

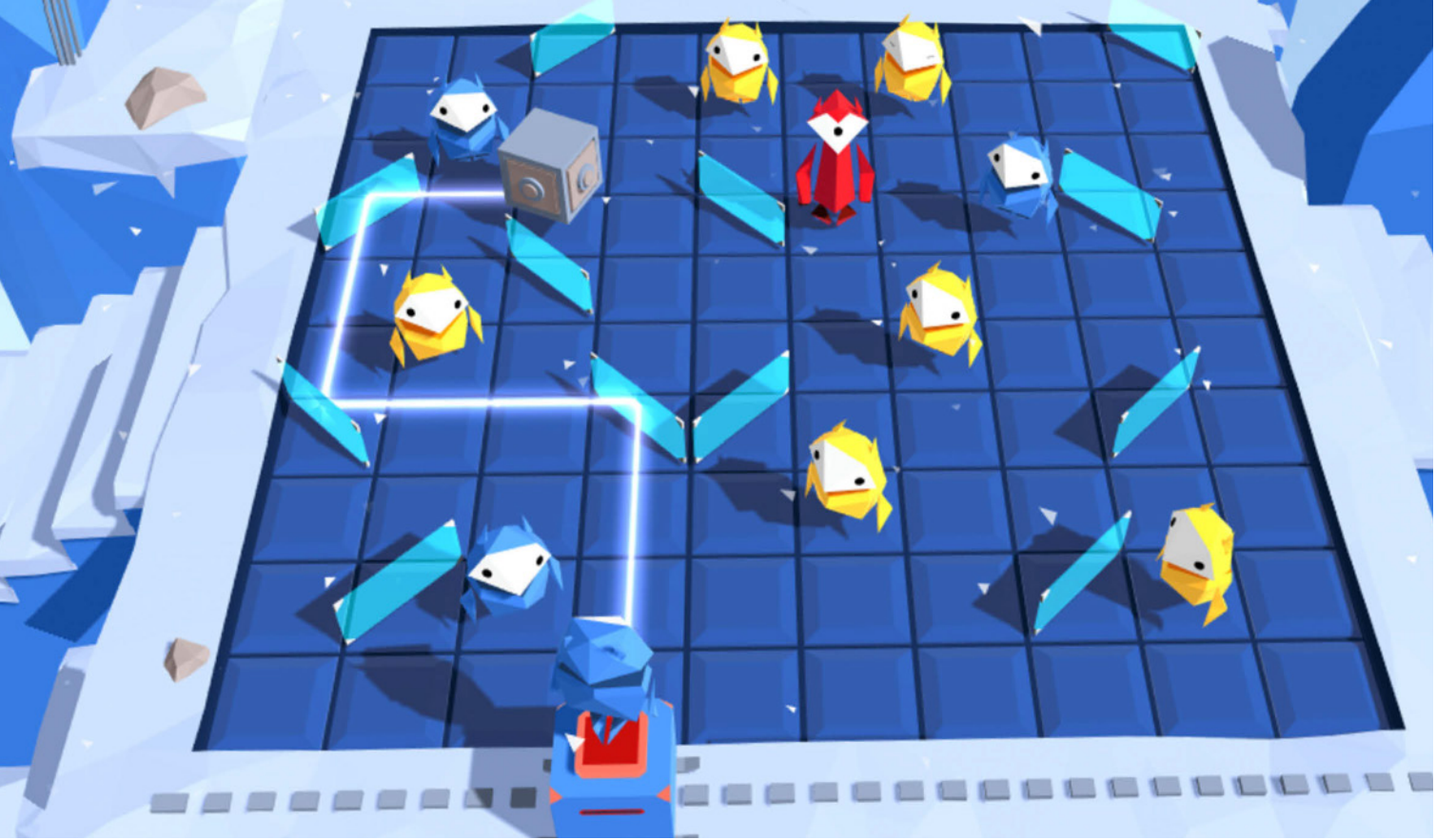
Highlights

Google

A SPECIAL EDITION FEATURING

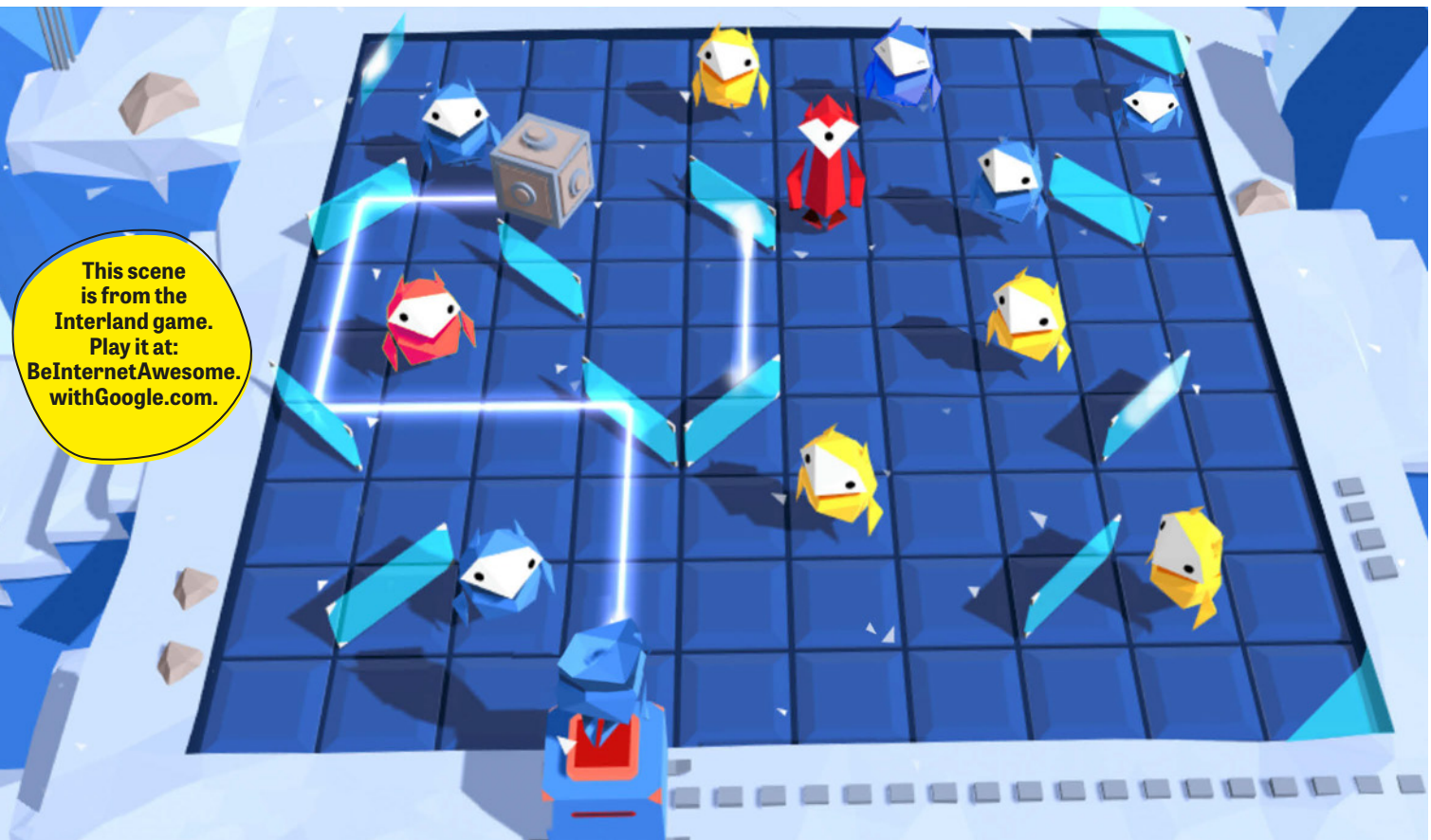
Be Internet Awesome.

Learn to be a safe, confident online explorer!



Check . . . and Double Check

When you're on the Internet, it's important to pay close attention.
How many differences can you spot between these pictures?



This scene is from the Interland game. Play it at: BeInternetAwesome.withGoogle.com.



Visit our site!
Highlights.com/InternetSafety

Explore the Internet Safely

We are so excited to share this special edition magazine with you! We've teamed up with our friends at Google to create a magazine that will help you feel confident and safe as you navigate the digital world.

Being a smart explorer is just as important online as it is in real life. For instance, did you know that sharing your password can be risky? Or that there are ways to spread kindness on the Internet?

To help you learn how to use the Internet wisely, Google has created a

program called **Be Internet Awesome**. Its goal is to empower kids to be **SMART, ALERT, STRONG, KIND, and BRAVE** online. We'll show you some ways to explore the Be Internet Awesome tools—with puzzles, stories, and fun activities.

The Internet is like a long and winding game. You can think of this issue as your support manual.

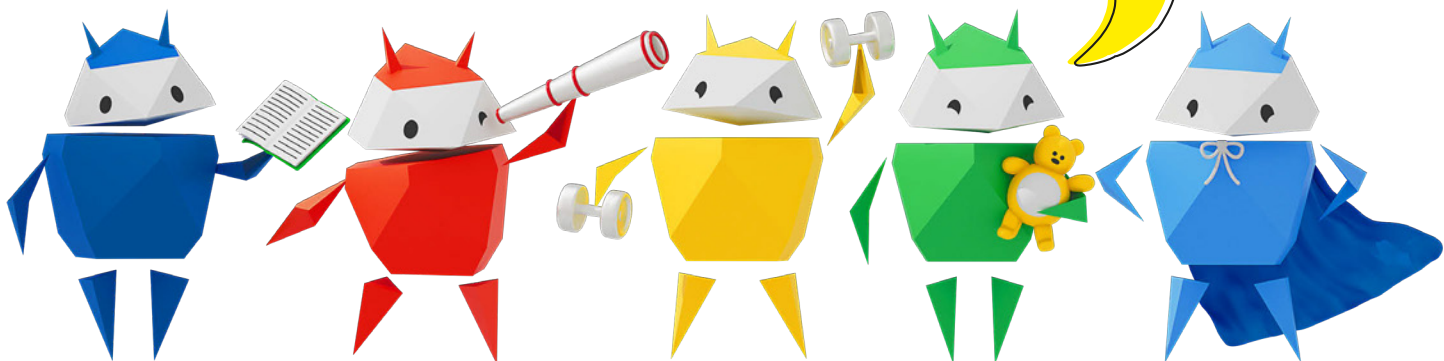
To get started, **meet the Internauts!** Throughout your journey, these characters will give you clues and tricks to being Internet awesome. On the

last page of the magazine, create your own Family Pledge. You and your family can come up with Internet rules that work for you.

But there's more to learn when you're finished reading! We've also created a family website with lots of additional activities to help you be safe online. Visit Highlights.com/InternetSafety to learn more.

Happy reading!
The Editors

MEET THE
INTERNAUTS FROM
BE INTERNET
AWESOME!



Smart

Share with
Care

Alert

Don't Fall
for Fake

Strong

Secure Your
Secrets

Kind

It's Cool to
Be Kind

Brave

Talk It
Out

Web Words 101

When you travel to a country where people speak a language you don't know, it's a good idea to learn some words and phrases so you can get around. The same is true online. Knowing common terms helps you explore safely and confidently.

Circle the letter of the correct definition!

1. Cookies are

- a. Delicious treats that come via e-mail.
- b. Codes that track your activity on a website.
- c. Second only to meatballs.

YUM!



2. An upstander is

- a. Someone who steps in when others are bullied, virtually or in person.
- b. Someone who never shows up.
- c. Someone with great posture.

3. A scam is

- a. A thin film of dirt on your computer screen.
- b. Something people say to cats on the Internet. "Scam!"
- c. When someone tries to trick you into giving them money or information.



Meow?

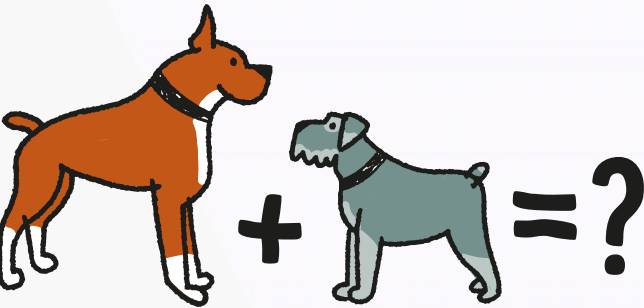


4. A search engine is

- a. A machine that looks for lost keys, coins, and socks.
- b. Software that searches the Internet for information you request.
- c. A locomotive driven by robot engineers.

5. A browser is

- a. A dog that's a cross between a boxer and a schnauzer.
- b. A software program that looks for clothing but never buys anything.
- c. A software program that retrieves web pages.



6. A URL is

- a. Your personal nickname.
- b. Short for "Unlike Real Life."
- c. The address of a website.

7. Your digital footprint is

- a. The actual prints your device leaves on surfaces. So messy!
- b. The trail of information you leave when using the Internet.
- c. The prints your feet make online.



8. To phish means

- a. To try getting personal information through e-mails that claim to be from a company or individual you trust.
- b. To peel punny.
- c. To play Go Phish.

Do you have a 2? No. Go Phish!



9. Spam describes

- a. Any salty, processed meat on a website.
- b. Oil that makes your computer run smoother.
- c. Unwanted e-mail or online message sent to many people.

10. Trolling online means

- a. Posting comments to try to get strong reactions.
- b. To stomp loudly through the woods.
- c. To cast a wide net for phish.

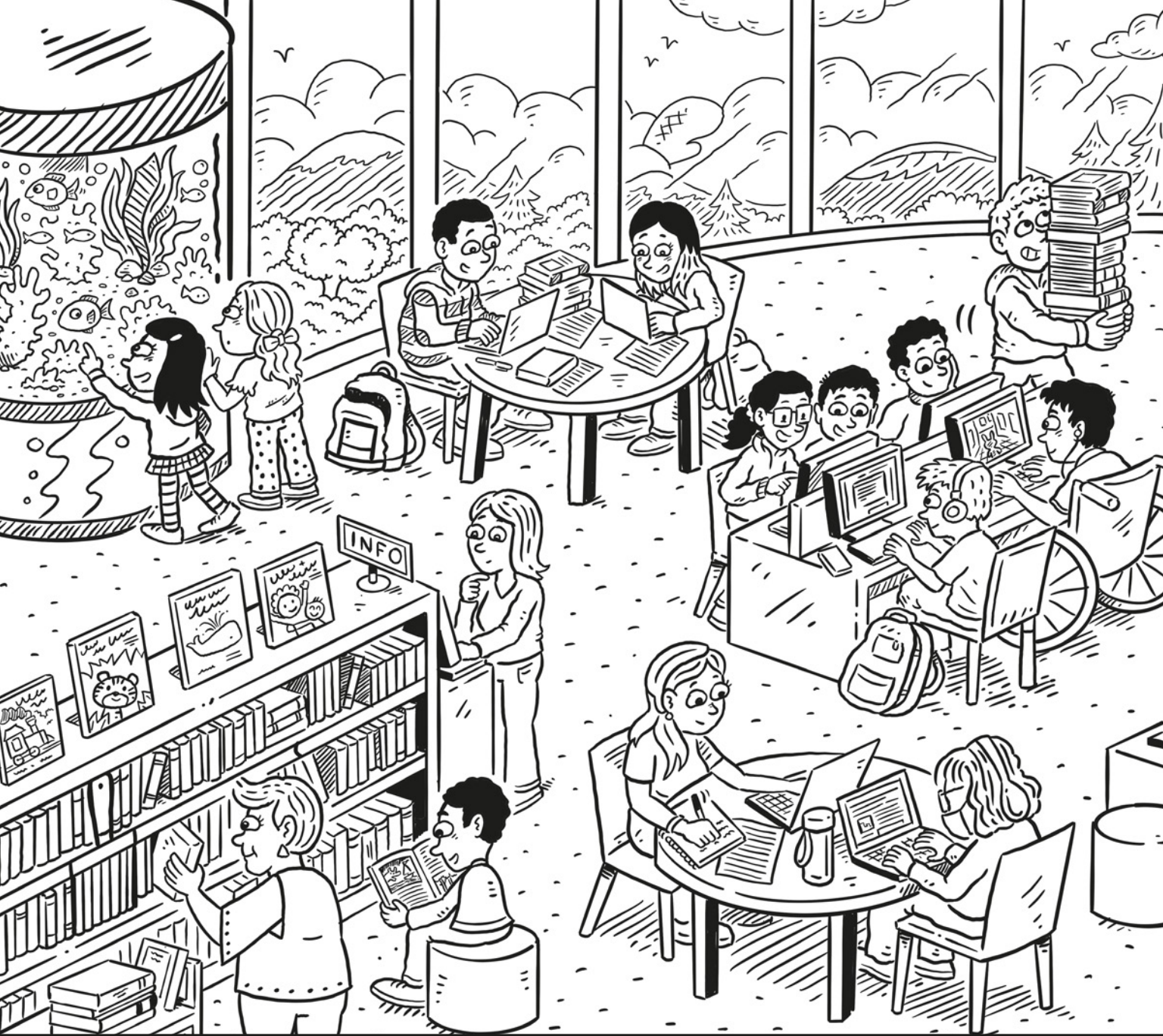
GRRRR!



11. A hacker is

- a. A person who coughs up too much information online.
- b. A real amateur.
- c. A person who uses a computer to break into other devices without permission.

Answers on page 32



Online at the Library



paintbrush



sock



broccoli



oven mitt



leaf



mushroom



mug



spoon



top hat



hammer

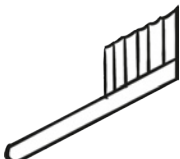
HIDDEN PICTURES



Think before you share! Posts can stay online forever.



waffle



toothbrush



necktie



bell



banana



canoe



saucepan



artist's brush



slice of pie



horseshoe



ruler



spool of thread



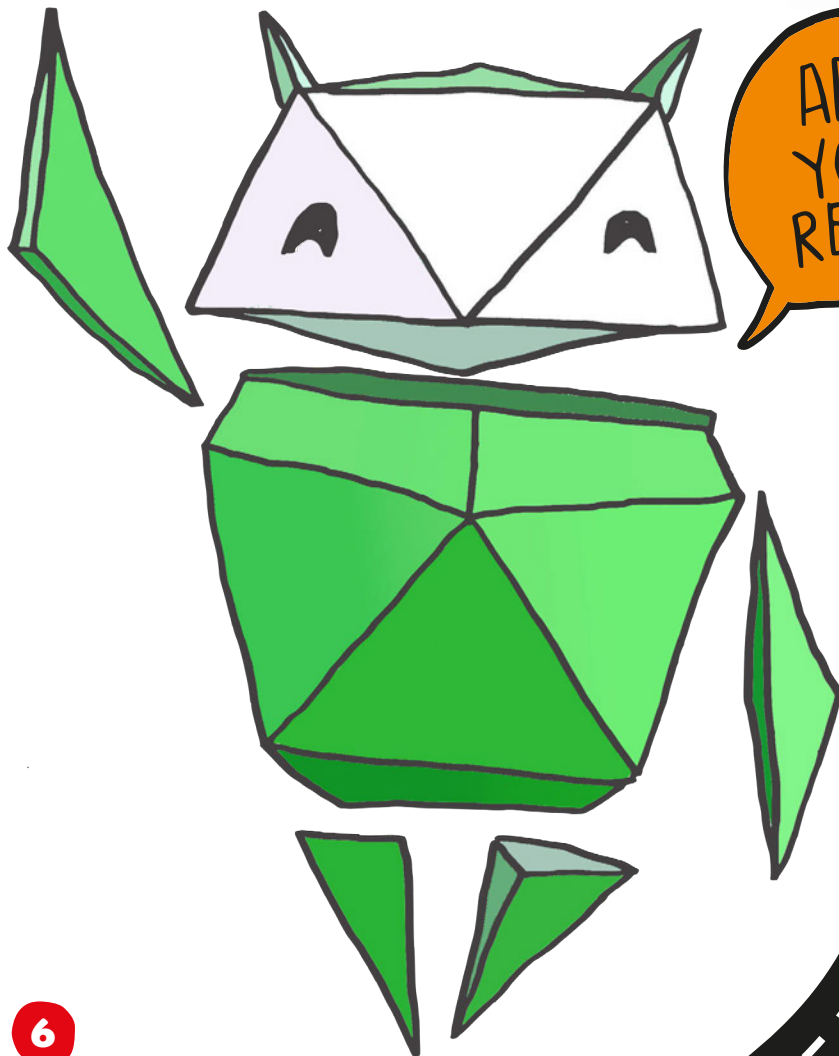
pitcher



snow shovel

ONLINE EXPLORERS' GUIDE

HOW TO BE SAFE, CONFIDENT,
AND RESPONSIBLE ON THE INTERNET



ARE YOU READY?

IT'S GO TIME!

Watch out for hazards, detours, speed bumps, and caution signs as you navigate your journey to safety.



What are signs it's a scam?

- Sounds like an "emergency," and you must act NOW
- The URL appears fake
- Offer seems too good to be true
- Don't know the sender
- All of the above

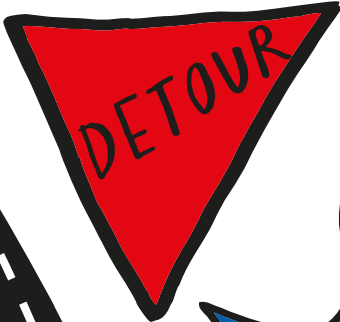
SPOT FAKE URLS!

URLs are clearly fake if they:

1. Have misspellings
2. Have extra letters or words
3. Don't have the small padlock before the URL
4. Don't start with https://

Which URLs are fake?

1. <https://www.Warshingtonpost.com.nationalnews>
2. <https://www.pbs.org>
3. <https://wow.cheaptrips.hottip.ampm>
4. <https://www.medinfo.stat>
5. <https://www.americanhistory.si.edu>
6. <https://www.whatz4dinner.asap>



What should you never share online?

- Your password
- Your full name
- Your e-mail
- Your favorite shirt
- Your home address or phone number
- Your dream vacation
- A dozen eggs



When a friend asks for your password, you can say:

SORRY, I'M NOT ALLOWED to SHARE PASSWORDS.

YOU CAN CREATE YOUR OWN STRONG PASSWORD!

MY PASSWORDS ARE PRIVATE. YOURS SHOULD BE TOO.

DON'T FALL for FAKE

(Continued on next page)

BEWARE!

Clickbait tries to attract your attention and get you to click on a link.

Which passwords are weak?

See page 19 for password tips!

- JB&!23kl9
- Cup^Cake@77!
- password
- R&M*487b
- 123456
- Goofus
- SOccer45!FAN+
- ABC123

Data is digital information that can be seen, used, and shared online. Share as little as possible!

SECURE
your
SECRETS

IT'S COOL
to BE
KIND

Having empathy spreads kindness online too!

WELLNESS TIPS

DECIDE WHO CAN SEE WHAT

In profile settings, it's safest to allow only your "real life" friends and family as online friends.

TAKE A BREAK EVERY 25 MINUTES!

Look out the window.

Stretch.

Hop on one foot for 20 seconds. Then switch.

Put on some music and dance.

Drink water or eat a healthy snack.

Take a walk.

JUST ASK

When we talk online, we don't see facial expressions. Emojis, capital letters, and images can help you see how someone is feeling. If online talk is confusing, talk in person, if possible.

Don't be misunderstood.

Say these messages out loud in three ways: an angry voice, a sarcastic voice, and a friendly voice. What differences do you hear?

- I'm done!
- You're so smart
- Whatever
- CALL ME NOW!!!
- I'm so mad at you now
- What r u doing?

DETOUR

What can you do when you see or experience online bullying?

- 1. Talk to an adult.**
Discuss the situation with a parent, teacher, or another trusted person.
- 2. Don't reply.**
Bullies usually want a response from their targets and from others.
- 3. Block the person.**
There's no reason to participate in messages that are unkind.
- 4. Report them.**
Use reporting tools on the site or app.



What can you say to an adult when you see something weird?

Brave!
Being brave online means speaking up when you know something isn't right.

WHEN in DOUBT, TALK it OUT

I SAW SOMETHING I DIDN'T WANT TO SEE.

I CAN'T GET SOMETHING OUT OF MY HEAD.

I'M EMBARRASSED to TELL YOU WHAT I SAW...

BUT I KNOW I SHOULDN'T HAVE SEEN IT.

KEEP IT BALANCED

Remember that the Internet is just one part of your world. With your family, talk about setting healthy limits on screens so you can enjoy all areas of your life! It's important to get outside, do the activities you love, and spend time with friends and family.

YOU MADE IT!!!

Congrats!
You are becoming a smarter, more confident online explorer. We knew you could do it! See page 32 to check your answers.

MAKE

30
Minutes

Serves
1

Fairly
easy

Energy “Bytes”



Power up with these delicious bite-sized snacks.

- 1 In a large bowl, combine 1 cup rolled or old-fashioned oats, ½ cup nut butter, ⅓ cup honey, and a pinch of salt.
- 2 Stir in your favorite flavor additions.
- 3 Roll into balls and place on parchment paper.
- 4 Decorate with toppings if you wish.
- 5 Chill in the fridge or in a covered container. Serve with toothpicks.



EVER WONDER?

What exactly is a computer virus?

If a computer gets a virus, it won't start coughing or spike a fever—but what does happen is a real headache!

A computer virus is a program that can secretly install itself onto the machine. Usually, the virus connects first to the computer's operating system, which is sort of like its control center. The computer continues to run normally. But once the virus is there, it copies itself onto other programs and files.

Computer viruses contain sets of instructions for the computer to follow. They can cause a computer to lock out the owner or shut itself off. They can also allow thieves to break into files and steal information, like passwords and bank account numbers. And they can destroy important data. That superlong school paper or video you've been working on? A virus could wipe them out. Um, no thank you!

But here's the good news: There are software programs designed to

ACHOO!

block viruses, and many computers come with this technology built in. What's more, inventors are improving these programs all the time! Because of that, it's important to make sure everything is up to date on your computer. (Luckily, your device can be set to update automatically.)

You can take action too. Viruses usually get onto a computer when someone accidentally downloads an e-mail attachment or a file from an Internet link

that's infected. Avoid links and websites you don't trust. And never download anything sent from someone you don't know. Even if you feel certain a file is safe, scan it with your security program before downloading to be extra sure.

By doing these things and staying alert, you can help fend off viruses and protect all the important stuff on your devices. And that's nothing to sneeze at!

I THINK WE CAN FIX YOU BIT BY BIT.

LOL!

THIS LOOKS LIKE A GREAT PLACE TO CRASH.

HOW'S WORK AT THE KEYBOARD FACTORY?

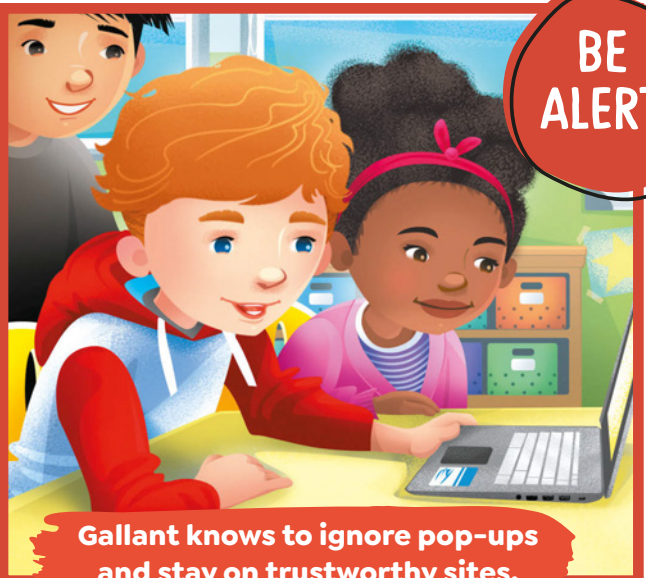
I'M PUTTING IN A LOT OF SHIFTS.



GOOFUS & GALLANT



When you're using the Internet, let your Gallant shine!



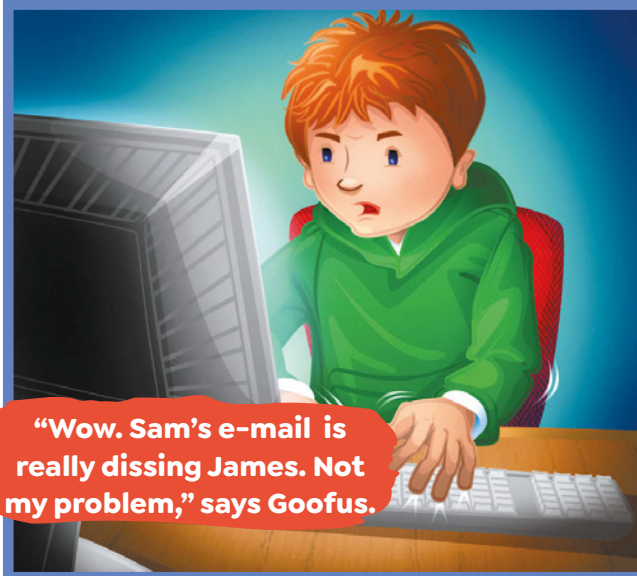


"I can't think of a new password," says Goofus. "I'll just use the dog's name, like I always do."



BE STRONG

Gallant thinks of hard-to-guess but easy-to-remember passwords. He doesn't share them.



"Wow. Sam's e-mail is really dissing James. Not my problem," says Goofus.



BE KIND

"His e-mail was pretty rude. Is my reply OK?" asks Gallant.



"I don't need your help. I'll deal with this later," says Goofus.



BE BRAVE

"Here's that message I wanted to talk to you about," says Gallant.

DON'T FALL FOR FAKE!

Art by Shaw Nielsen



START

- 1** You get a message that your account is hacked and you must reply with your password. You:
- A. **reply immediately.**
 - B. **know that it's a scam. Tell a trusted adult.**

If you think something is wrong with your account or device, talk to a trusted adult.

- 2** When searching online, it's good to check out a _____ for signs it might not be trustworthy.
- A. **cookie**
 - B. **website**

- 3** Untrustworthy websites often have URLs that:
- A. **have unnecessary letters or misspellings.**
 - B. **are short.**

4

A friend shares a news story, "The SHOCKING truth about YOUR FAVORITE CEREAL!!" You:

- A. click on it. You have to know!
- B. ignore it. It's probably clickbait.

5

How can you tell if a site is trustworthy?

- A. Assume that if it's online, you can trust it.
- B. Do a web search to make sure it's legitimate.

6

You get a message from someone you don't know. It says they met you through your friend José. You:

- A. think, why not?
- B. e-mail José and ask if he knows this person.

7

When you read something online, you:

- A. know it's true.
- B. know it could be true or false. You need to look into it to be sure.

8

It just hit you that the e-mail you got this morning was a scam. You sent personal information back to the sender. What do you do?

- A. Panic! This can't be fixed! Keep it to yourself.
- B. Immediately tell a parent or adult you trust.

You made it!
You've sharpened
your Internet skills!



FINISH

Remember that people you interact with online have feelings too. Be kind!



NETS

By Erin Guendelsberger
Art by Ellen T. Crenshaw

Nate faked right and dribbled left, driving toward the basket. He lined up his shot and took it. All net!

“Yes!” Nate high-fived one of his teammates.

Basketball was Nate’s favorite sport. He loved games. He loved practices. And he especially loved teammate-vs.-teammate scrimmages like this one.

Nate switched to defense. He was covering the new kid, Shaun. Shaun was short, but he was fast, and his footwork was excellent.

Shaun shot from the 3-point line. Miss!

Nate clapped Shaun’s back. “You’ll get the



next one,” he said.

Nate knew how important teamwork was in basketball. They’d need it tomorrow when they played the Badgers.

When Nate got home, he went straight for the computer. It was Friday and he had no homework, which meant he got to do the other thing he loved—gaming!

He smiled as he signed into his favorite game. It was a multiplayer cooperative game where a team of five had to survive—finding food and water, handling local wildlife, and building shelters. It was epic. And Nate was good at it. Except in this world, he

was no longer Nate. He was Hero5959.

Some of Nate’s friends played the game, but sessions were usually a mix of people Nate knew and people he didn’t.

Today was no different. HulkSmash2424—that was his buddy, Marcus. PokeWin999—that was

**In this world, he was
no longer Nate.
He was Hero5959.**

Joel, who lived next door. TreeMaster776. Unknown. The last name to appear made Nate chuckle—SharkSense61.

When the game started, it was clear that food was going to be a problem. A bear had stolen their reserves! Nate started the virtual chat:

Hero5959: Fishing, anyone?

HulkSmash2424: 🙌

SharkSense61: On it.

Hero5959: I’ll start 🔥

PokeWin999: I’ll find 🍄🍄🍄

*TreeMaster776: *left game**

Ugh! They were down one player.

Nate started a fire. Joel came back with water. Marcus netted two fish. Nothing from SharkSense61.

Hero5959: 🐟 Shark?

SharkSense61: Still trying.

They’d need more fish to survive until morning.

Nate was getting ready to go fishing himself when a thunderstorm hit.

Hero5959: Need shelter stat! I’ll get sticks!

PokeWin999: Twine

HulkSmash2424: Protecting 🔥

Nothing from SharkSense61.

When the storm let up, it was almost dawn, and their health was dangerously low.

Hero5959: Shark, any 🐟?

SharkSense61: Not yet.

What? The game was going to end because some random dude couldn’t use a fishnet?

Hero5959: Come on, NOOB! Get with it!

As soon as Nate pressed Enter, he knew he shouldn’t have. It was rude to call someone a noob, especially someone on your own team.

*SharkSense61: *left game**

Nate’s team went on to win the game, but as Nate got ready for bed that night, he had a bad feeling in the pit of his stomach.

The bleachers were full when Nate walked into the gym the next morning. Owls vs. Badgers was a big match.

Nate lined up with his teammates as the buzzer

(Continued on next page)

**As soon as Nate pressed
Enter, he knew he
shouldn’t have.**

(Continued from page 17)

sounded to start the first quarter. The tip-off went to the Owls, and soon Nate was dribbling toward the Badgers' net.

Nate passed to Shaun, but when Shaun tried to collect the ball, he tripped! The Badgers recovered and scored: 0-2.

"That's OK!" Nate called.

As the quarter went on, things got worse. Nate noticed that Shaun in particular seemed off. It was like his enthusiasm had evaporated.

By halftime, the Owls were down, 8-14.

Nate sat next to Shaun on the bench to hydrate.

"Tough game," Nate said.

"Yeah," said Shaun, looking at his water bottle.

Nate noticed the bottle was covered with sharks.

"Great stickers," he said.

"Thanks," Shaun mumbled.

The third quarter was more of the same and ended with the Owls still behind, 12-20.

To start the final quarter, Shaun inbounded the ball to Nate. Nate dribbled down

It suddenly made sense.

the court and passed back to Shaun. Shaun took the shot. Another miss.

Shaun looked so miserable that Nate draped an arm across his shoulder. "You'll get the next one."

"No, I won't." Shaun gave



a half laugh. "I'm a noob."

Shark stickers. Calling himself a noob. Could Shaun be SharkSense61 from the game?

It suddenly made sense. This was his fault.

"No," Nate said. "You're not a noob. You're a good player. Don't let anyone tell you otherwise—especially not some loudmouth who calls himself Hero."

"Hero?" Shaun said. "Do you mean . . ."

Nate nodded. "I'm sorry."

"It's OK," said Shaun.

"It's not OK," said Nate. "But I know you've got this."

He held up his hand for a fist bump. Shaun hesitated and then bumped back.

After that, things got better. Nate, Shaun, and their teammates rallied. Soon the score was 20-22.

With seconds left, Nate drove down the court. He saw an opening. He could try for a 2-pointer to tie the score. But Shaun was ready at the 3-point line.

Nate passed.

Shaun shot.

All net!

When he and Shaun fist-bumped this time, there was no hesitation. 🏀

Which Passwords Pass?



At computer camp, everyone must come up with a strong password. Read the tips below and each camper's clues. **Can you figure out their passwords?**

1. Theo is a pet lover.

Here are clues to his strong password:

- He has two dogs named Rusty and Dusty.
- He included the first letters of his dogs' names.
- He used at least 2 special characters.

Which of these is Theo's password?

- a. Ru\$Du\$druol&rule
- b. RsT&DsT2RokStarz
- c. Bow!Wow!Wow!24!



3. Prianka is very into sports.

Here are clues to her strong password:

- Her favorite sports are basketball and tennis.
- She wanted to refer to both sports but not directly spell out their names.
- She included her high score of 27 points in basketball.

Which of these is Prianka's password?

- a. Iplaytennisandbasketball27
- b. I'm#1@gamez_with_netz
- c. 10is*Match#27@Hoops!



2. Zoe is a food fanatic.

Here are clues to her strong password:

- Zoe's favorite foods are pizza and sushi.
- She misspelled some words to make the password trickier.
- She used either & or + as a special character, but not both.

Which of these is Zoe's password?

- a. Zoeluvstoeat:)
- b. Piza1&Sooshi#2Yum
- c. Passthepizza&sushi+



Make it Strong!

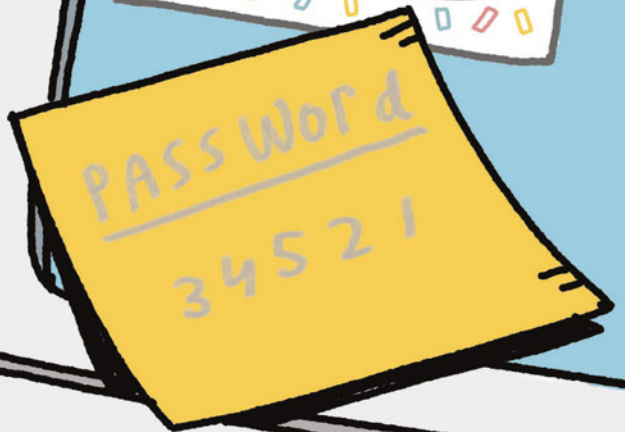


- Think of a fun phrase, such as a line in a movie, song, or book.
- Change some letters to numbers or special characters, such as !, %, or +.
- Make other letters uppercase and some lowercase.
- Be sure it's eight characters or more.
- Make a different password for every account you have.

Answers on page 32

WHAT ARE THE RISKS?

If this was your computer screen, could you spot the dangers? Look at all the potential problems and pitfalls you should avoid.




CLASS



ME



MY MAIL

 NEW MESSAGE
SENDER: MYSCHOOL
SUBJECT: ACT NOW

YOUR ACCOUNT IS EXPIRED.
ENTER YOUR INFORMATION BELOW.

↓ ↓ ↓ ↓ ↓

NAME: _____
AGE: _____
ADDRESS: _____

MESSAGES

PENGVIN17

 IT WAS FUN PLAYING AGAINST YOU! WANT TO MEET IN PERSON?

JAMES

J CAN YOU SEND ME YOUR PASSWORD? MY MOM WOULDN'T LET ME SIGN UP.

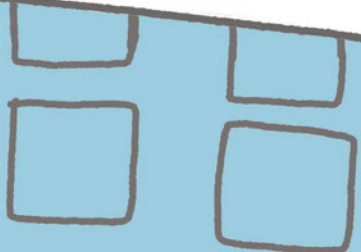
AVDRA

 ZARA WAS SO ANNOYING TODAY. DON'T YOU AGREE?

SHARKS FOUND IN LOCAL POOL!



FIND OUT MORE



Using Technology for GOOD.

**These kids
know it's cool
to be kind!**

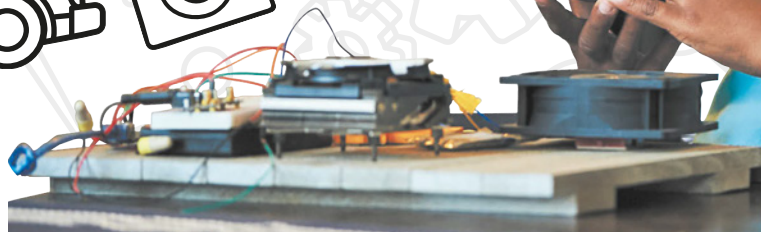
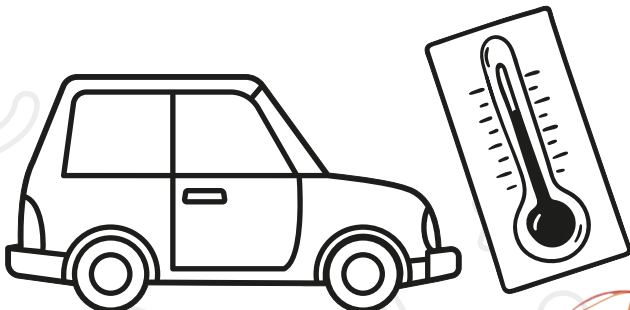
A Cool(ing) Device

BISHOP CURRY V
INVENTION: **OASIS**

Bishop invented **Oasis**, a car-safety device, when he was 10 years old. Oasis can check if a baby is in a parked car, and if so, the device blows cool air on them. Oasis also sends a text to the car's owner, and, if the baby isn't moved soon after, the device sends an alert to the police with the location of the car.

Bishop had heard about a baby who lived near him and died from being in a hot car. "I started writing down ideas to stop this from happening again," he said. It led to his creation of Oasis.

I want to solve
the problem!





I want to help people with allergies!

Allergy Alert

GARY LESCHINSKY
INVENTION: **A-WATCH**

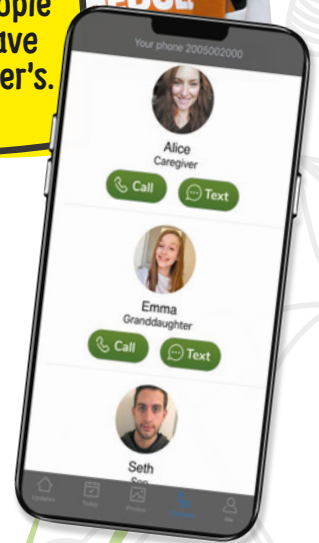
Gary invented the A-Watch when he was 14. Small sensors on the watch detect allergic reactions and contact a parent, school nurse, or whoever you set it to contact. "Like millions of kids, I have allergies to eggs and nuts," says Gary. In elementary school, he wanted to attend events like everyone else and be able to know what foods were safe for him. "Reactions can be life-threatening," he says, "and I realized that someone needed to invent a device that could detect reactions [to foods] in kids." Gary became that person!

Timeless Treasure

EMMA YANG
INVENTION: **TIMELESS**

Emma invented Timeless, an app for people with dementia or Alzheimer's disease who have trouble remembering and organizing things. When Emma was around 8, her beloved grandmother was diagnosed with Alzheimer's disease. At 11 years old, Emma invented Timeless to help her grandmother and others like her remember names, faces, and other important information that can be forgotten with these conditions.

I want to help people who have Alzheimer's.



We should have emojis with glasses!



Glasses On!

LOWRI MOORE
ACTION: **ASK FOR EMOJIS WITH GLASSES**

Lowri wants kids younger than her "to not feel like they have to take their glasses off to be a princess or a hero," she says. Online, she saw that the only emojis with glasses are nerd, teacher, and granny. So, she's

written a letter to the president of the Unicode Consortium of big tech companies, which makes decisions about emoji standards. She asked that they start giving the choice of adding glasses to

face emojis, like the options for hair and skin color. Her message to other kids? "If you believe in something, don't be afraid to ask for it. You can make a difference."

MAKE



SEND US YOUR PHOTOS! SEE PAGE 32.



Before you shut down for the night, put your device to bed!



Smart Sleeping Bags

- 1 With a parent's permission, gather some old clothes, towels, blankets, or other **fabric scraps** that you can cut. (Paper works too.)
- 2 Cut some fabric large enough to wrap around your device. Leave extra space around the edges. Optional: Use **fabric glue** to attach two fabrics back-to-back.
- 3 Fold the fabric in half to create a sleeping-bag shape.
- 4 Use **Velcro** or fabric glue to close the edges of the sleeping bag. (Use tape if working with paper.) Leave the top open!
- 5 Cut facial features out of **felt** or a fabric of your choosing. Glue them to the sleeping bag to create a funny face.



Velcro

Fabric Scraps

Felt

Fabric Glue



Ask an adult for help with anything sharp.

30 Minutes Fairly easy



Once I turn on my tablet, I can never turn it off. Have you ever had that problem? If so, do you have any suggestions?

—Too Much Tablet in Tennessee

Screen-Time Overload!

By Lissa Rovetch
Art by Amanda Morley

Too Much Tablet,

Um, yes, I have had that problem! I'm sorry to say that screens are like potato chips to me. If I have a taste, I want more and more and more—and, well, you get the idea. But things are different at Maddy's house.

Maddy and I have been friends since we were Caterpillars. The daycare we went to divided kids into groups according to age, and the Caterpillars were the itty-bitsy babies. So basically, we've known each other since before we could talk!

A year ago, Maddy's family moved two hours away, and for months, I begged my parents to take me for a visit. Finally, my dad had to drive to a conference in that direction

last week, so we arranged for me to spend the weekend at Maddy's.

Maddy and I were so excited that we had three different phone conversations planning the awesome stuff we'd do during our time together. I even made an official document titled "Maddy and Arizona's Fun List" to make sure we'd fit in all the fun we could during my visit.

Maddy and I planned all the awesome stuff we'd do during my visit.

But you know how plans don't always work out

exactly as you'd hoped?

The moment I stepped out of the car, Maddy greeted me with a huge hug. "You're here!"

After we said goodbye to my dad and I put my bags down in Maddy's bedroom, Maddy said, "Come on. There's something I can't wait to show you."

"What is it?" I asked, following her to the living room.

"This hilarious show I found online," she said. "It's a few kids making foods from whatever random things they have in the fridge."

"That sounds right up my alley," I said.

"I thought it would." Maddy grabbed her tablet and plopped down on the couch. "You have to watch one episode to see how funny it is."

The show was about three kids who called themselves The Kitchen Kids. They loved joking around and coming up with silly recipes. So, basically, it was a mix of humor and food—two things that are fairly impossible not to love.

We watched a few episodes of The Kitchen Kids, laughing our heads off.

And when those episodes were over, did we turn off the tablet and find some other fun stuff to do?

What do you think?

"Hey, can I show you some new games on my

**Luckily, the next day,
we squeezed in a
few things to do
from our Fun List.**

tablet?” Maddy said.

“Sure!” I said.

I can’t tell you how long we spent playing those games. It seemed that once

we were in screen-time mode, we completely forgot about any other world.

And before long, the day we’d been looking forward to for months was over, and we hadn’t done a single thing from our Fun List. Not ONE!

“I can’t believe we spent so much time on my tablet!” Maddy said at bedtime.

“I know!” I said, rubbing my eyes. “Tomorrow, let’s leave the screen off and do stuff from our list.”

Luckily, the next day, we were able to squeeze in a lot of fun things, like bike riding, crafting, and making up new words to our favorite songs. We even baked a batch of our very own cookies.

(Continued on next page)





"I can't believe we spent so much time on my tablet!"

So, dear Too Much Tablet, my suggestion for how to turn off the tablet (or any other screen) is to make a plan and stick with it. If you've decided to watch one episode or to play to the next level of one game, shut the screen down as soon as it's

over. You could even set an alarm to remind yourself.

It may be hard to get off the couch at first, but I guarantee you'll feel much better if you come up with a balance. Spend more of your time talking to people, making music

or art, playing outside, reading, or doing some of your own cooking in the kitchen!

Ciao for now,
Arizona

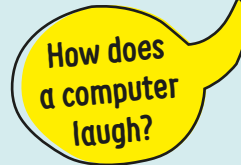
PUZZLES

A KEY CODE

Use this keyboard to decode the answers to these riddles.

• **For the first two riddles:** change each letter to the one found on the RIGHT of it on the keyboard.

• **For the third riddle:** change each letter to the one on the LEFT of it on the keyboard.



1. What is a star's favorite part of a keyboard? **Look 1 key RIGHT on the keyboard.**

_____ ^A _____
 R G W A O X W V E .

2. Why aren't robots ever afraid? **Look 1 key RIGHT on the keyboard.**

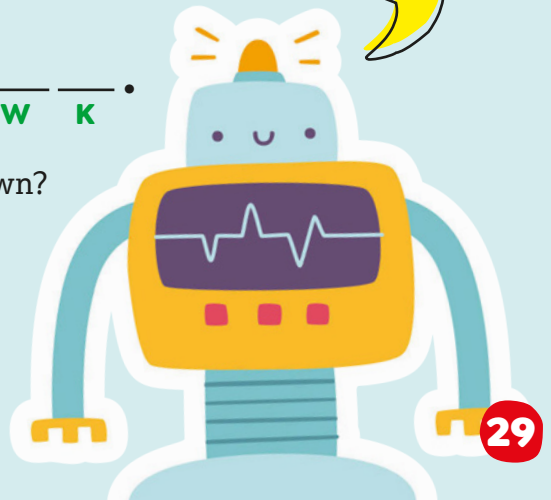
_____ ^A _____
 R G W T G W C W

 B W E C W A I D A R W W K .

3. What did the computer say after it dreamed it was shut down?
Look 1 key LEFT on the keyboard.

" _____
 F S Y S N R B R T U

 D V S T U ! "



DEAR HIGHLIGHTS



My parents say I'm addicted to screens, and I don't disagree. What do I do?
Highlights Reader
Virginia

Computers, tablets, and phones are fun to use because they let us do things easily. Playing a game on a phone can be easier than reading a book or playing outside. But it's important to have a balance of healthy activities in our lives.

You can make it fun to choose activities by creating an activity jar. Write down things to do on slips of paper, then put them into a jar. Ideas might include drawing, playing with friends, learning a new hobby, taking care of a pet, practicing a sport, or playing an instrument.

When you want to spend time away from screens, pull an activity out of the jar and do that instead.

Ask your friends or parents for more ideas. You might even find that you don't miss electronics after you try new things!

My mom is always on her phone. I want to spend more time with her.

Highlights Reader
(by e-mail)

Your mom may not realize how you feel. Ask her if there's a time when you two can sit down to talk about something that's on your mind. You could start the conversation by saying something like, "I love when we do things together. I know you're busy, but can we find a way to spend more time together?" Here are a few ideas you could talk over:

- Start a daily "team" routine, like washing dishes together. Chores can be a great time to talk, sing, or tell jokes.
- Choose one night a week to do something fun together.
- Find 15 minutes every evening to talk about each other's day.



ADVICE FROM YOU

I want to play video games, but my siblings hog the TV.

Kain
California

Maybe you could set a timer. Everybody gets the same amount of screen time.

Brielle
Age 9 • New Hampshire

It can be hard for people to share. Maybe you all can set up a schedule.

Grace
Age 12 • Oklahoma



A kid is bullying me on the Internet. What should I do?

Highlights Reader

On an app for kids, one friend wants my password. I say no, but he keeps asking.

Highlights Reader
(by e-mail)

Good for you for knowing not to share passwords, even with people you know.

When you say no, be firm. Maybe add something like, "It's not OK to share private information." And then change the topic. You don't have to explain why or get him to understand. If he is a real friend, he will respect your decision.

Talk with your parents about this too. They need to know what is happening so they can help you stay safe online.

My dad wants me to play cello for people on a video call. I want to make him happy, but I don't want to do it.

Regina
Virginia

We're sorry this is happening. We hear from many kids who are bullied—you are not alone!

We hope you'll talk to a parent or another adult you trust right away. They can listen to what's going on and help you figure out the best steps to take.

Bullies want attention. Try to ignore them, and if possible, avoid the platform they're using. On some apps or platforms, you can change privacy settings, block messages, and even report bullies. An adult can help with this.

Remember that this behavior reflects badly on the bully, not on you. Keep talking with the adults in your life until this is resolved.



Maybe you could prerecord a video and show them that.

Marshall
Age 10 • Kentucky

➔ **HAVE A QUESTION?**

Write to us at Letters@Highlights.com or by postal mail (see page 32).

Highlights for Children

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Let's Hear from You!

We'd love to know how you're doing with your Be Internet Awesome magazine. Do you have your own questions or tips? A photo of your craft or recipe to share?

Use the QR code on the next page to print out a pledge you can decorate. Send a photo of it if you'd like!

How to Reach Us:



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Share section at HighlightsKids.com

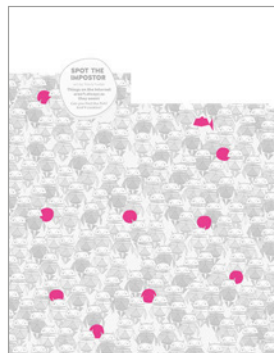


Letters@Highlights.com

And for more activities, visit
Highlights.com/InternetSafety

Answers

BACK COVER
Spot the Impostor



PAGES 2-3
Web Words 101
1. B 2. A 3. C 4. B 5. C 6. C 7. B
8. A 9. C 10. A 11. C

PAGES 4-5
Hidden Pictures



PAGES 6-9
Online Explorers' Guide
What are signs it's a scam?
All of the above.
Which URLs are fake?
1, 3, 4, 6
What should you never share online?
Your password, e-mail, full name,
home address and phone number

Which passwords are weak?
password, 123456, ABC123, Goofus

PAGES 14-15
Don't Fall for Fake!
1. B 2. B 3. A 4. B 5. B 6. B 7. B 8. B

PAGE 19
Which Passwords Pass?
1. A 2. B 3. C

PAGE 29
A Key Code
1. The space bar.
2. They have nerves of steel.
3. "Data be very scary!"

Create a Pledge!

How can you and your family **Be Internet Awesome**? Talk about the ideas you've read about. Then, on the lines below, list ways you will be smart, alert, strong, kind, and brave while using the Internet. You can also go to Highlights.com/InternetSafety or use the QR code below to print out, decorate, and display your pledge at home.



SMART
Share with
Care

I pledge to be ...



STRONG
Secure Your
Secrets



KIND
It's Cool to
Be Kind



ALERT
Don't Fall
for Fake



BRAVE
Talk It
Out



For more fun, visit Highlightskids.com

**SPOT THE
IMPOSTOR**

Art by Travis Foster

**Things on the Internet
aren't always as
they seem!**

**Can you find the fish?
And 9 cookies?**

