Know Your Neuro

Digital Citizen Checklist

- ☐ I know when and where to use technology.
- ☐ I know the appropriate amount of time to be on technology according to what is healthiest for my Frontal Lobe development.
- ☐ I know what identity theft is and how to keep my identity and my family's safe online.
- ☐ I know about viruses, spam, phishing, trojan horses, malware, hacking, worms, and predatory money schemes used by apps/games.
- ☐ I do not click on unknown sites or respond to texts, chats, or emails from unknown people.
- ☐ I know what a digital footprint is. I think before I post.
- ☐ I do not give credit card numbers online without parental permission.
- ☐ I know that pictures have GPS location codes embedded in them. I only post pictures my parents have approved.
- ☐ I do not post or view sexually-explicit pictures or texts. I tell my parents if I accidentally see or know about someone posting sexually-explicit material.
- ☐ I respect myself and others by speaking respectfully of others online and offline. I use appropriate language in texts, posts, and email.
- ☐ I am an Upstander against cyberbullies. I speak out against negative posts.
- ☐ I block people who bully, post negative pictures, or who engage in risky behavior and then post about it online.
- ☐ I balance my online and offline activities.
- ☐ I take 'brain breaks' and watch out for signs of screen addiction.