



# The Mini Page

Betty Debnam, Founding Editor and Editor at Large



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## Your Digital Self

# Be a Pro Online

As school gets started again, you may find yourself using the computer, tablet or cellphone more. Experts say that in the United States, more than 70 percent of kids under 8 years old have used mobile devices such as smartphones or tablets. Is your online self as well-behaved as the offline you?

This week, with the help of experts at the Internet Keep Safe Coalition (iKeepSafe), The Mini Page reminds you how to be safe, courteous and responsible when using the Internet.

### Six important skills

Do you know what **competency** is? It means an ability to do something well.

When kids or adults spend time online, we need to remember six competencies. iKeepSafe calls these the **pillars of digital citizenship and wellness**.

The six pillars are:

- **Balance**
- **Ethics**
- **Privacy**
- **Reputation**
- **Relationships**
- **Online security**

You can remember them by their acronym, BEaPRO™.



### Balance

Computers and cellphones have made it possible for people to talk with each other, find information and play games at any time of the day or night. Sometimes we get so excited about these possibilities that we spend too much time looking at a screen.

Kids can become emotionally connected with online activity. For instance, if you post something on Instagram or Facebook and many people “like” your post, it may make you feel great! But if others make fun of your post or don’t respond at all, you may be sad.

### How you can be balanced

1. Use your electronics away from your bedroom.
2. Don’t use electronics at the dinner table. Talk with your family instead.
3. Charge phones and other devices away from bedsides. Beeps or whistles can disturb sleep, which can be unhealthy.
4. Put electronics away one hour before bedtime.



### Ethics

Do you know what “ethics” means? **Ethics** are rules that guide people’s behavior.

You use ethics to decide whether something you do or say will hurt someone else. You also use ethics every time you decide not to cheat on a test, or shoplift a candy bar from a store.

When you are online, it’s important to remember that everything you post or any comment you make will live on forever. Your online self is a reflection of your “normal” self.

### How you can be ethical

1. Think about your audience. Who will see what you post?
2. Even if you think you are posting anonymously, you may not be.
3. Work that other people have done cannot ethically be copied and presented as your work.
4. If you see that someone has been bullied or attacked online, you can reach out to that person with support. Be just as kind to others online as you would be in person.

# Our Online Rules



**Work together with your family members to build good online habits.**

Research has proven that kids who have positive online experiences:

- feel better about themselves,
- have healthier relationships with others and

- are more successful as adults.

In most families, parents and children are working together to create healthy and safe habits for using electronics.

Cut out this chart and post it somewhere in your house where everyone can see it and be reminded of good practices.

- ✓ *Our dinner table is a media-free zone: We talk with each other and share news from our day.*
- ✓ *When we are using electronic devices, we use only one at a time.*
- ✓ *We talk regularly about how to be ethical online. We have specific rules about what can and can't be shared online.*
- ✓ *Adults in our family help kids understand how to respect others and ourselves online.*
- ✓ *Parents or other adults help kids adjust privacy settings on devices and social media sites.*
- ✓ *Kids in our family know they can reach out to a parent or other adult if we feel threatened or bullied online.*
- ✓ *We know not to share private information about ourselves, our families or our friends online.*
- ✓ *With adults' help, we "Google" ourselves periodically to find out what information about us is online.*
- ✓ *Before we post something online, we remind ourselves that once it's posted, it never goes away.*
- ✓ *We use the rule, "Never post anything that you wouldn't say in person."*
- ✓ *When we see inappropriate posts, we "flag" the post for the website managers.*
- ✓ *We create strong passwords for websites and use different passwords for each website we visit.*

## Ready Resources

The Mini Page provides ideas for websites, books or other resources that will help you learn more about this week's topics.

### On the Web:

- [kids.ikeepsafe.org](http://kids.ikeepsafe.org)
- [bit.ly/1rNrf0m](http://bit.ly/1rNrf0m)
- [fbi.gov/fun-games/kids/kids-safety](http://fbi.gov/fun-games/kids/kids-safety)
- [connectsafely.org/safety-tips-advice](http://connectsafely.org/safety-tips-advice)

### At the library:

- "Faux Paw's Adventures in the Internet: Keeping Children Safe Online" by Jacalyn Leavitt and Sally Linford



**Try  
'n'  
Find**

## Be a Pro Online

V F S C I N O R T C E L E J N  
E W K M R E P U T A T I O N Y  
V E I S P D K L E N I L N O T  
I L L C I T I Z E N S H I P I  
T L L I L Z T G A L F U M T R  
I N S H L Q P R I V A C Y S U  
S E O T A Y C N E T E P M O C  
O S R E R E C N A L A B X P E  
P S P I H S N O I T A L E R S

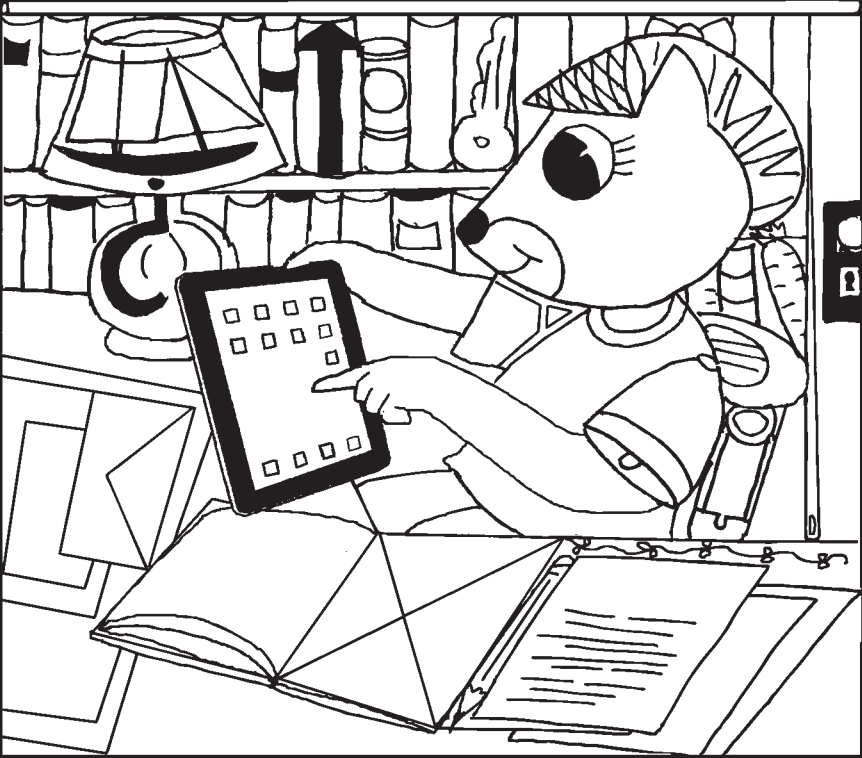
Words that remind us of online behavior are hidden in the block above. Some words are hidden backward or diagonally, and some letters are used twice. See if you can find: BALANCE, CITIZENSHIP, COMPETENCY, DIGITAL, ELECTRONICS, ETHICS, FLAG, ONLINE, PILLAR, POSITIVE, POST, PRIVACY, PRO, RELATIONSHIPS, REPUTATION, SECURITY, SKILLS, WELLNESS.



# Mini Spy

Mini Spy is always very careful when she gets online. See if you can find:

- |  |                                    |                                     |   |
|--|------------------------------------|-------------------------------------|---|
| <input type="checkbox"/> sailboat      | <input type="checkbox"/> kite      | <input type="checkbox"/> letter K   | <input type="checkbox"/> number 7       |
| <input type="checkbox"/> number 2      | <input type="checkbox"/> pencil    | <input type="checkbox"/> needle     | <input type="checkbox"/> letter A       |
| <input type="checkbox"/> tin can       | <input type="checkbox"/> bell      | <input type="checkbox"/> envelope   | <input type="checkbox"/> letter B       |
| <input type="checkbox"/> letter E      | <input type="checkbox"/> carrot    | <input type="checkbox"/> word MINI  | <input type="checkbox"/> arrow          |
| <input type="checkbox"/> letter D      | <input type="checkbox"/> key       | <input type="checkbox"/> safety pin | <input type="checkbox"/> ice cream cone |
| <input type="checkbox"/> question mark | <input type="checkbox"/> lima bean |                                     |   |



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# Rookie Cookie's Recipe One-Crust Apple Pie

## You'll need:

- 1 cup sugar
- 1/2 stick butter, melted
- 5 to 6 apples, peeled and thinly sliced
- 1 unbaked pie shell
- 1 tablespoon nutmeg
- 1/3 cup grated cheddar cheese

## What to do:

1. Mix sugar, butter and apples.
2. Layer in a pie shell and sprinkle with nutmeg.
3. Bake at 350 degrees for one hour or until apples are brown on top.
4. Sprinkle with cheese and bake for 10 minutes more. Serves 8.

*You will need an adult's help with this recipe.*

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# Meet China Anne McClain



photo by John Medland, courtesy Disney Channel

China Anne McClain stars as Gabby in the Disney Channel TV movie "How to Build a Better Boy." She and co-star Kelli Berglund also sing "Something Real" in that movie.

China is best known for her roles in the Disney Channel series "A.N.T. Farm" and "Wizards of Waverly Place." She began acting when she was 7, in the movie "The Gospel."

China also sings and writes songs. She and her older sisters Sierra and Lauryn performed in their own band, the McClain Sisters.

China, 16, was born in Atlanta and now lives in Los Angeles with her family. She loves to read, sing, dance and create greeting cards. She has supported charities such as the Thirst Project, a student group that helps provide people with clean drinking water.

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Gus  
Goodsport's  
Supersport



Height: 6-0  
Birthdate:  
10-22-1982  
Hometown:  
San Pedro  
de Macoris,  
Dominican  
Republic

# Robinson Cano

Professional baseball player Robinson Cano packs a punch at the plate. The six-time All-Star has a career batting average above .300, with more than 200 home runs and nearly 900 RBIs. Robinson, a second baseman, has won the Silver Slugger Award for his position four times in a row.

From 2005 to 2013, Cano played for the New York Yankees and was part of that team's 2009 World Series victory. He also won Most Valuable Player honors in the World Baseball Classic representing his home country, the Dominican Republic.

In December 2013, Robinson signed a 10-year contract to play for the Seattle Mariners. Some people were surprised by his decision to play in Seattle, which had suffered four straight losing seasons. But Cano, batting .330 with 64 RBIs as of early August, already has the Mariners contending for a wild-card spot in the playoffs.

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# Mighty Funny's Mini Jokes

All the following jokes have something in common. Can you guess the common theme or category?

**Carrie:** Where does a computer mouse live?

**Charlie:** In a mouse pad!



**Cindy:** Why did the computer need a doctor's appointment?

**Charlotte:** Because it had a virus!

**Cecil:** Why did the computer think it needed glasses?

**Carver:** It wanted to improve its websight!



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# Are You an Internet Pro?



## Privacy

Did you know that your cellphone can help someone else see where you are? Many families are choosing to turn off the location services on their phones.

It's also important that you keep private information, such as your birthdate, address and phone number, off the Internet.

### How to protect your privacy

1. Ask your parents before downloading an app to any device.
2. Don't share passwords or login names with anyone except your parents.
3. Don't download any software without permission from your parents.
4. Don't take photos of other people without their permission. Doing so can be a violation of their privacy.



## Online Security

Adults and kids should always make sure their information is secure.

### How to be secure

1. Back up your computer frequently so you won't lose work you've done.
2. Install protection against viruses and **malware** (damaging software).
3. Use a wireless network password.



## Reputation

In just a few years, you may be applying to college or trying to get a job.

Colleges and companies have started looking at Facebook and other social media to find out more about possible students or employees.

Kids and parents are learning how to protect their online **reputations**, or what other people think about them.

### How to protect your reputation

1. Ask parents to review posts to Snapchat, YouTube or other social media before you post.
2. Don't "pile on" when others are commenting on someone's post. Use that opportunity to be kind, positive and supportive.

## Stay positive online

Experts with iKeepSafe say that 80 percent of kids will experience or see cruelty in social media. Remember, just as kids on the playground can be mean sometimes, so can online "friends."

The important thing is to react in a positive way: Provide support for the target. Most social media have a way to "flag" people who are not following the rules; look for a box you can click that will alert the company about inappropriate behavior.



## Relationships

Cellphones and social media keep us in touch with friends. But friends can have difficult times when they don't agree or someone is angry.

"When you can't see someone's face, it's harder to work out emotional issues," says an expert from iKeepSafe. Texts and

emoticons may not express very well what people are really feeling.

### How to protect relationships

1. Before you reply to a post or text from someone you know, ask yourself if that person would really say that. Hackers can post items that look as if they're from one person, but they're really not.
2. If someone does post something mean or hurtful to you, take some time to think about it before responding. Talk to an adult about how or whether you should respond at all.
3. If you're having a hard time with a friend, talk on the phone or in person, or Skype so that you can see each other.

**The Mini Page thanks Marsali Hancock, CEO and president of iKeepSafe, for help with this issue.**

*Look through your newspaper for articles about online security.*

**Next week, The Mini Page is all about author Roald Dahl.**

## The Mini Page Staff

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