

# HEALTH TIPS

*from Rosie Roo*



Hi Friend,

Do you like connecting with your friends online? I know I do!

It's fun to talk to friends and share information! But we have to make sure we're being good digital citizens, too.

There are lots of ways to stay safe online.

**Make sure you follow these 10 rules to be safe online and be a good digital citizen!**

1. Never give out personal information about yourself or others. This includes address and phone number.
2. Don't be a cyber-bully. And stand up to cyber-bullying when you see it.
3. Balance your time online and offline. Make sure you play outside, too!
4. Respect yourself and others when you're online.
5. Always talk to an adult if someone is asking for your info.
6. Never meet up with strangers you talk to online.
7. Always ask a grownup before posting a photo.

8. Never share your passwords!
9. Don't download anything without asking permission first.
10. If anything makes you uncomfortable, tell an adult right away!



### **ASK (About Special Kids)**

*MHS is proud to have About Special Kids (ASK) as our partner in the Healthy Kids Club. ASK works to help children with special needs live better lives. They help families that have a child with special needs find services and people that can help them. Call ASK at 1-800-964-4746. Find out more at [aboutspeakkids.org](http://aboutspeakkids.org).*



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