

# OCTOBR SAFETY TOPIC

## SAFE USE OF TECHNOLOGY



*Now that students are back in school and using devices for learning, fun, and connecting with others, it's super important to use technology wisely and safely. Whether you're watching videos, chatting with classmates, playing games, or doing research, the internet can be awesome - but only if you stay smart and respectful.*

### Protect Your Personal Information

*Never share passwords, phone numbers, or home address online.*

- **Younger Students (Kindergarten - Grade 5)** - Don't tell strangers your name, where you live, or what school you go to.
- **Middle & High School** - Be mindful of what you post online. Once it's out there, it can be copied, shared, or misused even by people you don't know.

### Be Kind Online - No Cyberbullying!

*Think before you type.*

- Your words matter. If you wouldn't say it in real life, don't type it.
- If someone is being mean, rude, or threatening, don't respond - report it to a teacher, parent, or counselor.
- Support others. If you see bullying, speak up or tell an adult.

### Use Strong and Secret Passwords

*Make a password that's easy for you to remember but hard for others to guess.*

- Create passwords with a mix of letters, numbers, and symbols.
- Change your passwords regularly.
- Don't use the same password everywhere.

### Don't Talk to Strangers Online

*Never agree to meet anyone in person who you've only talked to online.*

- **Younger Students:** Never talk or play games with people you don't know in real life.
- **Older students:** Be cautious about who you accept friend requests from even if they say they know your friends.

### Check Before You Click

*When in doubt, click OUT!*

- Some websites, ads, or links can be dangerous and lead to viruses or scams.
- Always ask a trusted adult before downloading anything or clicking on pop-ups.
- If a message or email looks suspicious-don't open it.

## HEALTHY SCREEN TIME TIPS

### TAKE REGULAR BREAKS

- Every 20 - 30 minutes, look away from the screen and move your body.
- Use 20-20-20 rule: Every 20 minutes, look at something 20 feet away for 20 seconds.
- Stretch, walk around, drink, or just close your eyes.



### CREATE TECH-FREE ZONES

- No phones or tablets during meals or right before bed.
- Bedrooms should be screen-free for better sleep and rest.

### BALANCE SCREEN TIME WITH GREEN TIME

- Play outside, read a book, do something creative off-screen.
- Join clubs, sports, or spend time with friends face-to-face.
- Stick to screen time rules set by your parents or school.
- Use timers or apps that help track and limit usage.



### BE AWARE OF HOW YOU FEEL

- Feeling sad, anxious, or irritable after long screen use? That's a sign to take a break.
- If too much screen time makes you feel tired, moody, or distracted-cut back. Screens don't build muscles, friendships, or memories - you do!
- Notice if screen time is getting in the way of your school work, sleep, or relationships. Too much screen time can affect your mood and attention.



**BALANCE IS KEY.**  
**NOT JUST HOW LONG YOU USE SCREENS,**  
**BUT HOW YOU USE THEM.**



**An October to Remember!**  
**Fright, Feasts, and Fall Fun!**



**OCTOBER 13<sup>th</sup> - THANKSGIVING**

**OCTOBER 31<sup>st</sup> - HALLOWEEN**