

Staying Safe with Technology



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Words in **bold** are in the glossary.

Technology and You

Did you read a book on a tablet today?
Maybe you video chatted with a friend.
If so, you used technology.

Technology lets you **interact** with the world. You can go **online** to connect with family and friends. Online games and videos are fun to play and watch. You use the internet to find answers to questions. You likely use technology every day.



Staying Safe Online

The internet is full of **information**.
Websites and games help you learn.
You can find funny pictures or cool videos.
But sometimes what you find online can
be unsafe or untrue.





Online videos or pictures can be scary.
You might read mean comments on a **post**.
What should you do? Trust your feelings.
Talk to a trusted grown-up to help decide
if what you saw was even real or true.

Follow the Rules

Rules about using technology help keep you safe. Teachers and parents may tell you to only visit certain websites. Maybe you're only allowed to chat online with kids from your school.





You want to play a new game online.
You want to share a photo. An **app** is
asking you to buy something. Stop!
Ask a trusted adult first. Never share
or buy anything online without asking.