



# 9<sup>TH</sup> - 12<sup>TH</sup> GRADE - LESSON 1

## PARENT INFORMATION SHEET

### DEAR PARENT OR GUARDIAN,

Your teen participated in the MBF Teen Safety Matters® program today. This program teaches teens about emotional, physical, and digital safety. It is based on the latest research and has been reviewed and endorsed by national experts.

We would like to share with you what your teen learned and suggest how you can continue these safety lessons at home. Just like other subjects, the more you practice with them, the more likely they will be able to use what they have learned. For additional information and resources, visit our website at [www.mbfpreventioneducation.org](http://www.mbfpreventioneducation.org).

YOUR TEEN LEARNED ABOUT...	HOW YOU CAN REINFORCE THEIR LEARNING
The 5 Safety Rules  Cyberbullying  Online Exploitation  Digital Safety & Digital Citizenship	<ul style="list-style-type: none"> <li>» Spend regular, uninterrupted time with your teen. Talk about their school and personal life, their relationships (friends and romantic), and their activities. Talking with them about typical activities will help them know you are available and interested. It will also encourage them to talk to you about important things like cyberbullying.</li> <li>» Ask your teen what they learned during the classroom lesson. Make sure they understand the material and clarify if needed.</li> <li>» Review The MBF 5 Safety Rules® to make sure they understand how to use them. Ask them what each rule is and how it can help them stay safe.</li> <li>» Use everyday opportunities while using technology (for example, cell phones) to ask them how they might use the Safety Rules if they were faced with an unsafe situation. Talk about activities that occur both online and offline.</li> <li>» Ask your teen what they learned about digital safety. Work with them to monitor their online activities and teach them how to stay safe online.</li> <li>» Check out the resources below, and complete the digital safety contract on the back of this sheet with them to help them stay safe online.</li> </ul>

### ADDITIONAL RESOURCES:

- » [www.IROC2.org](http://www.IROC2.org)
- » [www.kidshealth.org/en/teens/internet-safety.html](http://www.kidshealth.org/en/teens/internet-safety.html)
- » [www.nsteens.org](http://www.nsteens.org)
- » [www.mbfpreventioneducation.org](http://www.mbfpreventioneducation.org)

## The MBF 5 Safety Rules



**KNOW WHAT'S UP**



**SPOT RED FLAGS**



**MAKE A MOVE**



**TALK IT UP**



**NO BLAME | NO SHAME**



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## ACTIVITY

Complete the following digital safety contract with your teen, and post it in a visible location to remind you both of your commitment to work together to keep them safe online.



INSTITUTE FOR RESPONSIBLE ONLINE AND CELLPHONE COMMUNICATION

## DIGITAL CONSCIOUSNESS CONTRACT

Talking to your child about the dangers of digital abuse isn't always easy, but it is important. Now is not the time to be coy, shy, timid, or indirect with your kids. Every time they use digital technology, they open themselves up to the world, and to the benefits and risks that we all inherit once we power up! To help you talk with your child, and to establish fair and informed usage guidelines IROC2 has created the **Digital Consciousness Contract** to assist you with;

- Defining your child's approved digital devices
- Clearly outlining prohibited behaviors
- Setting up scheduled Check-Ups to monitor activity for irresponsibility or abuse
- Clearly communicating the consequences associated with your child's abuse of technology

Once you discuss and come to an agreement for each section below, sign and date this contract, and keep it in a prominent place, like the computer table or on the refrigerator as a constant reminder for everyone.

### 1) Authorized Digital Tools & Technologies:

The following Digital Tools & Technologies are authorized to be used.

\_\_\_\_\_

\_\_\_\_\_

### 2) Digital Tools & Technologies Check-Ups:

All authorized digital tools & technologies will be inspected by a Parent/Guardian according to the schedule below.

Every \_\_\_\_\_  Days  Weeks  Months  the agreed upon digital tools will be handed in for inspection.  
[Insert #]

### 3) Issues Leading to Consequences: Prohibited Behaviors Should Be Listed:

Some prohibited behaviors may include; (i) posting, sharing or viewing sexually explicit material, (ii) sharing inappropriate personal information, cyber bullying others, not using security (anti-virus software), using technology during clear restricted use times (during school, bedtime, etc). Build your list with your child - if necessary, use another sheet of paper to complete this section. Everyone initial & date the page(s) and staple it to this document.

### 4) Consequences and Rewards:

Create a list of Consequences and Rewards on another sheet of paper to complete this section. Everyone initial & date the page(s) and staple it to this document.

#### Child/Teen:

I promise to abide by the contract outlined above. If I break any part of this contract, I will accept the consequences and will not utilize any unauthorized digital tools & technologies while the aforementioned consequences are in effect.

\_\_\_\_\_  
Child/Teen Signature

Date: \_\_\_\_\_

#### Parent/Guardian:

I promise to do what I can to help my child succeed in following this contract. I understand this will be an evolving contract and promise to make myself available to discuss these rules and their consequences when necessary.

\_\_\_\_\_  
Parent/Guardian Signature

Date: \_\_\_\_\_

**Watch Videos With Your Teen at [IROC2.ORG/ONDEMAND](http://IROC2.ORG/ONDEMAND)**