

Name _____

I Know Important Names and Numbers

Fill in the emergency information with your family. Then learn the names and phone numbers by heart.



My photo

My first and last names:

My address:

Mom's first and last names:

Mom's phone number:

Dad's first and last names:

Dad's phone number:

Another important person's first and last names:

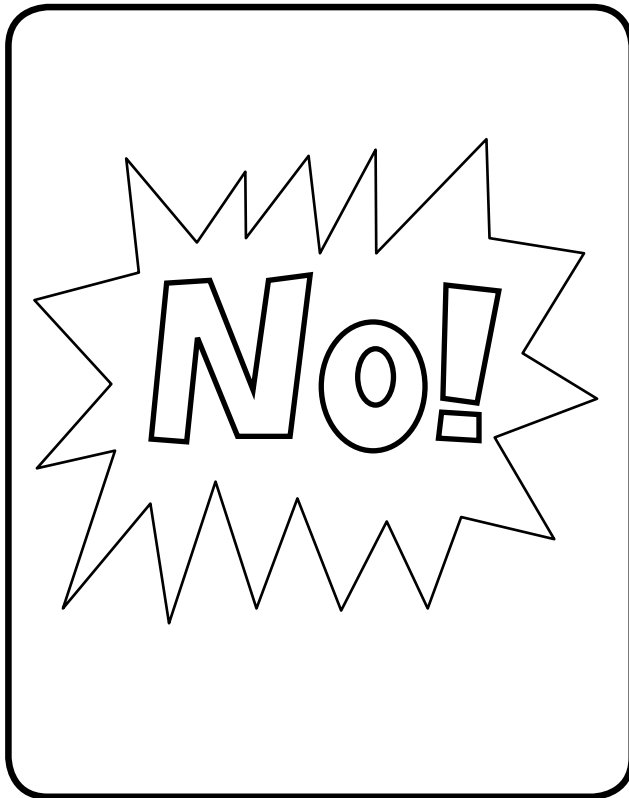
That person's phone number:

Name _____

I Can Help Myself Feel Better

Sometimes we feel afraid, sad, mad, nervous, or worried. We might have these feelings if someone tries to hurt us. We might have these feelings if someone tells us to keep a secret about something bad. We can help ourselves feel better. First, we can say “No!” in our loudest voice. Then we can get away as fast as possible and tell a trusted adult what happened.

Practice the “No!” and “Go!” steps with a family member. Then color the pictures.

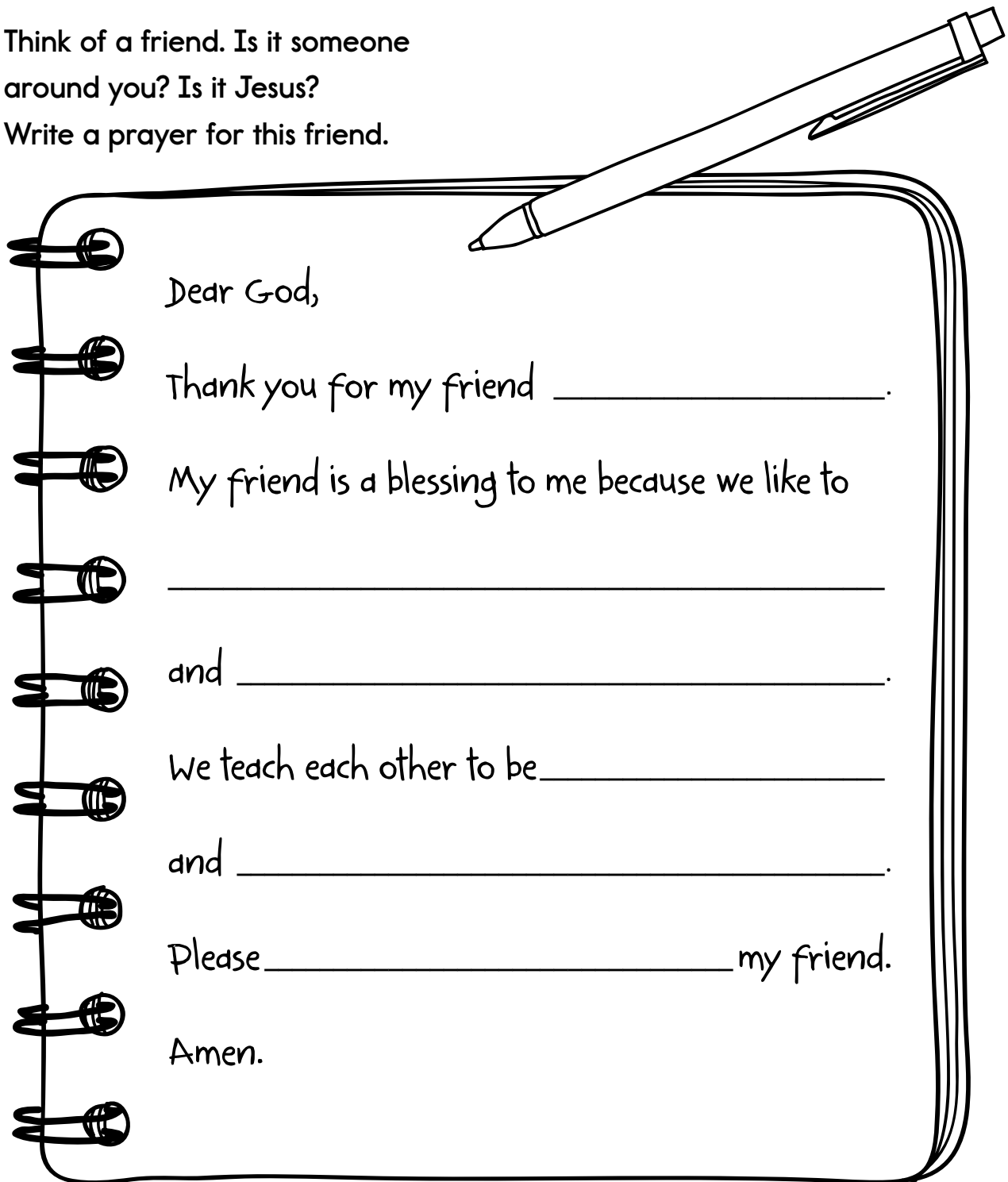


Name _____

A Prayer for My Friend

Think of a friend. Is it someone around you? Is it Jesus?

Write a prayer for this friend.



Dear God,

Thank you for my friend _____.

My friend is a blessing to me because we like to

and _____.

We teach each other to be _____

and _____.

Please _____ my friend.

Amen.

Name _____

Our Family Follows Online Safety Rules

Read each online rule with your family. Circle the rules that your family follows. Draw a box around any rules that might be new for your family. Write any other online rules that your family follows.



- ▶ **I will** ask permission before I send personal information, such as my name, address, phone number, age, school name and location, details about my family, and photos.
- ▶ **I will** tell a parent or other trusted adult if I see something confusing, scary, or hurtful online.
- ▶ **I will** tell a parent or other trusted adult what I'm doing online.
- ▶ **I will not** share my passwords with anyone except my parents.
- ▶ **I will** ask permission before I download an app.
- ▶ **I will** use digital devices in a room where a parent or trusted adult can see me.
- ▶ **I will** ask permission before I play a game or watch a movie or video online.
- ▶ **I will** use only the accounts that a parent or other trusted adult has set up for me.
- ▶ **I will** ask permission before I click on a link or an ad.
- ▶ **I will** ask permission before I share photos online.
- ▶ **I will not** reply to messages from people we don't know.

Our family also has these online rules:

Name _____

Families Share Joyful News

Families share joyful news with one another. When Mary found out that she would be Jesus' mother, she was very excited. She could not wait to tell her cousin Elizabeth.

Think of a time when your family shared joyful news with others. Draw a picture of that time. Write the good news you shared.



Our Joyful News!
