



Be a Stellar Digital Citizen

Use the internet and social media in a responsible and ethical way



Stranger danger

also applies to online interactions. Never send pictures to strangers. Don't open email or text messages from someone you don't know.



Don't post personal information

like name, school, age, date of birth, gender, phone number, address, identification numbers and passwords.



Promote a positive community.

Respect others' point of view. Think before you post. Don't post stuff that will make someone feel bad. Don't be a bully, and let an adult know if you are a victim.



Don't believe everything on the internet.

Some sites can contain fake news or outdated details. For research projects, turn to your library for the most reliable resources.



Protect your reputation.

Represent yourself in a way you can be proud of. Everything you post could be accessible for others to find in the future.



Balance your time

between media and other activities. Limit your time sitting. Move around, exercise.

Use technology to gather information, communicate or just to have fun.

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