



## 7.3 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.kidshealth.org/en/teens/internet-safety.html](http://www.kidshealth.org/en/teens/internet-safety.html)
- [www.nsteens.org](http://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.mbfteensafety matters.org](http://www.mbfteensafety matters.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. Create your own safety emoji, one that reflects something you learned in the lesson. Begin to use and spread the emoji along with #Teensafety matters.
3. List 5 things you can do to change/improve your online habits or behavior. Choose one each week and try to do it for the entire week.





## 7.3 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 some things you post and do online that create a good digital footprint for you, and other things you do that create a negative digital footprint. Review your social media pages, as well as those of your friends, and identify the posts and pictures that will create a positive digital footprint and a negative footprint. When you are done, go through your profiles/pages and delete any that are contributing negatively to your digital footprint.

POSITIVE	NEGATIVE

