

Be Internet Awesome.

Quick-Start Guide

This **Be Internet Awesome** kit was created by Highlights and Google to help kids become safe, kind, and confident explorers of the online world. In today's digital landscape, children need more than just access—they need guidance, values, and tools to navigate it responsibly. That's where the five pillars of this program come in: **Smart, Alert, Strong, Kind, and Brave**. These pillars teach kids to think critically, protect their privacy, stand up to cyberbullying, and build a culture of respect and empathy online.

This **Be Internet Awesome** kit is flexibly designed so you can make it work for your setting and timing—use it with a large group of up to 100 participants or split it into four smaller groups of up to 25 each. Do the whole program in one session or try it over multiple days or weeks. Whatever fits your needs best!

Let's make the Internet a place where everyone feels safe, included, and awesome!

What's in the Box

- 4 Quick-Start Guides
- 100 Family Guides
- 100 Special Edition Magazines
- 5 Be Internet Awesome Folders
- 528 Activity Sheets, Answer Keys, and Information Pages
- 100 Achievement Bracelets
- 600 Achievement Bracelet Charms
- 4 Posters
- 100 Bingo Cards
- 100 Press-Out Bingo Chip Cards
- 4 Oversized Hidden Pictures Puzzles
- 4 Oversized Hidden Objects Sticker Sheets
- 20 Markers
- 300 Vinyl Stickers
- 4 Vinyl Window Clings

Online Resources

Visit internetawesome.highlights.com

to find:



- Facilitator welcome video
- 5 pillar extension videos
- Additional printable resources

Getting Started

This kit is meant to be fun and flexible, so you can decide how it will work best for you! Here are some ideas:

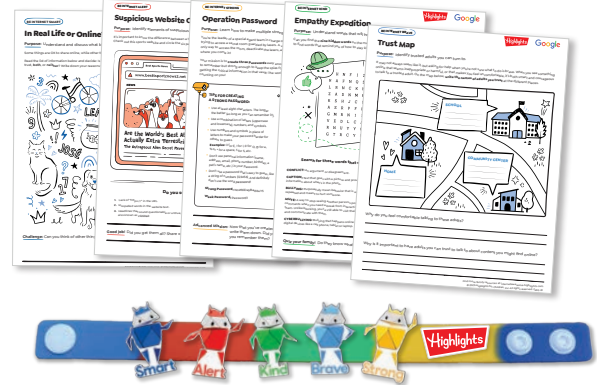
- Do one pillar activity every day or each time your group meets.
- Set up a station for each pillar and have kids rotate to each one.
- Host an assembly for larger groups of up to 100 kids.
- Break a larger group into four groups of up to 25 each.
- Extend the fun with crafts or recipes from the magazine.



General Timeframes

Pillar Activities: 15–30 minutes per pillar

The activity sheets are designed to spark discussion, reflection, and creativity. Embrace the conversation wherever it leads! After completing each pillar, kids can add the corresponding Internaut charm to their bracelet. (Note: two of the activity sheets have answer keys—four copies are included in each pillar folder.)



Bingo Game: 15–20 minutes

This game reinforces the vocabulary learned in the program, so it's best played after all five pillars are complete. Find the game instructions and vocabulary list on pages 3 and 4 in this guide.

Hidden Pictures Poster: 15–30 minutes

This giant search-and-find game is perfect to warm up kids' brains and get them working together. Kids can use the hidden object stickers to mark the puzzle as they go. Then they can decorate the scene with markers.



Can you find the hidden objects?



Take-Home Materials

Parents and families play a huge role in helping kids build good online habits. These take-home materials are meant to spark curiosity and continued learning as a family. Families are also encouraged to create and sign the **Be Internet Awesome Pledge** to show their commitment to Internet safety and kindness.



Highlights + Google Be Internet Awesome Special Edition Magazine

This engaging magazine reinforces the five pillars through stories, puzzles, activities, and real-life scenarios. Kids can read it on their own or explore it with their families. Find the **Be Internet Awesome Pledge** in the back of the magazine.



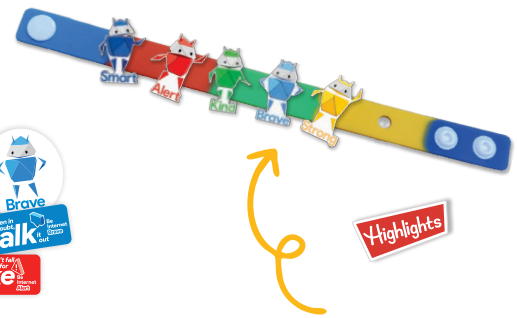
Family Guide

A helpful handout with quick pillar descriptions, conversation starters, and ideas for continuing the learning at home.



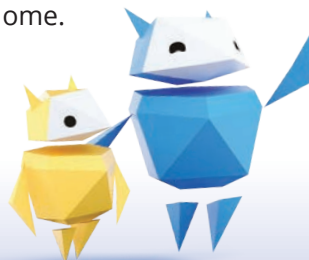
Vinyl Stickers

Everyone loves stickers! With 300 stickers included, kids can choose a few favorites to take home.



Achievement Bracelet + Charms

As kids complete the pillars, they will collect matching charms for their bracelets as visual reminders of what they've learned. Plus, they can add a bonus Highlights charm!



Tips for Common “What If” Scenarios

• What if a child says they already know all this?

Affirm their knowledge, then invite them to teach others. Say, “That’s awesome! How would you explain this to someone younger than you?”

• What if a child brings up a scary or inappropriate online experience?

Listen calmly, thank them for sharing, and reassure them they did the right thing by speaking up. If appropriate, gently involve a parent or school counselor.

• What if a child shares incorrect information?

Don’t correct harshly. Ask questions to prompt rethinking, like, “Hmm, that’s interesting—what else have you heard about that?” Or, “What might happen if someone shared that kind of info online?”

• What if kids are shy or don’t want to talk?

That’s OK! Offer multiple ways to participate—drawing, writing, or acting things out. You can say, “You don’t have to talk right now. Want to show me your answer on paper?”

Bingo Game Instructions

1. Distribute the **Be Internet Awesome** bingo cards and sheets of bingo chips. Kids can press out the chips themselves, or you can do it ahead of time.
2. Read a definition from the vocabulary list. Give kids a chance to find the matching word on their bingo card and mark it with a bingo chip. Then either call on a kid to say the correct word or have the whole group answer together.
3. A kid can call out "Bingo!" when every spot in a row, column, or diagonal has a bingo chip.
4. Continue playing with the bingo cards as they are, or have kids remove all game pieces and play again.



Vocabulary List

DIGITAL FOOTPRINT ► All the information about you that appears online. This can mean anything from photos, audio, videos, and texts to "likes" and comments you post on friends' profiles.

ONLINE PRIVACY ► A broad term that usually means the ability to control what information you share about yourself online, who can see it, and who can share it.

PERSONAL INFORMATION ► Information that identifies a specific person, such as your name, street address, email address, etc. Really think carefully before sharing this kind of information online.

OVERSHARING ► Sharing too much personal information or just too much about your self in a certain situation or conversation online.

Vocabulary List

- SCAM** ▶ A dishonest attempt to make money by tricking people into sharing their login, contacts, or other personal info; or tricking people out of their money or digital property.
- PHISHING** ▶ An attempt to scam you or trick you into sharing your login or other personal information online.
- CLICKBAIT** ▶ Content that attracts attention and could push you to click on a link to a certain site by using interesting formatting or catchy phrases.
- HACKER** ▶ A person who uses computers to gain unauthorized access to other people's or organizations' devices and data.
- SECURITY** ▶ Protecting people's devices, including the software and information on them.
- PASSWORD** ▶ A secret combination of letters, numbers, and symbols used to access to something.
- EMPATHY** ▶ Trying to feel or understand what someone else is feeling.
- CYBERBULLYING** ▶ Purposefully unkind online behavior, like posting harmful, false, or mean content. This includes sharing personal or private information about someone else to embarrass or humiliate them.
- UPSTANDER** ▶ A witness to harassment or bullying who supports the target privately or publicly, sometimes including trying to stop and/or report the incident they witnessed.
- TARGET** ▶ The person being bullied, harassed, or victimized.
- TRUST** ▶ Strong belief that something or someone is reliable or truthful.
- REPORTING ABUSE** ▶ Using a social media service's online tools or system to report harassment, bullying, threats, and other harmful content.

Meet the 5 Pillars of Be Internet Awesome.

These five foundational pillars teach kids how to navigate the online world with integrity, safety, and confidence. Find each pillar's theme, key message, and talking points below—with helpful vocabulary in **BOLD**. The activity sheet with each pillar is designed to bring that message to life in a fun, hands-on way—encourage kids to explore and ask questions! As you finish each pillar, hand out the matching bracelet charms as visual reminders of what they've learned.



Smart



Share
with care.

Key Message:

Think before you
post.

What Kids Learn:

Kids reflect on what's OK (and not OK) to share online. They learn how personal info can travel further than expected and to pause before posting.

Activity:



The Internet makes it so easy to communicate with family and friends. But sometimes we don't think about others who might see the things we share online—now or later. Your **DIGITAL FOOTPRINT** is all the information about you that appears online—from photos, audio, videos, and text to “likes” and comments you post on friends' profiles. It's important to control that information. Remember that what you post or share could be seen by people you'll never meet, and, once it's online, it could be there forever.

That's why privacy matters. **ONLINE PRIVACY** is the ability to control what information you share about yourself online and who can see it, and who can share it. You can protect this privacy by posting privately or sharing only things you're totally sure you want to share—to “think before you post.”

It's also good to know when to post nothing

at all, especially when it comes to **PERSONAL INFORMATION** like your name, street address, email address, etc. Really think carefully about **OVERSHARING** personal information in certain situations or conversations. This activity will help us think about what kind of information should be kept private and why.

Questions for Further Discussion:

- Why is it important to think before you post online?
- How can you respect other people's privacy online?
- What can you do if you accidentally share something too personal? Or if someone shares something too personal with you?

Alert



**Don't fall
for fake.**

Key Message:

**Spot scams and
misinformation.**

What Kids Learn:

Kids practice identifying tricky or suspicious online messages, websites, or ads. They build skepticism and learn to double-check sources.

Activity:



Being online is fun—but it's important to know that not everything you see online is true or reliable. A **SCAM** is a dishonest attempt to make money by tricking people into sharing their login, contacts, or other personal information. It can also include tricking people out of their money or property. **PHISHING** is a type of online scam that uses fake emails, social media, texts, ads, or websites that look similar to ones you've used before to trick you into sharing personal information. Some scams are obviously fake, and others can be sneaky and really convincing. Scammers sometimes pretend to be someone you trust, and they can show up in a popup, webpage, text, or even a fake app or ad. Some content called **CLICKBAIT** is meant to attract attention and push you to click by using interesting formatting or catchy phrases.

If you get a message asking you to click

a link, enter your login, or share other personal information, it's a good idea to pause and ask some questions first: Does the email address or site URL match the product or company name? Is the website secure, starting with https://? Does the message have misspellings or really annoying popups? Does it sound too good to be true? Are they trying to scare you by saying something is wrong with your device?

We'll use our investigative skills in this activity to see what might be suspicious on a website.

Questions for Further Discussion:

- Have you ever clicked on something online and realized it wasn't real?
- What makes a website or message suspicious?
- What should you do if you accidentally fall for a scam?

Strong



**Secure
your stuff.**

Key Message:

**Use strong
passwords.**

What Kids Learn:

Kids learn how to create strong passwords and keep private information safe from hackers or prying eyes.

Activity:



When you're online, you also need to be strong to keep your stuff secure. **SECURITY** is all about protecting people's devices and the information on them. You can build your security by doing simple things like using screen locks on phones, being cautious about putting personal information on unlocked devices, and building strong passwords—and not sharing them. If you're not careful, a **HACKER** could gain unauthorized access and use it to damage your devices and data.

We'll focus on passwords in this activity. A **PASSWORD** is a secret combination of letters, numbers, and symbols used to access something. Using unique and strong

passwords means extra security for your devices and information. And it's important to keep your passwords private! If you share your passwords, you are giving someone else control of your information and accounts.

Questions for Further Discussion:

- Why are strong passwords important?
- Should you use the same password for everything? Why or why not?
- Is it safe to share passwords with anyone?

Kind



It's cool
to be kind.

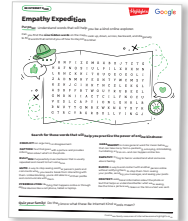
Key Message:

Respect others
online.

What Kids Learn:

Kids explore how empathy helps them get along with others online and how they can be upstanders when they see mean behavior.

Activity:



Would you slam the door in someone's face or shout something hurtful in a crowded lunchroom? No way! Being online is no different—and we all play a role in showing kindness to those we encounter. Share uplifting content, and don't send something online if you wouldn't say it in real life. And remember that it can be hard to tell what someone really means when sending and reading text online. A helpful skill to practice is **EMPATHY**, or trying to feel or understand what someone else is feeling. If you practice empathy and choose kindness, you are more likely to get along with others and less likely to hurt them.

Sometimes other people will be mean online, though. **CYBERBULLYING** is purposefully unkind online behavior like posting harmful, false, or mean content. This includes sharing personal or private information about someone

else to embarrass or humiliate them. A **TARGET** of bullying often has a hard time defending themselves. If you witness someone being bullied online, you can be an **UPSTANDER** by supporting the target privately or publicly and reporting the incident to a trusted adult. If a negative situation continues, the bully could be muted or blocked to avoid further contact.

This activity will help us understand key words for being kind online explorers.

Questions for Further Discussion:

- How can emojis or kind words change the tone of a message?
- What can we do to turn negative interactions into positive ones?
- How could you help a friend being hurt online?

Brave



When in doubt,
talk it out.

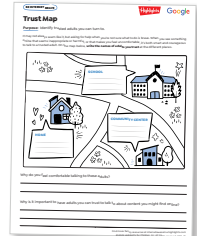
Key Message:

Ask for help when
needed.

What Kids Learn:

Kids consider who they can turn to when something online feels confusing or wrong. They're reminded that brave doesn't mean going it alone.

Activity:



The most important thing to know about being online is that you don't have to handle tricky situations alone. When you are unsure or uncomfortable about something online, getting help is the brave thing to do. Find an adult at home, at school, or in the community whom you **TRUST** is reliable and truthful and tell them what happened. They can help you navigate the situation or use a social media service's **REPORTING ABUSE** tool to report harassment, bullying, or other harmful content.

Trusted adults are there to help you with all sorts of online issues. Do you need to create a new password? Did you share information you didn't mean to? Do you think you fell for a scam? Is someone being mean to a friend online? Did you come across something that made you uncomfortable?

Sometimes you might accidentally see something upsetting when you're using a phone, tablet, or computer by yourself. If this happens, you can close it or turn it off. If someone else shows you a picture or video that makes you feel upset, you can refuse to watch by using phrases like "Please stop" or "I don't want to watch this." If you still feel uncomfortable, tell an adult so they can help everyone stay safe.

In this activity, we're going to identify the trusted adults you can turn to when you need help.

Questions for Further Discussion:

- When should you ask an adult for help online?
- Have you ever seen something online that made you pause or feel unsure? What did you do?
- What are ways you can be a brave friend online?