



ARK2Freedom's Child Internet Safety Pledge

" I know that not everyone in the world is a bad person, but some people are. It is my duty to treat others how I want to be treated. It

is my responsibility to be safe online.

- I will listen to my gut and when things do not feel safe online I will contact my parents, guardians or a safe adult. When someone does something online that makes me feel uncomfortable. I will not respond and will let an adult know.
- I will use my feet online to carefully leave tracks on the internet. I will not give anyone my password, name, address, the name of my school or any information about my family.
- I will use my legs online to stand up to cyberbullies. I will tell my parents if someone is bullying me. I will not post mean or rude comments/pictures about other people.
- I will use my heart online to be kind and respectful to other online users. However, I will not talk to strangers online or agree to meet people I do not know without my parent's permission. If they want to meet I will only go if a parent or other safe adult goes with me.
- I will use my head online to ask questions about what I see on the internet that may seem wrong or confusing. I will ask myself if I am uncomfortable with how someone online treats me and/or with what they are asking me to do.
- I will remain safe by not opening messages from people I do not know because I do not know what could be in the message. If I want to open a message, I know that I must always get permission from a trusted adult."

Signature: _____ Date: _____

A lesson plan for this pledge can be found at ARK2Freedom.org under resource.



ARK2Freedom's Teen Internet Safety Pledge

" I know that it is my duty to be respectful and safe online, not only to others, but to myself as well. When I am online I will be:

- Respectful to myself and others by not bullying others and standing up when I see someone is being mistreated.
- A good online friend. I will help my friend if they are in trouble, ensure that they are safe online and always be supportive of my friends when making safe decisions.
- Respectful of myself and my body. I will not post videos or pictures that could get me into trouble or jeopardize my privacy, security, and/or future.

I will be courteous to others online. I will be mindful when I am posting about other people. If I do not have anything nice or uplifting to say, type, or post I will not say, type, or post it.

- I will be responsible. I will be conscious about my time on my electronics. I know that sleep, health, school work, and face to face interactions take top priority over technological devices.
- I will be helpful. If my parents, friends, or teachers need help with technology, then I will help them.
- I will be safe and protect the safety of others. I will not hack into other people's digital property and I will protect my passwords
- I will be smart. I realize that there are people that may want to trick me into doing things I do not want to do. I will not send any pictures or videos that will damage my future if it becomes public. I will report to a trusted adult.

I know that online safety is important and I will abide by the above statements each time I am on the internet."

Signature: _____ Date: _____



ARK2Freedom's Parent or Guardian Internet Safety

Pledge

"As the parent, guardian, or safe adult I know that it is ultimately my duty to ensure that my child/children stay safe on the internet. It is important for me, not only to protect them online, but also to model correct and safe online behavior. To ensure safety I will:

- Expand my knowledge: I will get to know the apps, services, and websites my child/children are using. If I do not know how to use them I will research it or ask my child/children for help.
- Be reasonable: With my child/children we will set reasonable rules and guidelines to follow. These guidelines can be posted near the computer as a reminder of appropriate computer use.
- Be understanding: I will not overreact if my child/children inform me that they have run into a problem on the internet. Instead, I will be happy that I have created an environment where my child/children feel safe to come to me with a problem. Together we will problem solve and come up with ways to prevent the problem from occurring again.
- I will get to know my child/children's online friends and remind them not to accept friend requests from strangers just because they have mutual friends."
- model safe online behavior for my children.

Signature(s): _____, _____ Date: _____