

Be Internet Awesome Family Challenge

Technology is part of our everyday lives. It brings us information, connects us with friends and loved ones, and broadens our world. It also impacts our happiness and well-being, so it's important to be mindful of how we use it.

The Be Internet Awesome Family Challenge from Google and Girl Scouts guides youth in using technology more intentionally, on their own and together as a family. Whatever your age—whether you're preparing to enter the online world in a few years, or you're already an experienced pro with your own platform—there are ways to boost your savvy and make your digital world a better place. So let's create a great digital experience for today AND tomorrow!

To unlock this patch (appropriate for grades K-12), complete all five activities for Google's Be Internet Awesome themes.

Check out the chart on the next page for information and an activity for each theme.



Before you get started, reflect with your family on all the ways you use technology and the internet. You might use digital devices to talk to family or friends, do homework, listen to music, or take pictures. If you're old enough, you might also have your own "digital community" of people and sites you interact with online. How can you use technology wisely, kindly, and safely as a family? How can you go even further and use technology to make a difference? Let's find out!

Find more information, activities, and resources:

- **Raise an Awesome Girl:** Check out **Raising Awesome Girls** for tips and advice to support parents and caregivers to raise up the next generation of girls and young women with confidence.
- **Support Mental Wellness:** Learn more about mental wellness with Girl Scouts' **Resilient. Ready. Strong. Challenge, Mental Wellness patch program**, and **other resources**.
- **Become Digital Leaders:** Girl Scouts can check out the Digital Leadership and Cybersecurity badges for each level. Adults can find ideas to support and inspire their Girl Scout's interest in technology with the **STEM Playbook**.

Not a Girl Scout? Learn more and [join here](#).

Be Internet Awesome Family Challenge

Themes



Learn about the theme.



Then try an activity!



SMART

Share with Care

Only share info that doesn't identify you, and only with people you know and trust. Don't talk to strangers and never share private information like your address, phone number, email, or password.

Create a safe profile. Imagine you need to create a profile about your family that will be read by thousands of people. Craft a profile (either digital or non-digital) that is informative, interesting, and useful, but that doesn't include private information. Then review the profile with your family to make sure it only shares public information with people you know and trust.



ALERT

Don't Fall for Fake

Anyone can create online content, and this content isn't always truthful, fair, or kind. Evaluate everything you see online. Does it seem too good to be true? Does it pressure people to buy or believe something? Could it make people feel bad about themselves? Sometimes the clues are obvious, like big, flashing "Buy Now" buttons. Other times, the clues are harder to spot.

Too good to be true. Clickbait content tries to shock and surprise, enticing the viewer to click and learn more. To explore this topic, have everyone write one email subject or ad headline that seems too good to be true ("Free!", "You've won!", "Make \$\$\$," etc.). Then discuss why you might distrust each statement. What are the pitfalls of clicking on "clickbait" headlines? What payment or information might someone want in return?



STRONG

Secure Your Secrets

A password helps to protect you online. When you create a password, choose a phrase you can easily remember, but that other people won't guess. Mix uppercase letters with lowercase letters. Use numbers and symbols, too. Whatever you choose, keep it to yourself!

Create a passphrase. A passphrase is like a password, but longer and better. It's REALLY hard for someone else to guess. With your family's help, create a passphrase for a shared account (streaming, wi-fi, etc.) that includes at least four words of four letters each; both capital and lowercase letters; numbers; and symbols.

Here's an example: 3Puppies@bark.sniff&PLAY!



KIND

It's Cool to Be Kind

Everyone deserves to have a safe and positive experience online. Manage the conversation on content you share and remember that you can mute, block, and unfollow. Celebrate other people's success and amplify what they do. Don't share anything that could make someone else feel bad (like gossip, mean comments, or embarrassing photos). It's okay to disagree, but do it respectfully. If anyone bullies you or someone you know online, tell them to stop. Inform a trusted adult.

Act on your values. Values are what you believe in—they should guide how you act. It's just as important to be kind in the digital world as in real life. With your family, brainstorm unkind technology- or online-related situations you might encounter, such as bullying, misinformation, lying in an email, or cheating in a video game. Then take turns acting out how you could respond to encourage kinder behavior.



BRAVE

When in Doubt,
Talk It Out

What you do and share online can have an impact on others, and what you see can have an impact on you. If something online bothers you—even if you're not quite sure why—talk about it with a trusted adult and find ways to support and uplift your digital community safely.

Make a family pledge. Many digital communities have rules or guidelines for how to interact. Talk with your family members about how you each use technology and social media. Consider how different platforms or apps make you feel and what you do when you come across questionable content or behavior. Then make a pledge for how you'll work as a family to stay safe when online.

After completing this activity, **claim your Google Be Internet Awesome fun patch.**