**SAFETY**

Padlock – Set strong passwords and passcode lock all of your digital devices. “Lock em down”(accounts)

Toothbrush – Passwords and toothbrushes are similar in the fact that you *never* want to share passwords except with your parents.

Strainer – The amount of information on the internet is amazing! As digital citizens, you have to be good at straining out the bad stuff, what is real, what is not and finding the best information to answer your questions. Don’t believe everything you read on the internet. Who is putting the information out there? Are they qualified?

Plug in – It is okay to unplug. We don’t have to be connected all the time! Get outside and be a kid, read a good book, etc. (8-9 uninterrupted hours of sleep - poorer attention, depression, general health)

**RESPECT**

Soap – Too many times I hear stories of students who are posting, tweeting, retweeting, snapchatting information that is not appropriate. Keep it clean and respectful and don’t be afraid to call out your friends who may need a reminder to clean it up.

Mirror – Imagine having a mirror attached to your computer or device. If you looked in it and saw someone in the reflection (parent, grandparent, teacher) would they approve of what you are doing or saying online?

Sheet of Paper – (Have a student wrinkle it, stomp on it and apologize to it) This paper represents the heart of someone who has been cyberbullied. We can apologize all we want, but the emotional scars that remain inside *don’t* go away.

**REPUTATION**

Packet of Seeds – What you are doing now can have an impact on you in the future. You are sowing seeds as you share information about yourself online and post to social media sites. Could the seeds you are planting grow into a bigger problem? Or is your plant going to be a strong, positive representation of who you are?

Tube of Toothpaste – Imagine the information you are putting online is like toothpaste coming out of the tube. Once it is out, it is almost impossible to get it all back in the tube.

Permanent Marker – Everything that you put online is permanent – even if you hit the delete button after posting (or use snapchat). Odds are, someone has retweeted, favorited, or taken a screenshot of the material if it was questionable.

Magnifying Glass – Remember when first impressions started with a handshake? Now they start with Google. People are using Google to find out information about us (employers, university admissions, etc.) What will show up if someone searches for you on Google?

Band-Aids – When I was young and made mistakes, my mistakes were not Googleable. The mistakes we make today will be. Hopefully our mistakes won’t be too big. If a Band-Aid won’t help, then you have a problem.