

# Cyber Safety for Middle Schoolers

Activity and Quiz Book

*Test your  
Cyber Safety Knowledge!*



New Jersey Division of Consumer Affairs

800-242-5846 ■ [www.NJConsumerAffairs.gov](http://www.NJConsumerAffairs.gov)



STATE OF NEW JERSEY  
OFFICE OF THE ATTORNEY GENERAL  
**DIVISION OF CONSUMER AFFAIRS**

*Dear Student,*

Being able to go online is a privilege. Staying safe online is your responsibility. Even though you probably are a computer-savvy Internet user and have great knowledge and tools to express your creativity, you need to realize that the Internet also poses certain risks. Each online and mobile application, such as games, social networking and entertainment sites, present different safety concerns.

This booklet will provide you with the basic tips which you can use while navigating through the Internet. We encourage you to take the pledge and help keep yourself, your friends and family safe while using the Internet.

Sincerely,

Your Friends at the New Jersey Division of Consumer Affairs



# You are probably online quite often,

using cell phones, laptops and gaming devices. These devices keep you connected to the outside world. You use them to keep in touch with your friends and family. You use them to do homework, to take photos. You use them to find out if your favorite team won. You even use them to shop. Going online definitely has its advantages. But there are also hidden dangers. Here are some tools for you to use to keep you and your personal information safe and secure when going online:

- ★ **Don't** communicate with strangers online and never agree to meet in person.





- ★ **Always tell a parent or another adult** if someone you don't know contacts you through email, text message or an app.
  
- ★ **Don't share your personal information for any reason**, unless your parent or guardian says it's okay. Personal information includes your name, address, age, phone number, birthday, email address, where you go to school, and other facts about you.



# *Before you go online, be sure to ask yourself the following questions:*

- Would I say in person the things I am posting on social media?
- Is my online activity hurtful, rude, dangerous or harmful in any way?
- Would I want someone to treat me this way?
- Would I want a parent, guardian, grandparent, teacher or any other adult to see what I post online?
- What are the consequences of what I post?
- What is my online footprint?
- What online image am I creating for myself?
- How will my online activities affect my friendships or my future?
- Do I know who I am communicating with online?

# 6 TIPS FOR STUDENTS

**1**

Never give your password to anyone except your parent or guardian.

**2**

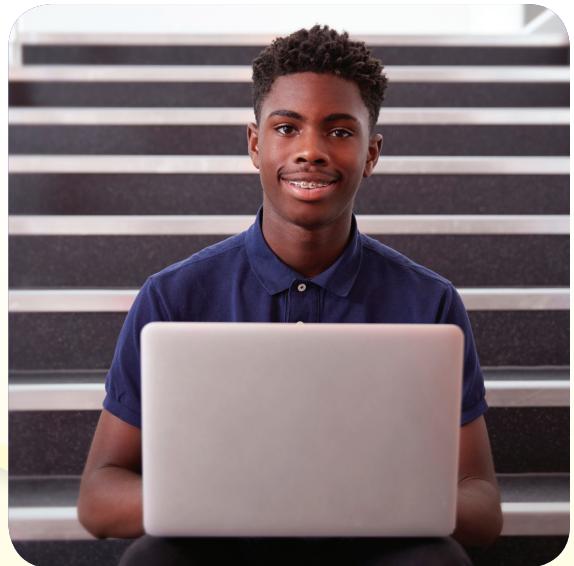
If you feel bullied or threatened, tell a parent, guardian or teacher.

**3**

Posting online is the same as writing with a permanent marker. It cannot be erased.

**4**

The Internet is NOT anonymous. Your computer has an address in the online world, just like your house has an address in the real world.



**5** Keep your personal information private. Never share personal information online.

**6** Respect others. If you wouldn't want it said about you, don't say it about someone else.

Play the games  
on the following pages  
to test YOUR  
*Cyber Safety Knowledge*

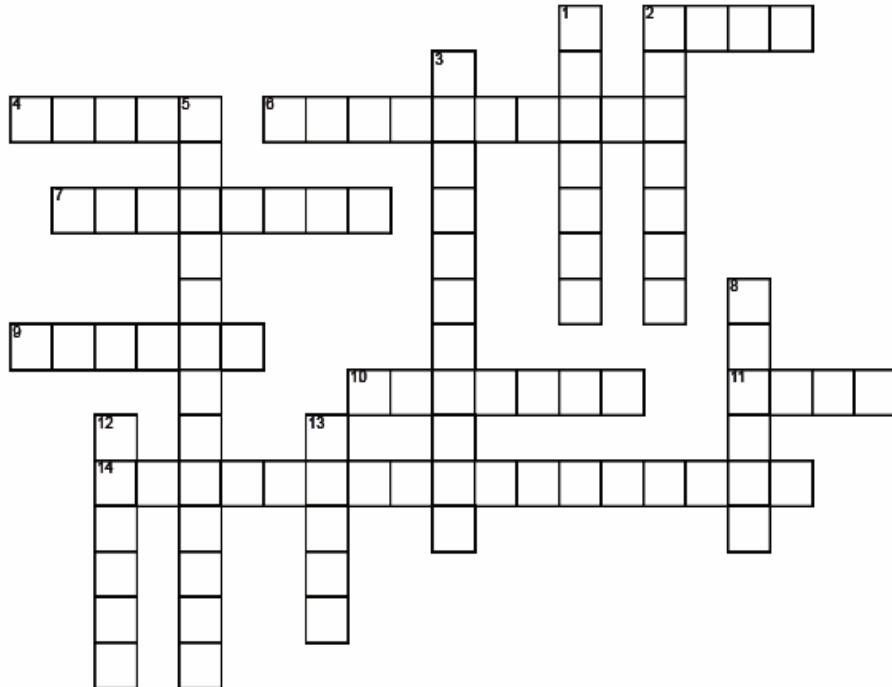


# Cyber Safety Word Search

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

Personal Data	Social Media	Cyberbully	Friending
Firewall	Username	Homepage	Wireless
Password	Internet	Antivirus	Computer
Malware	Twitter	Virus	Privacy
Download	Text	Chatroom	Blogging
Spyware	Browser	Online	Cookie
Domain	Email	Spam	App

# Cyber Safety Crossword Puzzle



## ACROSS

2. Unwanted comments or emails selling or saying things that aren't of any interest to you.
4. A small digital image or icon that expresses something—usually a feeling.
6. Someone who uses the internet to bully people e.g. sending mean messages on social media.
7. A system that prevents unauthorized access to a computer over a network, such as the internet.
9. Not a biscuit. A small file sent to a web browser that keeps track of information like location, shopping choices, and other decisions you make.
10. A program you use to browse the web e.g. Internet Explorer or Safari.
11. A type of malware that replicates (clones) itself so it can spread to other computers. They usually travel across a computer network and infect multiple computers.
14. A program you install on your computer or phone to keep it safe from viruses or malware that might steal your information or damage your device.

## DOWN

1. A program that will cause trouble or damage to your computer, phone, or device. Comes in several varieties e.g. a virus or a worm.
2. A type of software that spies on you, stealing your data and passwords.
3. A piece of software that was named after the Greek myth and that takes the shape of a useful program, but will cause damage if you run it.
5. Pretending to be someone else online by stealing personal information like bank account details.
8. A type of malicious software (or malware) that causes extra ads to pop up on your screen. These often link out to sites with inappropriate content or pop-ups.
12. Someone who uses code to change or modify an existing website, create malware and hack other people/computers/companies
13. A software that can do harmful things to your computer like stealing data, deleting files, or taking your computer over.

# Cyber Safety Word Match

- |                                   |  |
|-----------------------------------|--|
| 1. _____ <b>Password</b>          | A. Rules or manners for interacting courteously with others online (such as not typing a message in all capital letters, which is equivalent to shouting).   |
| 2. _____ <b>Spam</b>              | B. A secret code you create to protect your personal information and to keep others from accessing your computer files.  |
| 3. _____ <b>Digital Footprint</b> | C. A crime of obtaining personal information (names, credit card, social security number, bank account numbers) of another person, usually to steal money.   |
| 4. _____ <b>Username</b>          | D. An abbreviation for Sending Particularly Annoying Messages.   |
| 5. _____ <b>Netiquette</b>        | E. Harmful programs that tell your computer to do destructive things that can damage your computer, its files and documents, or allow someone to actually watch you.   |
| 6. _____ <b>Virus</b>             | F. A browser window that opens up randomly when you access a webpage.  |
| 7. _____ <b>Identity Theft</b>    | G. A term that you create in order to access protected information.  |
| 8. _____ <b>Pop-Ups</b>           | H. An electronic record maintained by computers documenting all website visits and e-mail messages, which can still exist even after the browser history has been cleared and e-mail messages have been deleted. |
| 9. _____ <b>Phishing</b>          | I. An attempt to trick people into visiting malicious websites by sending emails or other messages which pretend to come from banks or online shops.   |

Answer Key: 1(B), 2(D), 3(H), 4(G), 5(A), 6(E), 7(C), 8(F), and 9(I)

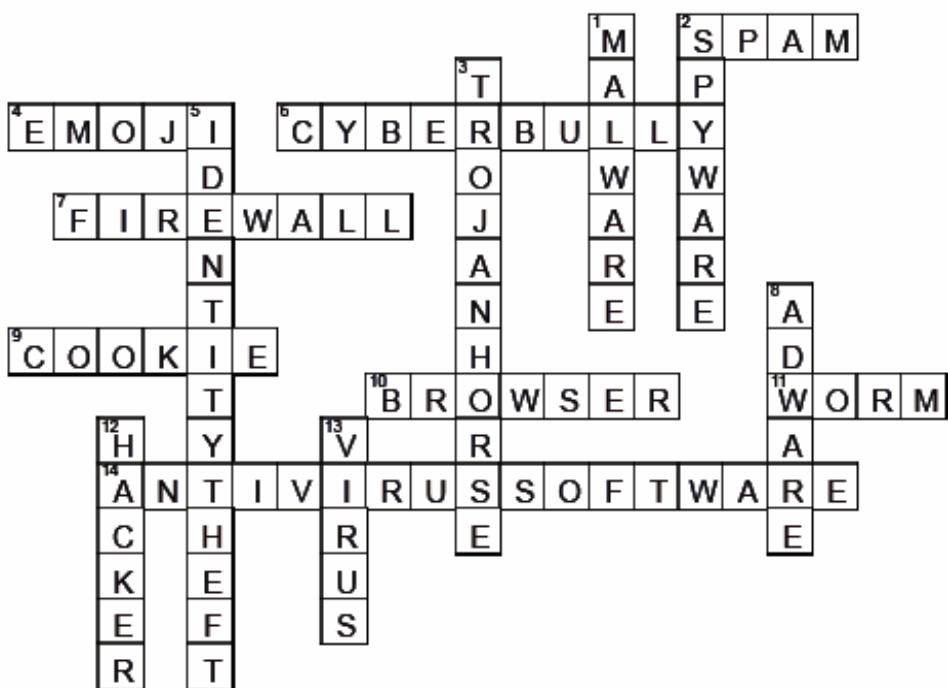
# Cyber Safety

## Word Search Solution

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

# Cyber Safety

## Crossword Puzzle Solution



# Smart and Safe *Password Rules*

- **Never give out your password to anyone except your parents and/or guardians.**  
No matter how much you are tempted, never give your passwords to friends, no matter how close they are. A friend may inadvertently share your password with others. An ex-friend may decide to abuse it and intentionally share it with others to hurt you.
- **Use Smart Passwords.**
  - ❖ Be sure to use at least eight characters.
  - ❖ Use a combination of upper and lower case letters, numbers and symbols such as # \$ !
  - ❖ Use substitute letters or characters in common words to help make the password more complex, while easier to remember.

**Here are some examples:**

S	=	\$
E	=	3
a	=	@
i	=	!
o	=	0
B	=	8

- ❖ Use passwords that aren't easy for people to guess.
- ❖ Do not use passwords that are based on personal information that a hacker can easily access or guess. For example, passwords should NEVER contain personal information in them such as your name (first or last), date of birth, mother's maiden name, street address, school name or address, credit card number, phone number.
- ❖ Do not use words that can be found in the dictionary.
- ❖ Whenever possible, create a "Passphrase". String several words together in a phrase that is easy for you to remember and use the initial of each word to create a password. For example, the phrase "I started 5<sup>th</sup> grade at Washington Middle School in 2016" would convert to the following password: "Is6gaWMSi2016".

- **Don't just use one password.**  
Always use a different password for the different sites you visit. If you use only one password and someone accesses this password, they could use it to break into your accounts at other sites.
- **Don't leave your password in plain sight for others to see it.**

# Test Your *Password Knowledge*

**Read each phrase and select whether it is True or False.**

1. You should change your passwords often.       True       False
2. Robert101112 is a safe and secure password.       True       False
3. You should use the same password for all of the sites you visit and for all of your devices.       True       False
4. "SusanB" is a strong and secure password.       True       False
5. You should always use passwords so that you can lock the screens for all mobile devices and computers.       True       False
6. "\$3cUR3!i" is a safe and secure password.       True       False
7. You should only share your passwords with your parents.       True       False
8. "SmithJohn" is a safe and secure password.       True       False
9. Never share your passwords with your friends.       True       False
10. "IIPBjs!" is a strong and secure password.       True       False

Answer Key: 1- True, 2-False, 3-False, 4-False, 5-True, 6-True, 7-True, 8-False, 9-True, 10-True

# Cyber Safety Pledge

## I PLEDGE TO:

### 1. Think before I post

I agree not to post information and images that could put me at risk, embarrass me, or damage my future, such as:

- ▶ cell and home phone numbers
- ▶ personal information such as name, address, school, birthday or email address
- ▶ sexual messages
- ▶ inappropriate pictures and videos

### 2. Respect other people online

I will not:

- ▶ post anything rude, offensive, or threatening
- ▶ send or forward images and information that might embarrass, hurt, or harass someone
- ▶ take anyone's personal information and use it to damage their reputation

### 3. Make sure I know my online friends

I agree to:

- ▶ never communicate with strangers online
- ▶ never meet a stranger in person
- ▶ tell my parent, guardian or teacher if someone I don't know is following me online

### 4. Protect myself online

If someone makes me feel uncomfortable or if someone is rude or offensive, I will:

- ▶ tell my parent, guardian, or another trusted adult
- ▶ report the incident to the website/platform, cell phone company and the police
- ▶ save the evidence
- ▶ not respond

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Signature / Date

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