**K-6 Internet Safety**

Hi Parents,

Wow it’s November! This month we discussed how culture, media, social media and affects our self-esteem and body image.

The Internet is big! For kids and parents, this can be an awesome resource for information, but can also be scary with people that do not have the best intentions. Below are the subjects about the internet we discussed in class. The link takes you to ‘NETSAFEUTAH’. Scroll down to the K-3 and 4-6 to access the videos we watched. It has been my experience that it is never too early to start educating with elementary, Jr high and high school aged children. The average age a child has their own smart phone is 10 to 12-years-old. Most children have access to the internet long before they get a phone. Keeping our children, homes and ourselves safe is important as we go through out our day to day. I hope the link and information is helpful to you all.

Have a wonderful Thanksgiving season please feel free to reach out to me anytime.

Sam Grabert

**What is the internet?**

The internet is big a network or system, that connects millions of computers worldwide. It was one of the greatest inventions of the 1900s. Since its beginning, the **Internet** has changed a great deal. Advances in technology have made using the **Internet** quicker and easier.

https://www.netsafeutah.org/

**What is Personal Information?**

**Information** that can't be used to identify you, such as your age, gender, how many siblings you have, your favorite food, etc. **Private Information**: **information** that can be used to identify you, such as your Social Security number, street address, email, phone number, etc.

https://www.netsafeutah.org/

**Be Kind Online**

In the United States 34% of students report experiencing cyberbullying during their lifetime and 60% of these students report this has long term effects on their mental health. Being kind online, reporting cyber bulling and not being the cyber bully is vital to child and adolescent mental health.

https://www.netsafeutah.org

**Talk Too An Adult**

Talking to your children now about internet safety is not a one and done conversation but an ongoing one. Keeping the lines of communication open builds trust and confidence that children hopefully will know that you as parents will help them if they ask.

https://www.netsafeutah.org

**The Present**

Most of all as parents it is up to us to help our children find the balance they need as they develop and mature. Below is the final video that was shown to help kids to remember that no matter what they face in life they can do hard things and never forget to play!

<https://www.youtube.com/watch?v=WjqiU5FgsYc&t=1s>

More resources:

**Net Safe Utah For Parents**

<https://www.netsafeutah.org/parents/index.html>

**Why thinking you're ugly is bad for you | Meaghan Ramsey**

<https://www.youtube.com/watch?v=gXlIAS-rI4E>

**Young women on Instagram and self-esteem: 'I absolutely feel insecure'**

<https://www.theguardian.com/media/2015/nov/04/instagram-young-women-self-esteem-essena-oneill>

**The Present**

<https://www.youtube.com/watch?v=WjqiU5FgsYc&t=1s>

**Beauty Re-Defined**

<https://beautyredefined.org/>

**Cyber Bullying Statistics**

<https://meganmeierfoundation.org/statistics/?gclid=CjwKCAjw9L_tBRBXEiwAOWVVCSLpGwzbAT1gQ7mCirzA1ZhyruViS38Ar2GjU_jo4guhTKaA5msK-hoC0ZkQAvD_BwE>

**Sexting Laws**

<http://www.saltlakejuveniledefense.com/2017/utah-sexting-laws/#targetText=If%20someone%20shares%20or%20otherwise,face%20a%20class%20B%20misdemeanor.>