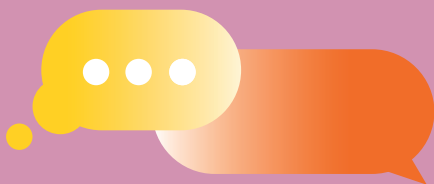


Activity – Let's imagine...



Young people sometimes encounter difficult situations when using digital technologies. It is important to know how to respond when these situations arise. The following scenarios are designed to help families discuss common online challenges and learn what steps to take.



Parents and children: Read the scenarios together. Then review the recommended steps to follow if you or your child ever face one of these situations.

My game is asking me to pay to remove ads or unlock a character.

What to do:

- ✓ Find out whether the purchase requires real money or in-game items that have been earned.
- ✓ Talk to a parent or trusted adult about it.
- ✓ Ask yourself whether the purchase is really worth it.
- ✓ Take a moment to think before making a decision.

I get easily distracted by my phone when I'm doing homework.

What to do:

- ✓ Put your phone on Do Not Disturb mode.
- ✓ Leave your phone in another room, away from you.
- ✓ Block access to certain apps during homework time.
- ✓ Ask someone you trust for help in building a new habit.

Activity – Let's imagine...



I see content where people are making fun of me behind my back.

What to do:

- ✓ Talk to a trusted adult about what is happening.
- ✓ Take screenshots to keep evidence of the content.
- ✓ Report the content.
- ✓ Speak with the parents of the individuals posting the harmful content.
- ✓ Contact the school if needed.

Someone I don't know asked me which sports team I play for.

What to do:

- ✓ Do not share personal information.
- ✓ End the conversation.
- ✓ Block the person if necessary.
- ✓ Tell a trusted adult about the situation.

Helpful tip:

The name of the sports team you play for may seem like harmless information. However, it can help someone figure out where you practice your sport, which school you attend, or even where you live.



Help your child
create, play, and
navigate the online
world wisely.