Cybersecurity Awareness for Kids Age 10 to 15

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Introduction

Hi there, everyone! I'm here to talk to you about the exciting but sometimes risky world of the internet and social media.

Just like we learn about safety rules in the physical world, we also need to learn how to stay safe in the digital world. So, let's dive in!

Personal Information:

First things first, never share personal information online.

This includes your full name, address, phone number, school name, and even your birthdate.

Bad people can use this information to harm you or your family.

Personal Information Resorces:

National Center for Missing & Exploited Children (NCMEC):
- NCMEC provides valuable resources on internet safety for children and teenagers, emphasizing the importance of not sharing personal information online.
- Website: https://www.missingkids/org/

Common Sense Media - Protecting Kids' Privacy Online:
- Common Sense Media provides guidance for parents and children on protecting personal information and maintaining privacy online.
- Website: https://www.commonsense.org/privacy-and-internet-safety

Stranger Danger:

Online, not everyone is who they say they are.

Be very cautious about talking to strangers.

Don't accept friend requests or chat with people you don't know in real life.

Stranger Danger Resorces:

ConnectSafely - Online Stranger Danger:
- ConnectSafely provides information and tips on how to educate children and teenagers about being cautious when dealing with strangers online.
- Article: https://www.connectsafely.org/online-stranger-danger/

KidsHealth - Internet Safety:
- KidsHealth, a trusted source for children's health information, provides an article on internet safety for kids, including advice on not talking to strangers online.
- Website: https://www.commonsense.org/privacy-and-internet-safety

Privacy Settings:

Use privacy settings on social media platforms.

These settings help control who can see your posts and personal information.

Make sure only friends or people you trust can access your content.

Privacy Settings Resorces:

ConnectSafely - A Parent's Guide to Facebook:
- This guide offers information on how to set privacy settings on Facebook, a platform used by many teenagers.
- Website: https://www.connectsafely.org/guides/facebook/

ConnectSafely - A Parent's Guide to Instagram:
- Similar to the previous guides, this resource provides information on Instagram's privacy settings.
- Website: https://www.connectsafely.org/guides/instagram/

Think Before You Post:

Remember that once something is online, it can be there forever, even if you delete it.

So, think twice before posting pictures or comments.

Would you be okay with your parents or teachers seeing it?

Think Before You Post Resorces:

Common Sense Media - Think Before You Post:
- Common Sense Media offers tips and guidance for kids and teenagers on the importance of considering the consequences before posting anything online.
- Article: https://www.commonsensemedia.org/blog/think-before-you-post

CyberWise - How to Talk to Your Kids About Their Digital Footprint:
- CyberWise provides tips and resources for parents on how to discuss the concept of a digital footprint and the importance of being mindful about online posts.
- Article: https://www.cyberwise.org/post/how-to-talk-to-your-kids-about-their-digital-footprint

Cyberbullying:

Cyberbullying is never okay.

Don't engage in it, and if someone bullies you online, tell a trusted adult immediately.

They can help and support you.

Cyberbullying Resorces:

StopBullying.gov - What Is Cyberbullying:
- This resource by the U.S. government provides information on what cyberbullying is, including examples, and how to prevent and respond to it.
- Website: https://www.stopbullying.gov/cyberbullying/what-is-it

Common Sense Media - Cyberbullying: What It Is and How to Stop It:
- Common Sense Media offers guidance on what cyberbullying is and provides tips on how to recognize, prevent, and respond to it.
- Article: https://www.commonsensemedia.org/cyberbullying

Password Safety:

Create strong, unique passwords for your online accounts.

Don't share them with anyone except your parents or guardians.

Change your passwords regularly.

Password Safety Resorces:

Common Sense Media - Teaching Kids to Create Strong Passwords:
- Common Sense Media offers guidance for parents and educators on teaching children and teenagers how to create strong and unique passwords.
- Article: https://www.commonsensemedia.org/blog/teaching-kids-to-create-strong-passwords

CyberWise - 5 Easy Ways to Teach Kids About Passwords:
- CyberWise offers practical tips for parents and educators on how to teach children about creating strong passwords and the importance of online security.
- Article: https://www.cyberwise.org/post/5-easy-ways-to-teach-kids-about-passwords

Phishing Scams:

Be aware of phishing scams.

Don't click on suspicious links or open emails from unknown sources.

Scammers can trick you into sharing personal information.

Phishing Scam Resorces:

Stay Safe Online (National Cyber Security Alliance) - Phishing:
- This resource provides information and tips for teenagers on recognizing and avoiding phishing scams.
- Website: https://staysafeonline.org/resource/phishing/

CyberWise - Teach Kids How to Spot Phishing Scams:
- CyberWise offers practical tips for parents and educators on how to teach children and teenagers to spot phishing scams and protect themselves online.
- Article: https://www.cyberwise.org/post/teach-kids-how-to-spot-phishing-scams

Respect Others:

Remember to be kind and respectful online, just like you would in real life.

Don't spread rumors or hurtful comments about others.

Be a good digital citizen.

Respect Others Resorces:

Common Sense Media - How to Raise Respectful Digital Citizens:
- Common Sense Media offers guidance for parents and educators on how to teach children and teenagers to be respectful online and treat others kindly.
- Article: https://www.commonsensemedia.org/blog/how-to-raise-respectful-digital-citizens

Family Online Safety Institute (FOSI) - A Parent's Guide to Online Safety:
- FOSI provides a guide for parents that includes information on teaching children about online safety, including how to be respectful to others.
- Guide: https://www.fosi.org/good-digital-parenting/a-parents-guide-to-online-safety/

Parent/Guardian Involvement:

Lastly, always talk to your parents or guardians about your online activities.

They can guide you and help keep you safe.

Parent/Guardian Involvement Resorces:

Common Sense Media - Parent's Ultimate Guide to Online Safety:
- Common Sense Media provides a comprehensive guide for parents on various aspects of online safety, emphasizing the importance of parental involvement.
- Guide: https://www.commonsensemedia.org/blog/the-ultimate-guide-to-parental-controls

CyberWise - Parent Resources:
- CyberWise provides resources and articles for parents on digital literacy and how to engage with their children in discussions about online safety.
- Website: https://www.cyberwise.org/for-families/parents/

Conclusion:

The internet and social media can be a lot of fun and very educational, but it's essential to be safe and smart online.

Remember these rules, and you'll have a great time exploring the digital world while staying protected.

Stay Safe,
Have Fun!