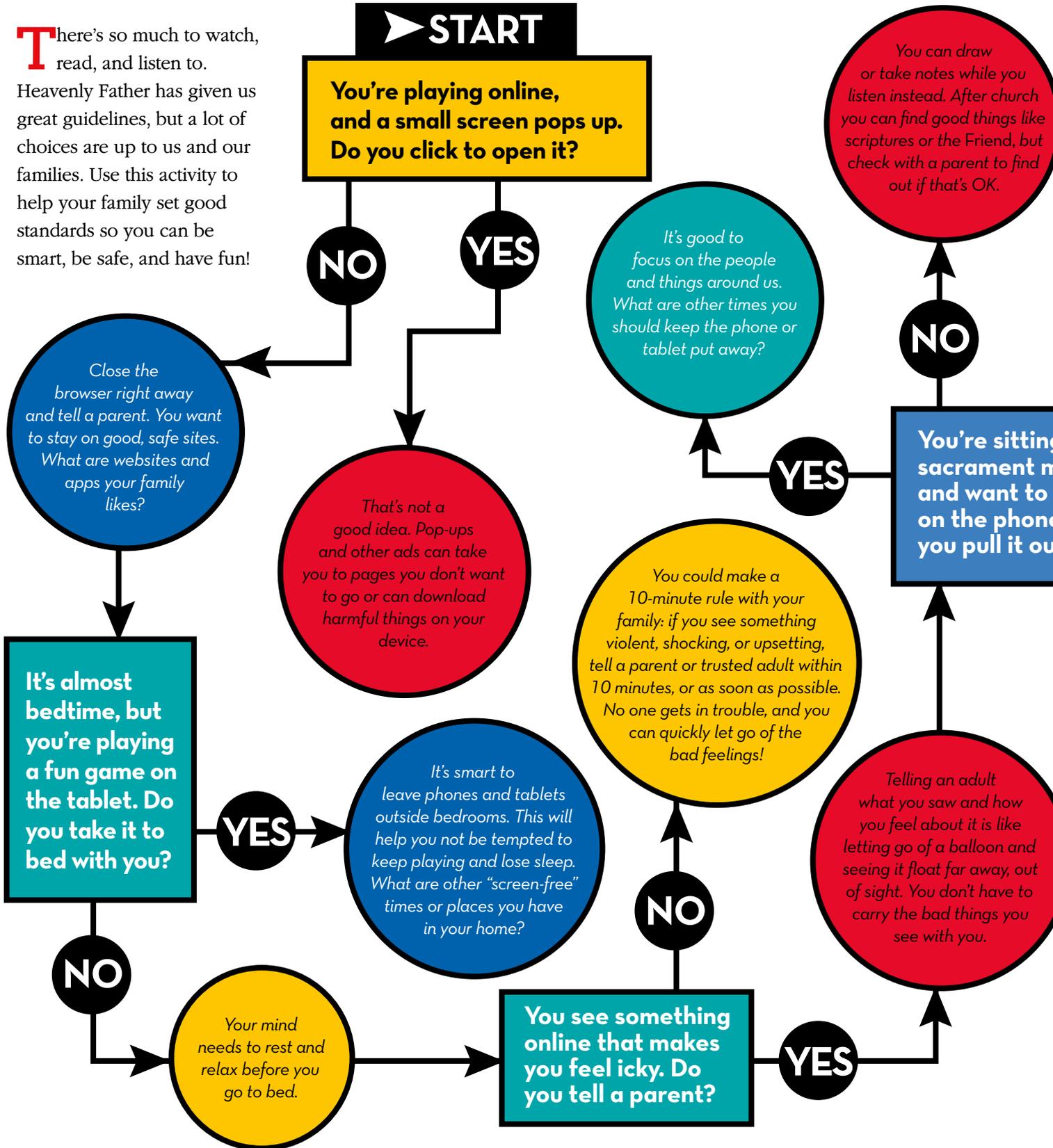


BE SMART, Be Safe,

There's so much to watch, read, and listen to. Heavenly Father has given us great guidelines, but a lot of choices are up to us and our families. Use this activity to help your family set good standards so you can be smart, be safe, and have fun!



and HAVE FUN!

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A friend posts an embarrassing photo of a boy at school. Do you re-post it?

NO

YES

Don't post or text things that would hurt or embarrass anyone. Do your part to stop cyber-bullying by not passing on mean or embarrassing messages.

You can also ask the person who posted it to take it down. Talk to a parent or trusted adult to help you or if the mean thing is about you.

You've been watching TV for a long time. Watching another program or two won't hurt, right? Do you keep watching?

YES

NO

Does your family have rules on screen time? You could set a timer to help keep track. Remember that there are lots of great non-screen things to do. Read a book, use your imagination, play outside, or play with friends!

It's good to take breaks. Turn off the TV and do something outside or with other people. What are other fun things you can do?

END

BONUS CHALLENGE!

Use the words above to fill in the blanks. Check your answers on page 39.

Never post your personal _____ of websites when you're done. _____ to fun, _____ music. _____ chat with family.

Have plenty of _____-free time.

Don't share your _____, except with a _____.

Stick up for others _____.

Don't _____ programs or _____ without permission.

Share kind _____.

Watch videos about Jesus at _____ .org.

Learn a new _____.



CONGRATS ON REACHING THE END!

Use this badge to remind you what you learned. You could also hang up a list of your family computer and game rules.