

Independent Living Program Activity Card

Category: DAILY LIVING

Activity: Internet Safety

Description:

The objective of this assignment is to: Help you identify risky online behavior in order to protect yourself and your personal information.

How do I get credit for this assignment?

- Watch the video by following the link.
- Answer the questions based on the information in the video.
- Complete the quiz on Internet Safety.
- Email the completed work along with this cover sheet to: Michelle Estrada at mestrada@orangewoodfoundation.org

You may earn up to \$15.00 ILP dollars for completing this assignment.

Total Dollars Earned:

\$
(ILP Use Only)

Notes:

Date: _____

Youth Signature	Date of Birth
Print Name (Youth)	Group Home (If Applicable)

Receipt
(ILP Use Only)

What is Internet Safety?

Practicing internet safety means individuals protecting themselves and personal information from online harms and risks that could lead to unsafe situations or even jeopardize mental and physical wellbeing.

Why is Internet Safety important?

It is important to know how to use the internet in a safe, kind, and useful way. Sometimes people can get carried away by it because, as a society, we are immersed in this lifestyle of communicating, working, and entertaining ourselves using the internet. Nevertheless, we should remember to take care of our personal information while also being kind and courteous to others. The things we each decide to send, post, or share stays out there forever, and it can tell others something about you. Remember that a possible boss or coworker could see your postings in the future and ask yourself if you'd be ok with that. You never know if companies could be looking at your public accounts to make a final decision; it could jeopardize your opportunity for a position. Never share your address, phone number, social security number, or driver's license.

- It is also important to be kind; remember that your words matter and they can seriously impact someone's life. If you would not say it to them in person, don't say it online. Cyberbullying is defined as using electronic communication to bully someone by sending intimidating, mean, or threatening messages. You never really know what people are going through in their personal lives; your words could be harmful to them.

TO COMPLETE ACTIVITY

- Watch this video on Internet Safety @watchwellcast:

<https://youtu.be/yrln8nyVBLU> “Safe Web Surfing: Top Tips for Kids and Teens”

- Answer the questions on the following page using the knowledge you learned in the video.

What are the top 4 things you need to know about internet safety according to the WellCast video?

1. _____
2. _____
3. _____
4. _____

Complete to the following short quiz to test your knowledge on internet safety.

Fill in the blanks with the appropriate answers provided below.

1. An example of a strong password is _____.
2. An example of a bad/weak password is _____.
3. Two pieces of personal information you should never share are _____
and _____.
4. If a person you've been chatting with online tells you they want to meet in person you should _____.
5. Someone online asks you to send them a photo of your house or apartment, you should _____.
6. If someone you don't know sends you a friend request online, you should _____.
 - a. Password123
 - b. Not accept it
 - c. Not do it and tell an adult
 - d. social security #
 - e. Not do it and tell an adult/parent
 - f. address
 - g. 1966!awLwayshappy