

BONUS CONTENT

# CHARTS

A CHILD'S GUIDE TO DIGITAL  
RESPONSIBILITY, SAFETY, AND ETIQUETTE

# FIRST PHONE



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## Chapter 1

# WHO NEEDS RULES

### Answer it or Leave it

	ANSWER IT	LEAVE IT
1. Mom or Dad calls		
2. The phone rings during dinner		
3. When you are rushing to get ready for school		
4. A friend texts past your bedtime		
5. Your sister texts <i>HELP</i>		
6. An adult who watches you (like a babysitter or grandparent) calls		
7. An unknown number calls		
8. When you are doing your homework		
9. At a birthday party		
10. In school		
11. When you are home on the weekend with not much to do		

Answer Key for Answer It or Leave It: 1. Answer It, 2. Leave It, 3. Leave It, 4. Leave It, 5. Answer It, 6. Answer It, 7. Leave It, 8. Leave It, 9. Leave It, 10. Leave It, 11. Answer It

## Chapter 3

# PRIVATE EYES

Here's a list of do's and don'ts for passwords and usernames to make sure you are extra careful

DO	DON'T
Do choose meaningful letters and numbers that are easy for you to remember but not easy for others to guess.	Don't use your birthday, phone number, or home address.
Do have at least eight characters.	Don't make it short.
Do use at least one lowercase and one uppercase letter ("PaRkEr" instead of "Parker").	Don't use all lowercase or all CAPS.
Do use at least one special symbol: * ! # @.	Don't use only letters and numbers.
Do vary your passwords. That way if one password gets exposed on one site, it doesn't put all of your accounts at risk.	Don't use the same exact password for all accounts.
Do keep your passwords private.	Don't give your passwords to anyone, not even to your best friend.
Do use a number or symbol in place of a random letter. For example, use: 3 for E @ for a ! for l For example, "P!nk" instead of "Pink" or "Fr!3nd" instead of "Friend."	Don't repeat letters.

DO	DON'T
Do use a favorite word you will remember.	Don't use your name or the name of anyone in your immediate family.
Do wait until you are on your phone or computer at your home before signing in.	Don't sign in using your password on any public computer or on someone else's device (your information can be stolen easily on public Wi-Fi or a public computer).
Do use a password to protect your phone, or use fingerprints or facial recognition to keep it secure.	Don't leave your phone or computer without password protection.

Here are a few ideas for a password that are not your name, address, or birth date (p. 45)

LETTERS	NUMBERS	SYMBOLS
Your dog's name	Favorite athlete's number	#
Your teacher's name	Your mom's or dad's birthday	\$
Your best friend's name	Your favorite number	%
Favorite book character	Your sports jersey number	^
Favorite Disney movie	The number of Super Bowls your team has won	&
Favorite athlete	The number of Pokémon cards you own	*
Favorite song title	The number of legs of everyone in your home, including your animals (my house has four people and one dog, so that's twelve)	+
Favorite color		!
Favorite ice cream flavor		(
Favorite class in school		)
		/
		{
		}
		[
		]

## Chapter 7

# TAKING CARE OF YOU

### Hours Spent of Leisure Screen Activities

Searching/ scrolling through videos, pictures, or social media (but not engaging)  _____hours	Creating media (editing pictures, making videos, making music to share)  _____hours	Watching movies or shows on Netflix, Hulu, Apple TV+, etc.  _____hours
Watching YouTube  _____hours	Using social media (commenting, liking, engaging)  _____hours	Texting friends  _____hours
Playing video games online with friends  _____hours	Playing video games alone  _____hours	TOTAL screen hours  _____hours (add up hours from all 8 boxes)

## Self-care is and isn't

SELF-CARE IS	SELF-CARE IS NOT
Exercise (walking, jogging, biking, yoga)	Mindless eating of high-calorie snacks
Meditation or mindfulness (there are some great apps, like Headspace, that can help)	Zoning out with your smartphone in your room
Spending quiet time alone	Playing video games with friends
Spending time connecting face-to-face with a friend	Going to a party
Creative hobbies (art, writing, making music, photography)	Competitive sports
Asking for help	Refusing to ask for help
Getting enough sleep and having an early bedtime	Staying up late all week and sleeping in late on Sunday
Taking a bubble bath	Shopping
Finding time to do the things you love	Overscheduling
Getting outside for fresh air	Staying in your room all weekend
Hobbies that do not involve electronics	Editing photos and videos on your computer
Spreading kindness	Thinking only of yourself
Talking to an adult or friend about a problem	Keeping all feelings, emotions, and problems in