

Personal Safety Lesson on Digital Safety

Focus this week lesson is on Internet Safety.

Parents & Catechists,

Every year we are providing a personal safety lesson for our Faith Formation students grade PreK- 10th grade to comply with the Archdiocesan policy. This year we will focus on Internet Safety. The purpose is to keep children and young people safe while they are working on the computer and “surfing the net” regardless of their age. Below you will find step-by-step to help you talk to your child/ren (students) about internet safety rules.

Step One: Tips for Parents/adults to keep young people safe

1. Monitor the monitor: Young users should never be online alone.
2. Centrally locate the computer: in the kitchen or family room to make it easier to monitor when kids online.
3. Know a few safe, kid-friendly sites: that you feel comfortable letting your kids navigate themselves. While you can be in eyeshot of the monitor.
4. Talk to your kids about why you keep an eye on them while they are online:
 - a. Simply say, “there are many sites, and some are not good for you,” “I want to make sure you find the one that are.”
 - b. It is okay to tell us what is happening online.

Step Two: Talking Points about keeping personal information Private

- 1) Talk to your child/ren about your family’s rules: what you can do’s and don’ts do while you are online or on computer.
- 2) Talk to your children and young people about never give private information to someone they do not know or can’t see, such as people who might contact them through the Internet.
 - a. Never give out your personal information such as your name, address, phone number, town you live in, parents name, your school’s name, park in your neighborhood, etc.
- 3) If someone scary was talking to you on the computer, would you want them to know where you were or how to find you? NO
- 4) Make sure you tell us (parents, grandparents, and the adults) what is happening when someone asks for your private information right away.
- 5) Make sure to keep private information PRIVATE from people on the internet.
- 6) We are doing this to keep everyone safe.

Step Three: Closing

God wants us to be safe and healthy. God even gives us a special angel to help look after us. When we don’t know what to do, we can ask our Guardian Angel to help us be safe. So, let’s pray together and ask our Guardian Angle to look after us.”

Angel of God, my Guardian dear, to whom God’s love entrusts me here. Ever this day be at my side. To light, to guard, to rule and to guide. Amen.