



National Institutes of Health

Cyber Safety. Protect our People and our Science.



Cyber Safety for Kids and Teens

An activity book from the National Institutes of Health

Introduction

The internet is a great place to learn, connect with friends, and have fun. And while we all enjoy spending time online, we need to make sure that we're being safe too.

Just as there are rules we follow in the real world to keep us safe – like looking both ways before crossing a street – there are also rules that we can follow to stay safe online. That's what cyber safety is all about!

In this activity book, you'll learn a few of these rules so that you can have fun and stay safe online.

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Take the Cyber Safety Pledge

Check the box next to each pledge and commit to online safety today!



I use strong passwords.

My passwords are hard to guess. They use upper and lowercase letters, numbers, and symbols.

I never share my passwords with anyone other than my parents, not even my best friends.



I think before I share.

I don't share personal information online, such as where I live or what school I attend.

I never agree to meet up in person with someone I met online.



I know how to spot a fake.

I understand that people online are not always who they say they are.

If an email or pop-up seems suspicious, I don't click on any links, and I let an adult know right away.



I do not cyberbully.

I treat others online as I would like to be treated.

Before posting anything online I ask myself, "Is this something I would be proud to say in real life?"



I ask for help when I need it.

When I see something online that makes me feel uncomfortable, I talk to an adult I trust.

I tell an adult about bullying that happens online.

Sign here:

Secure Your Health

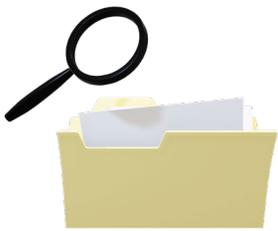
Information about your health is private and needs to be kept safe.



Be secure, not social.

Information about your health, such as physical or mental illness and medications, is private information that you should only share with your doctor and your parents or guardians.

Don't share this information online or on social media.



Protect your browsing history.

Whenever you use the internet to research a health problem, always turn on private browsing and use ad blocking software to prevent websites or internet browsers from accessing your data.



Use personal devices only.

Do not use a public computer or other device (including one owned by your school) to research your health conditions or access your online medical records.



Monitor wellness apps and devices.

Check the permissions and privacy settings whenever you start using a new wellness app or device (including wearable devices) to limit use and sharing of your private data.

Stay Safe on Social Media

Follow these guidelines to keep social media fun and safe:

Don't

Share your passwords.



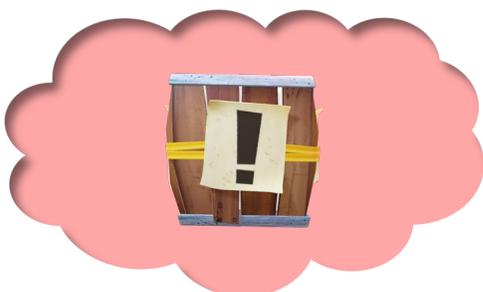
Talk to people you don't know.



Post location or private info.



Open links from strangers.



Do

Choose tricky passwords.



Limit who can see your posts.



Be kind to others.



Post what makes you proud.



NIH> Spot the Cyber Safety Issues

Can you spot five problems with this post? Answers on next page.



soccerstar_09

Northside Middle School



Liked by **yourfriend** and others

soccerstar_09 It's almost summertime!! 🌞

[View all 9 comments](#)

yourfriend this is sarah lol – i'm on laurens account. can't wait for our game tomorrow!!! call me at 555-9876 for homework!

unknown_adult want to win \$200? DM me to be entered into a photo contest!

meanie_online ew ur so weird – why do you have to be so annoying???

Spot the Cyber Safety Issues - Answers

How did you do? Have you ever made any of these mistakes?

1. *Never post your home or school address or your school's name.*



soccerstar_09

Northside Middle School

2. *Never share your password with others.*

yourfriend this is sarah lol – i'm on laurens account.

3. *Never post your phone number publicly.*

call me at 555-9876 for homework!

4. *Make posts visible only to people you know. Never join contests without permission.*

unknown_adult want to win \$200? DM me to be entered into a photo contest!

5. *Treat others online as you would like to be treated. If you see cyberbullying, tell an adult.*

meanie_online ew ur so weird – why do you have to be so annoying???

NIH Complete the Cyber Scrambler

Use the word bank to complete the cyber safety facts. Answers below.

PIRATING

CYBERBULLY

VIRUSES

ADDRESS

PASSWORD

PHISHING

1

A _____ is a top-secret code that you should never write down or share with a friend.

2

You should never share personal information online, such as your phone number, _____, or school.

3

A _____ is someone who is mean or disrespectful to other people online.

4

Emails or texts that have spelling or grammar errors and try to get you to act quickly without thinking may be _____.

5

You should always ask before downloading anything online, since free software can contain computer _____.

6

Illegally downloading games, movies, or music is called _____. It's a type of stealing and can get you into trouble.

Answers: 1. Password 2. Address 3. Cyberbully 4. Phishing 5. Viruses 6. Pirating