Digital Citizen Checklist

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- [ ] I know when and where to use technology.
- [ ] I know the appropriate amount of time to be on technology according to what is healthiest for my Frontal Lobe development.
- [ ] I know what identity theft is and how to keep my identity and my family's safe online.
- [ ] I know about viruses, spam, phishing, trojan horses, malware, hacking, worms, and predatory money schemes used by apps/games.
- [ ] I do not click on unknown sites or respond to texts, chats, or emails from unknown people.
- [ ] I know what a digital footprint is. I think before I post.
- [ ] I do not give credit card numbers online without parental permission.
- [ ] I know that pictures have GPS location codes embedded in them. I only post pictures my parents have approved.
- [ ] I do not post or view sexually-explicit pictures or texts. I tell my parents if I accidentally see or know about someone posting sexually-explicit material.
- [ ] I respect myself and others by speaking respectfully of others online and offline. I use appropriate language in texts, posts, and email.
- [ ] I am an Upstander against cyberbullies. I speak out against negative posts.
- [ ] I block people who bully, post negative pictures, or who engage in risky behavior and then post about it online.
- [ ] I balance my online and offline activities.
- [ ] I take 'brain breaks' and watch out for signs of screen addiction.