

6.3 THINK-LEARN-DO SHEET

During Lesson 3 of the *MBF Teen Safety Matters™* program, you learned about digital safety concerns, including cyberbullying, online exploitation, and digital citizenship.

THINK BACK TO THE LESSON AND COMPLETE THE FOLLOWING 3-2-1 REVIEW:

3 THINGS YOU LEARNED OR FOUND INTERESTING IN THE LESSON:

1. _____
2. _____
3. _____

2 SAFE ADULTS AND THEIR PHONE NUMBER:

1. _____
2. _____

1 QUESTION YOU STILL HAVE:

1. _____

LEARN MORE ABOUT THESE TOPICS:

To learn more about these topics, check out the following resources:

- www.kidshhealth.org/en/teens/internet-safety.html
- www.nsteens.org

TALK TO YOUR SAFE ADULTS:

1. Make sure you have a current phone number for each of your Safe Adults so you can reach them when you need to talk about your safety.
2. Once you have their contact information, share with them that you have chosen them as a Safe Adult and would like to be able to reach out to them when you Spot Red Flags or if you are ever hurt or unsafe.
3. Let them know they can learn more about being a Safe Adult by visiting www.mbfteenssafetymatters.org.

DO THE FOLLOWING ACTIVITIES:

1. Do some research on the question you listed above. If you need more information, talk to a parent, guardian, Safe Adult, or a teacher or counselor at school.
2. Visit the www.nsteens.org site and watch a few videos, play some games, or do a few activities to help you practice digital safety skills and good digital citizenship.
3. Do the activity on the back of this sheet to help you learn to be safe online.



6.3 THINK-LEARN-DO SHEET

During Lesson 3 of the MBF Teen Safety Matters™ program, you learned about digital safety and digital citizenship. You learned there are Red Flags for things you and others do online that may be unsafe or unkind. Do the activity below to identify potential online Red Flags and possible responses or actions that will help keep you safe, help you be kind, and help you create a good digital footprint.

ONLINE RED FLAGS	POSSIBLE RESPONSES/ACTIONS
<p>Someone you don't know messages you online asking for your email or other personal information.</p>	
<p>You have a lot of friends or contacts on your social media pages that you don't really know.</p>	
<p>One of your friends is posting negative comments about another kid at your school.</p>	
<p>Someone at your school is spreading an inappropriate picture of another student and you receive the picture on your cell phone.</p>	
<p>You regularly post pictures and information online about your location, school, and friends.</p>	

