

# My digital promise



## Grades: 1 to 3

Technology can help us learn, play, and connect. When we use devices, we can make choices that help keep us safe and happy online. In this activity, you'll choose the digital promises that matter to you and create one promise of your own for the school year.

### Part 1

## Choose your promises

**Read each promise. Put a star beside three promises you want to follow this school year.**

\_\_\_\_\_ I will use kind words online.

\_\_\_\_\_ I will ask a trusted adult before doing something new online.

\_\_\_\_\_ I will not click something I am not sure about.

\_\_\_\_\_ I will keep personal information private.

\_\_\_\_\_ I will take care of the devices I use.

\_\_\_\_\_ I will tell a trusted adult if something online makes me feel worried or uncomfortable.

\_\_\_\_\_ I will take breaks and make time for activities away from screens.

### Part 2

## My promises

**Finish the sentence below. You can use one of the ideas above or write your own.**

**This school year, I promise to...**

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