

# INTERNET SAFETY RULES FOR OUR HOUSE

Because being smart online keeps everyone safe.



## DEVICES STAY OUT OF BEDROOMS AT NIGHT

*(We charge them in  
the kitchen.)*



## IF SOMETHING FEELS WEIRD, TELL A GROWN-UP

*(No judgment. No punishment.)*



## NO SCREENS DURING DINNER OR FAMILY TIME

*(That includes parents too!)*



## THINK TWICE BEFORE YOU POST

*(Would you say it out loud?  
Would Grandma approve?)*



## ASK BEFORE DOWNLOADING APPS, GAMES, OR VIDEOS

*(Even if it's "free.")*



## RESPECT OTHER PEOPLE ONLINE

*(No bullying. No screenshots.  
No sharing secrets.)*



## NEVER SHARE PERSONAL INFO ONLINE

*(That means real name, school,  
birthday, address.)*



## WE TAKE SCREEN BREAKS EVERY DAY

*(Your brain, eyes, and heart  
will thank you.)*



## ONLY TALK TO PEOPLE WE KNOW IN REAL LIFE

*(No chatting with strangers –  
even if they seem nice.)*



## WHEN IN DOUBT, ASK

*(We're in this together.)*