

**Be  
Internet  
Awesome.**

# Tips and Activities: a resource for families

from the Be Internet Awesome Curriculum

Updated June 2021



# Be Internet Awesome.

We all know there are all kinds of ways to learn things—tips, educational games, skits, workbook exercises and, ok, lectures too (but don't worry, no lectures here!). This collection of resources offers ways to learn online safety basics for a bunch of learning styles.

For each unit of the Be Internet Awesome Family Guide—Smart, Alert, Strong, Kind and Brave—you'll find something for everyone in your family:

- **Tips for safe Internet awesomeness you can discuss as a family**
- **A little exercise that represents a top takeaway from each unit**
- **Games the whole family can play together.**

As for games, now there are two kinds for you and your kids in the Be Internet Awesome ecosystem. There's Interland, the interactive game they can play by themselves or with you while you watch, and now there are your Be Internet Awesome Tips and Activities, little digital safety games for the whole family to play together (at least 2-4 people). You could make each of these part of "Family Game Night" or use it as a fun way to cap off a discussion about one of the Tips. Whether with "Charades," "Password Scramble" or whichever game you pick, what better way to learn safety than to get goofy together and have fun?

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# Be Internet Smart

Tips to help you be smart online



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## Tip 1

### **Be a positive presence online just like IRL (in real life.)**

Remember, once something by or about you is online like a photo, comment, or message, it could stay online forever.

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## Tip 2

### **Think before you post.**

It's important to know when to post nothing at all—not to react to somebody's post, photo, or comment or not to share something that isn't true.

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## Tip 3

### **Protect your secrets.**

Do not share your address, email, phone number, passwords, usernames or school documents with strangers.

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## Tip 4

### **Don't assume that people online will see you the way you think they'll see you.**

Different people can see the same information and draw different conclusions from it.

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## Tip 5

### **It's always important to respect other people's privacy choices, even if they aren't the choices you'd make yourself.**

Different situations call for different responses online and offline.

# Be Internet Alert

Tips to help you be alert online



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## Tip 1

### **Double check a site for credibility.**

Before you click on a link or enter your password on a site you haven't been to before, check that the site's URL matches the product's or company's name and information you're looking for.

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## Tip 2

### **Use secure websites.**

Make sure a website's URL starts with "https://" with a little green padlock to the left of it.

Example:  `https://www.donutsandmoreshop.com`

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## Tip 3

### **Don't fall for scams.**

If the email or site offers something that sounds too good to be true, like a chance to make a lot of money, it's almost always too good to be true. Don't fall for the fake message.

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## Tip 4

### **It can happen to anyone.**

If you fall for a scam online, tell your parent, teacher, or other trusted adult right away and change your passwords to your accounts immediately.

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## Tip 5

### **Attention! Remember that website or ad can't tell if there's anything wrong with your device!**

There are scams that may try to trick you into downloading malware or unwanted software by telling you that there's something wrong with your device.

# Be Internet Strong

Tips to help you be strong online



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## Tip 1

### **Create a strong password.**

Choose at least 8 characters and use combinations of letters (uppercase and lowercase), numbers, and symbols.

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## Tip 2

### **Switch it up.**

Use a different password for each of your important accounts.

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## Tip 3

### **Get creative.**

Don't use a password that's easy to guess, like your nickname, just the name of your school, favorite basketball team, a string of numbers (like 123456), etc. And definitely don't use the word "password"!

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## Tip 4

### **Avoid getting personal.**

Don't use personal information (name, address, email, phone number, Social Security number, mother's maiden name, birth dates, etc.), or common words in your password.

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## Tip 5

### **Don't hesitate to change your password.**

Immediately change your password if you know or believe it may be known by someone other than a trusted adult.

# Be Internet Kind

Tips to help you be kind online



## Tip 1

### Follow the golden rule!

Treat others how you want to be treated, both online and in real life. **Example:** Report the harassment. Tell someone who can help, like a parent, teacher, or school counselor.

## Tip 2

### Be an helper!

A helper combats bad behavior and stands up for kindness and positivity. **Example:** Report the harassment. Tell someone who can help, like a parent, teacher, or school counselor.

## Tip 3



### Do simple actions to turn negative interactions into positive ones.

**Example:** If someone posts something negative online to a friend, get a bunch of friends to create a “pile-on of kindness”—post lots of kind comments about the person being bullied (but nothing mean about the aggressor, because you’re setting an example, not retaliating)

## Tip 4

### Make good decisions when choosing what to say and how to deliver it.

**Example:** Don’t type something online if you wouldn’t say it in real life.

## Tip 5

### Spread kindness online.

# Be Internet Brave

Tips to help you be brave online



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## Tip 1

### **Found something negative? Say something!**

If you come across something that makes you feel uncomfortable or worse, report it - be brave and talk to someone you trust who can help, including a teacher, the principal, or a parent.

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## Tip 2

### **Talk it out.**

Asking for help when you're not sure what to do is a brave thing to do. If it's to help you or someone heal something hurtful or stop harm from happening, it's both smart and courageous.

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## Tip 3

### **Get proof.**

Before blocking or reporting inappropriate content, it's always wise to take a screenshot so that you have a record of the situation.

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## Tip 4

### **Report and/or block inappropriate content.**

Reporting can help the people involved, their community, and the platforms themselves if we use the tools to block and/or report on a site or app.

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## Tip 5

### **Don't be afraid!**

If you receive a creepy message or comment from a stranger, show a trusted adult, block and report them.

# Family Activities

Interactive mini-games to help families be Smart, Alert, Strong, Kind, and Brave online.



Be Internet Awesome.

# The most awesome collection of activities for a safer Internet experience.

Being Internet Awesome means you're Smart, Alert, Strong, Kind, and Brave. To teach these values, here are five games that'll have every member of your family on their way to becoming better digital citizens.

**Be Internet Smart** 

## Forehead Games

Not every act or thought needs to be shared on the Internet. Through this game, kids will learn the importance of being smart when it comes to online sharing.

**Be Internet Alert** 

## Two Truths and a Lie

The Internet is an exciting place to explore and learn, but getting the whole truth can be a challenge. Playing this game will show how simple it is for anyone to lie and why it's important to be alert.

**Be Internet Strong** 

## Password Hunters

If any family member has ever considered using "1234" as an online password, you'll definitely want to play this game to learn how to make passwords as strong as you can.

**Be Internet Kind** 

## Stories of Kindness

Wouldn't it be great if the Internet was just cat GIFs and wholesome memes? If we could all learn to act like the storytellers featured in this activity, the Internet could be a kinder place.

**Be Internet Brave** 

## Act it Out!

When encountering something online that makes you uncomfortable, the brave choice is to bring it to the attention of a trusted adult. With this activity, players will role-play scenarios where their bravery is tested.



INTERLAND Play more Internet safety games on Interland, our free online game at [g.co/Interland](https://g.co/Interland)

Google



# Forehead Games

Jot down the following activities (with their bonus question) on small pieces of paper. Include as many other words you think will be fun to play. (Our favorites are gorilla, surfing, and movie popcorn.) Split up into teams and have one player hold a card to their forehead. Teammates will act out the words as the cardholder tries to answer as many as they can in 60 seconds.

At the end of the round if any of the cards has a bonus question, the player can answer it for an extra point.



## Writing an email

Bonus: Is it smart to share your email with strangers? No.



## Camping in the woods

Bonus: Is it smart to share your plans with those outside your family? No



## Getting your temperature checked

Bonus: Is it smart to reveal every time a family member is sick? No.



## Opening a combination safe

Bonus: Is it smart to keep your passwords secret? Yes.



## Taking a selfie

Bonus: Is it smart to share your photos or videos with strangers? No.



## Scoring a soccer goal

Bonus: Is it smart to share your team photos with family? Yes.



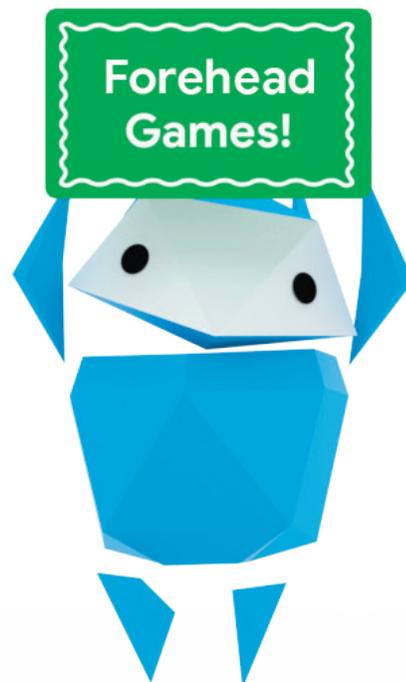
## Blowing out birthday candles

Bonus: Is it smart to share your birth date with strangers? No.



## Calling someone on the phone

Bonus: Is it smart to share your phone number with strangers? No.



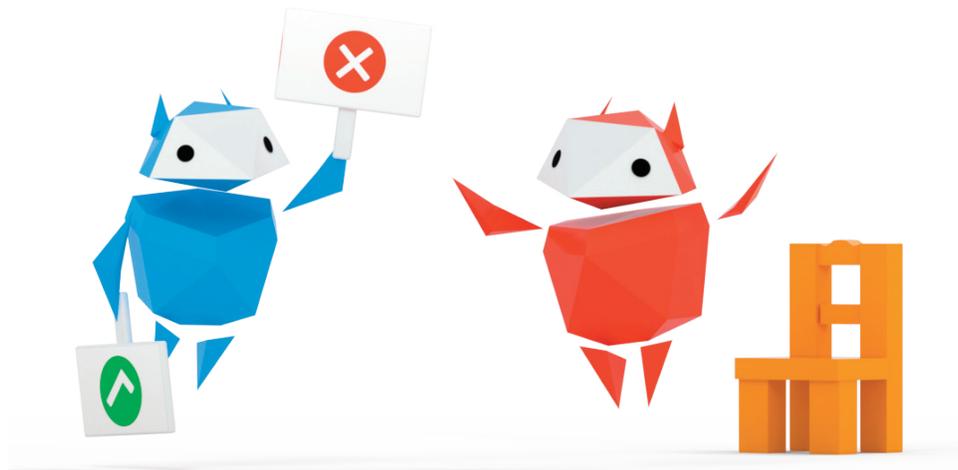


# Two Truths and a Lie

Have players think of two true statements about themselves and a lie that's believable enough to trick other players. Take turns sharing these with the group and guessing which statements are true and which one is the lie.

At the end of the game discuss these vocab words and the importance of being vigilant of lies on the Internet.

-  **Catfishing:** Creating a fake identity or account on a social networking service to trick people into sharing their personal information or into believing they're talking to a real person behind a legitimate account, profile, or page
-  **Clickbait:** Manipulative online content, posts, or ads designed to capture people's attention and get them to click on a link or webpage, often to grow site traffic and collect information via cookies in order to make money
-  **Credible:** Believable; someone who is credible uses evidence so you can be confident they are telling the truth.
-  **Evidence:** Facts or examples that prove something is true or false
-  **Motive:** The reason that someone does something; intention
-  **Deceptive news:** News that intentionally lies or distorts the truth
-  **Front Group:** A group that is pretending to be something it's not in order to hide the identity of the people who really run the group



# Be Internet Alert



-  **Disinformation:** Information that is false or intended to mislead
-  **Skeptical:** Willing to question claims of truth
-  **Phishing:** An attempt to scam you or trick you into sharing login information or other personal information online. Phishing is usually done through email, ads, or sites that look similar to ones you're already used to.
-  **Spearphishing:** A phishing scam where an attacker targets you more precisely by using pieces of your own personal information
-  **Scam:** A dishonest attempt to make money or gain something else of value by tricking people
-  **Trustworthy:** Able to be relied on to do what is right or what is needed
-  **Authentic:** Real, genuine, true, or accurate; not fake or copied
-  **Verifiable:** Something that can be proven or shown to be true or correct
-  **Deceptive:** False; an action or message designed to fool, trick, or mislead someone
-  **Manipulation:** Someone controlling or influencing another person or situation unfairly, dishonestly, or under threat. Alternatively, things you find online may be manipulated, such as a photo that has been edited to make you believe something that isn't true.
-  **Fraudulent:** Tricking someone in order to get something valuable from them
-  **Firewall:** A program that shields your computer from most scams and tricks





# Password Hunters

Everyone will need to search around your home for a unique item that you can use for this activity. For each round have every player write down a password based on the unique household item they find. The more creative each player is at capitalizing certain letters or replacing them with symbols and numbers, the stronger the passwords will be.

At the end of the game rank all the passwords as **Very Strong, Strong, Okay, Weak, or Very Weak**. The player with the most highly ranked passwords wins!



## The Color Round

Have players bring back an object with an agreed upon color to inspire their password.



## The Room Round

Have players bring back an object from an agreed upon room to inspire their password.



## The Shape Round

Have players bring back an object of an agreed upon shape to inspire their password.



## The Size Round

For the final round, have players bring back an object of an agreed upon size (small, medium, or large) to inspire their password.





# Stories of Kindness

As a family, or individually, write down or type up the words needed to fill in the following blanks to create a story. Try not to read ahead in order to keep the story as unexpected as possible. Then, using your list read the story aloud.

As a group, discuss the moral of the story and why it's important to go from a passive bystander to a kind upstander.

One day while watching \_\_\_\_\_, I saw a text from \_\_\_\_\_ in a  
(favorite show) (friend's name)  
group chat. The text was simply \_\_\_\_\_ crying face emojis. Normally in the group chat  
(number between 5-15)  
we talk about fun things like \_\_\_\_\_ or \_\_\_\_\_ so I replied  
(favorite video game) (favorite hobby)  
by asking if everything was okay. \_\_\_\_\_ said that they were feeling sad because  
(same friend's name)  
they got made fun of for getting a on \_\_\_\_\_ the \_\_\_\_\_  
(number between 0-60) (school subject)  
quiz. I encouraged them to stay positive and offered to be a study partner for the next one.  
\_\_\_\_\_ replied with \_\_\_\_\_ thumbs up emojis and a smiley face.  
(same friend's name) (number between 3-10)





In my \_\_\_\_\_ class, we have a class website where we can post comments and ask  
(school subject)  
the teacher questions about assignments. Last \_\_\_\_\_, someone posted a comment  
(day of the week)  
saying my friend \_\_\_\_\_ smelled like a rotten, \_\_\_\_\_ piece of  
(friend's name) (negative adjective)  
\_\_\_\_\_. Some people thought it was funny but I decided to speak up. I made a new post  
(vegetable)  
complimenting \_\_\_\_\_ and saying how \_\_\_\_\_ they were to  
(same friend's name) (synonym for awesome)  
be friends with. I then got other classmates to post something nice. And at the end of the day there were over  
\_\_\_\_\_ new comments all saying kind things about \_\_\_\_\_.  
(number over 100) (same friend's name)





# Act it Out!

Assign members of your family to role-play the characters in the following scene prompts. If your child wants to feel even more heroic, print out the Internaut mask in this PDF and have them wear it during the scene.

At the end of the game, discuss the importance of getting the help of a trusted adult if there's ever anything online that makes your child uncomfortable.



**Scene:**

A montage of quick scenes where your child says, "When in doubt, talk it out," after encountering each of these characters: an online scammer asking for credit card information, a bully posting mean comments, a stranger asking for personal details, and a classmate trying to hack into the social media accounts of friends.



**Scene:**

Your child's classmate created a fake social media profile of their friend. This person posts offensive content on the account with the hopes of getting them suspended. In this scenario, cast someone to portray the faker. Then act out the situation so that your child is the one who brings this fake profile to the attention of the teacher (you).



**Scene:**

An online stranger keeps sending messages to your child and asking for personal information. Role-play this scenario so that after receiving the unwanted communications, your child blocks the person and brings it to your attention.



**Scene:**

A social media vlogger livestreams themselves deliberately spilling hot coffee onto unsuspecting pedestrians. Role-play this scenario where the vlogger's disturbing content causes your child to unsubscribe from the channel and to report the content using online reporting tools.

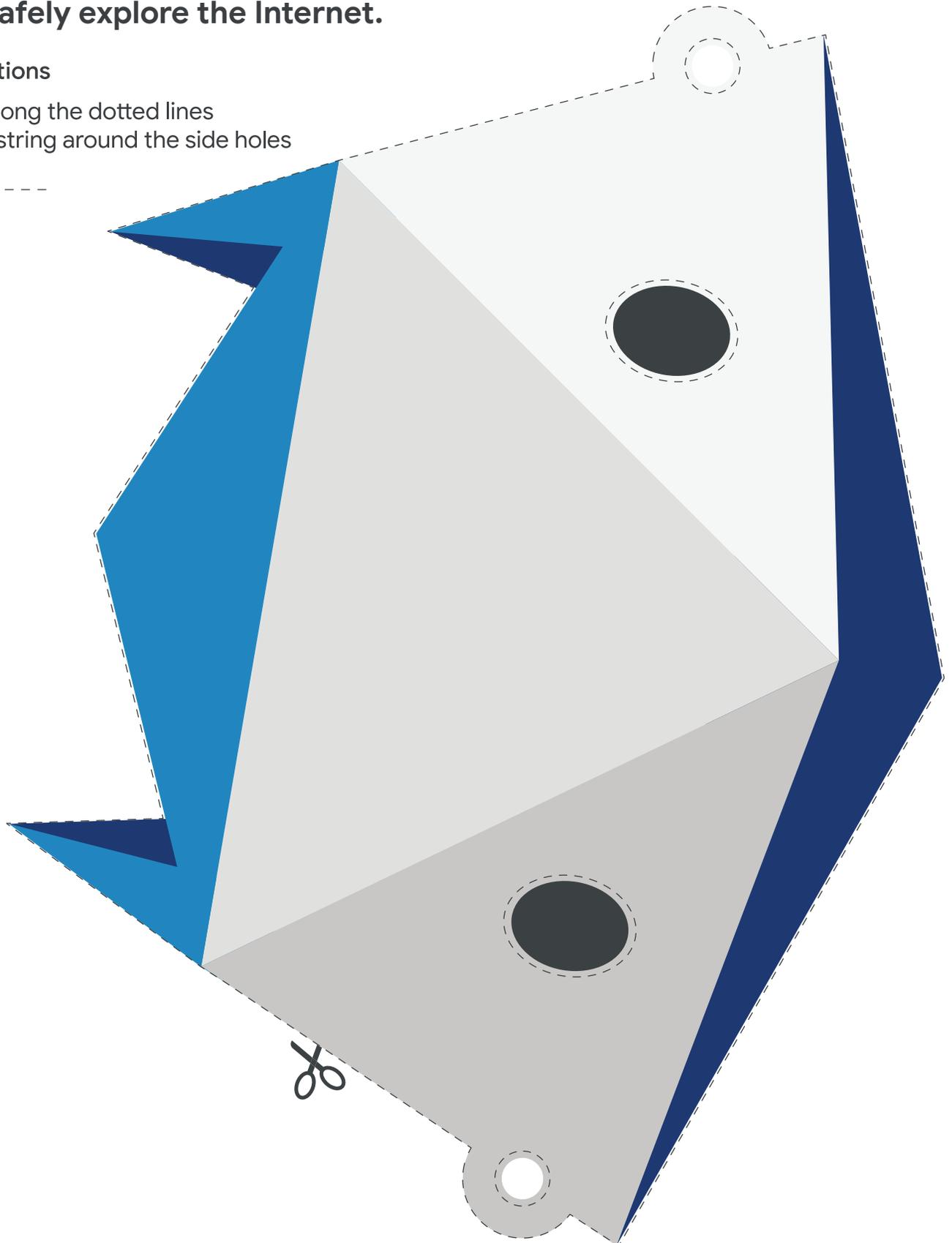


Become a hero of the online world with this Internaut mask. Wear it as you confidently and safely explore the Internet.

### Instructions

1. Cut along the dotted lines
2. Tie a string around the side holes

Cut - - - - -



**INTERLAND** Play more Internet safety games on Interland, our free online game at [g.co/Interland](http://g.co/Interland)



