Emailing or Online gaming/chatting think about these things…

- Remember, you have never met someone who is "online". He/she is a stranger.
- Never open a text or email from a number or email address you don't recognize.
- Never share your personal information (e.g. name, address, and phone number) with a stranger.
- If someone asks to meet you, tell your parents or caregiver immediately.
- Never fall for online "tricks", including strangers trying to get you to talk about your problems.
- Speak up immediately if you witness or are subjected to online cruelty.
- If you are subjected to online cruelty, take screenshots of texts and/or social networking threads and show them to a trusted adult.

Advice from Stopbullying.gov

Cyberbullying is bullying that takes place using electronic technology. Electronic technology includes devices and equipment such as cell phones, computers, and tablets as well as communication tools including social media sites, text messages, chat, and websites. Examples of cyberbullying include mean text messages or emails; rumors sent by email or posted on social networking sites; and embarrassing pictures, videos, websites, or fake profiles.

What you can do…

- Don't respond to and don't forward cyberbullying messages.
- Keep evidence of cyberbullying. Record the dates, times, and descriptions of instances when cyberbullying has occurred. Save and print screenshots, emails, and text messages. Use this evidence to report cyberbullying to web and cell phone service providers and trusted adults.
- Block the person who is cyberbullying.