

8.3 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
- 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.

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. List the criteria for deciding who should be a “friend” on social media sites/apps. Then go through your profiles/accounts and clean out current friends that don't meet those criteria.
3. List the types of posts and images that may negatively impact someone's digital footprint. Then go through all your social posts and clean up any that seem negative.
4. Do the activity on the back of this sheet to be a role model and leader and help younger students learn about digital safety and digital citizenship.





8.3 THINK-LEARN-DO SHEET

During Lesson 3 of the *MBF Teen Safety Matters*TM program, you learned about digital safety and digital citizenship. As an 8th grader, it's important for you to be a role model for younger students to help them stay safe and create a good digital footprint. Write a letter to a 6th grader (one you know or to 6th graders in general) telling them everything you've learned in middle school and from the *MBF Teen Safety Matters* program about digital safety and digital citizenship. Give them advice on how to stay safe and be smart online. To be a leader, post your letter online using #Teensafetymatters.

