



# Cool C.A.T.S. Tips

- ✓ I will always follow my parent's rules about cell phone and internet use.
- ✓ I understand that any information posted on the internet cannot be erased, even if deleted.
  - ✓ I will be careful about loaning my cell phone or laptop to friends.
  - ✓ I will tell a parent/trusted adult if I see or receive any information that makes me feel uncomfortable.
- ✓ I will follow the Golden Rule and never pass harmful words, messages or pictures that are hurtful.
- ✓ If I get angry with a friend, I will stop, get offline, and calm myself down.
  - ✓ I will be an upstander and not participate in any bullying situations.
  - ✓ I will never agree to get together with someone I have met online.
- ✓ I will never send/post any **\*personal information\*** or photos without my parent's permission.

**\*Personal Information\***

Full Name	Email address	Mother's maiden name
Street address	Phone numbers	Parent's place of work
Photos	Passwords	Name of school
	Cell phone number	