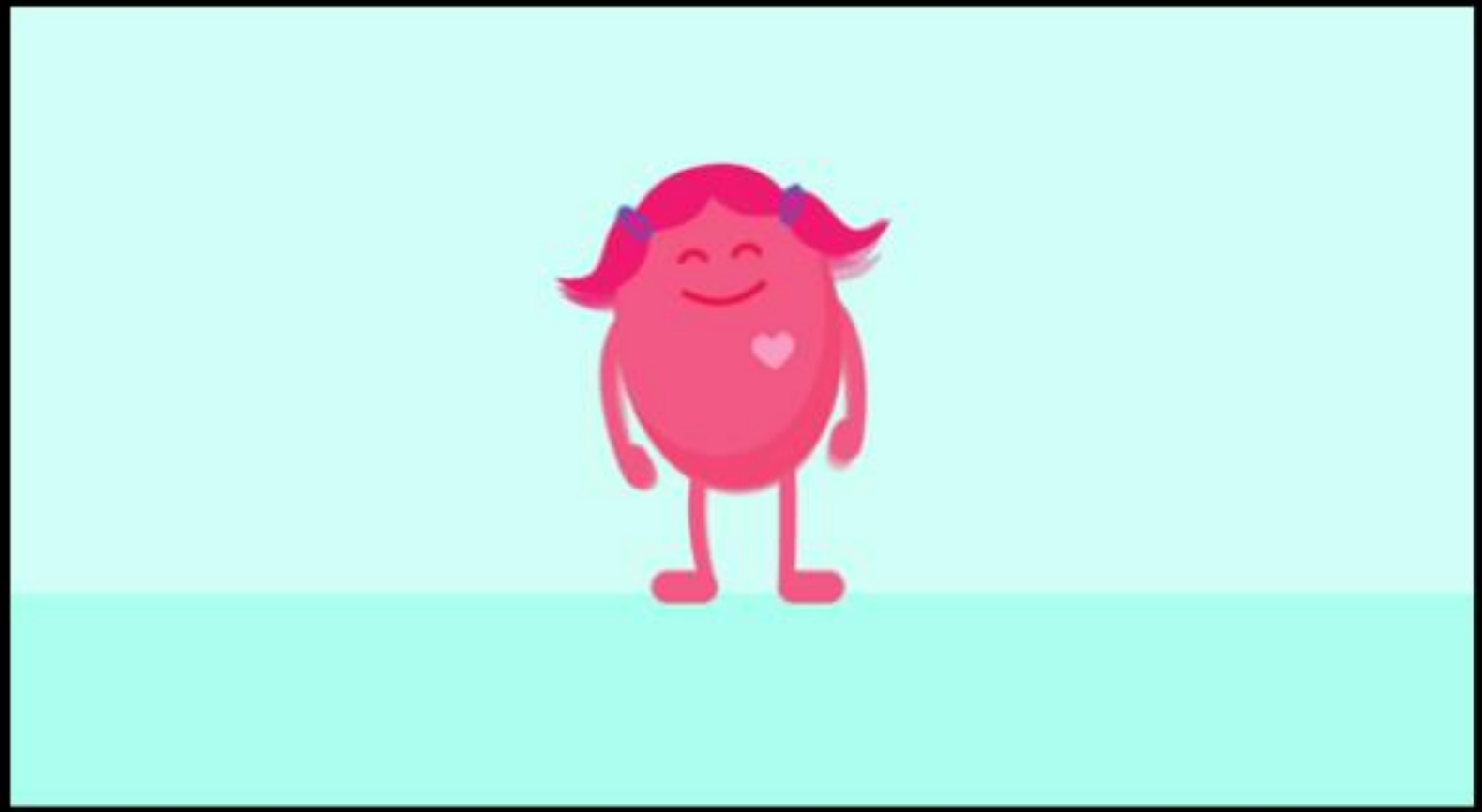
Today I am going to teach you how you can use parts of your body to stay SAFE when you're online.

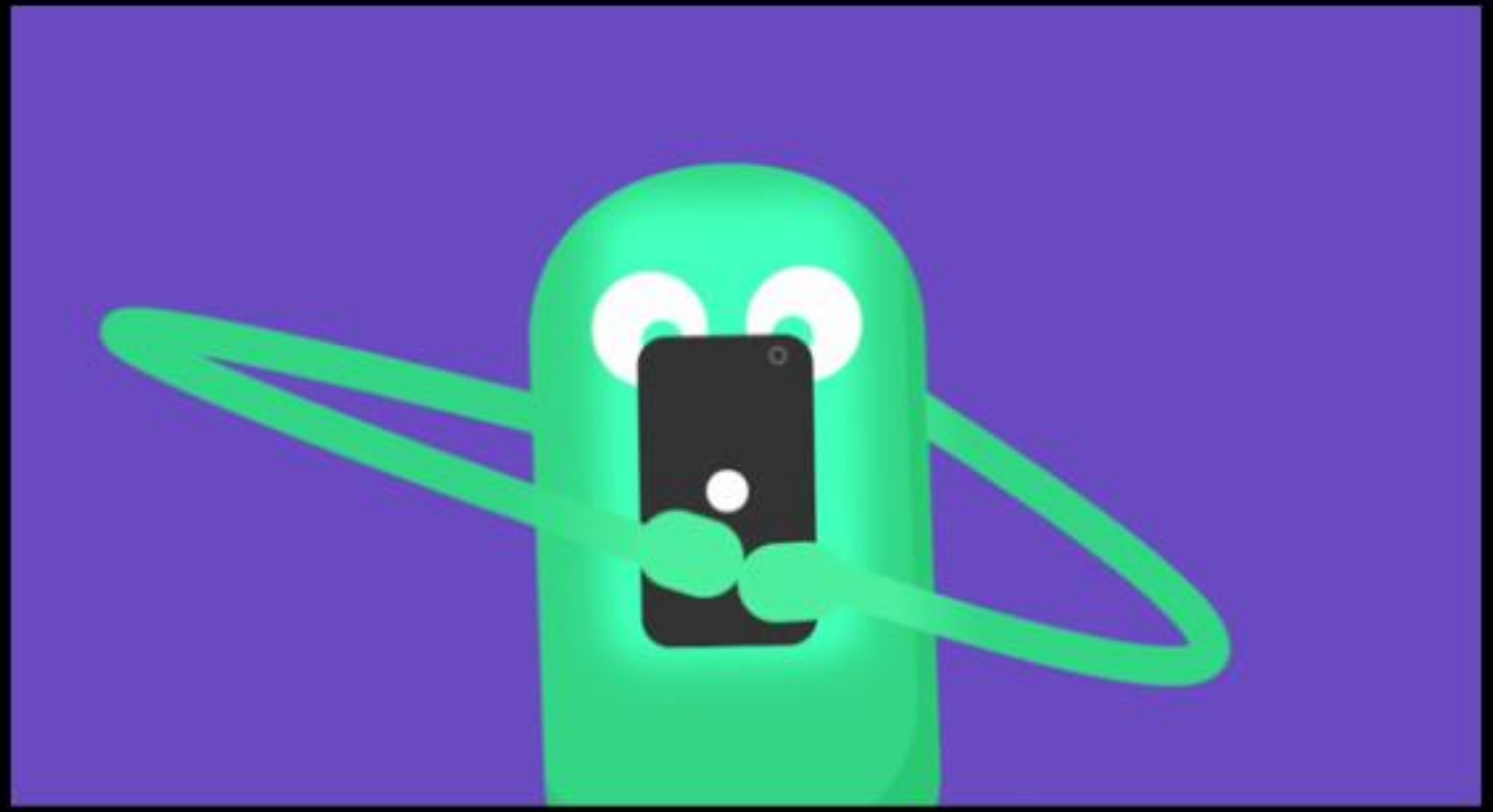
Use your head when you're online.

Keep what's yours inside
your mind.



Use your heart when you're online.

Be kind to your friends, just like you would in real life.



Use your arms when you're online.

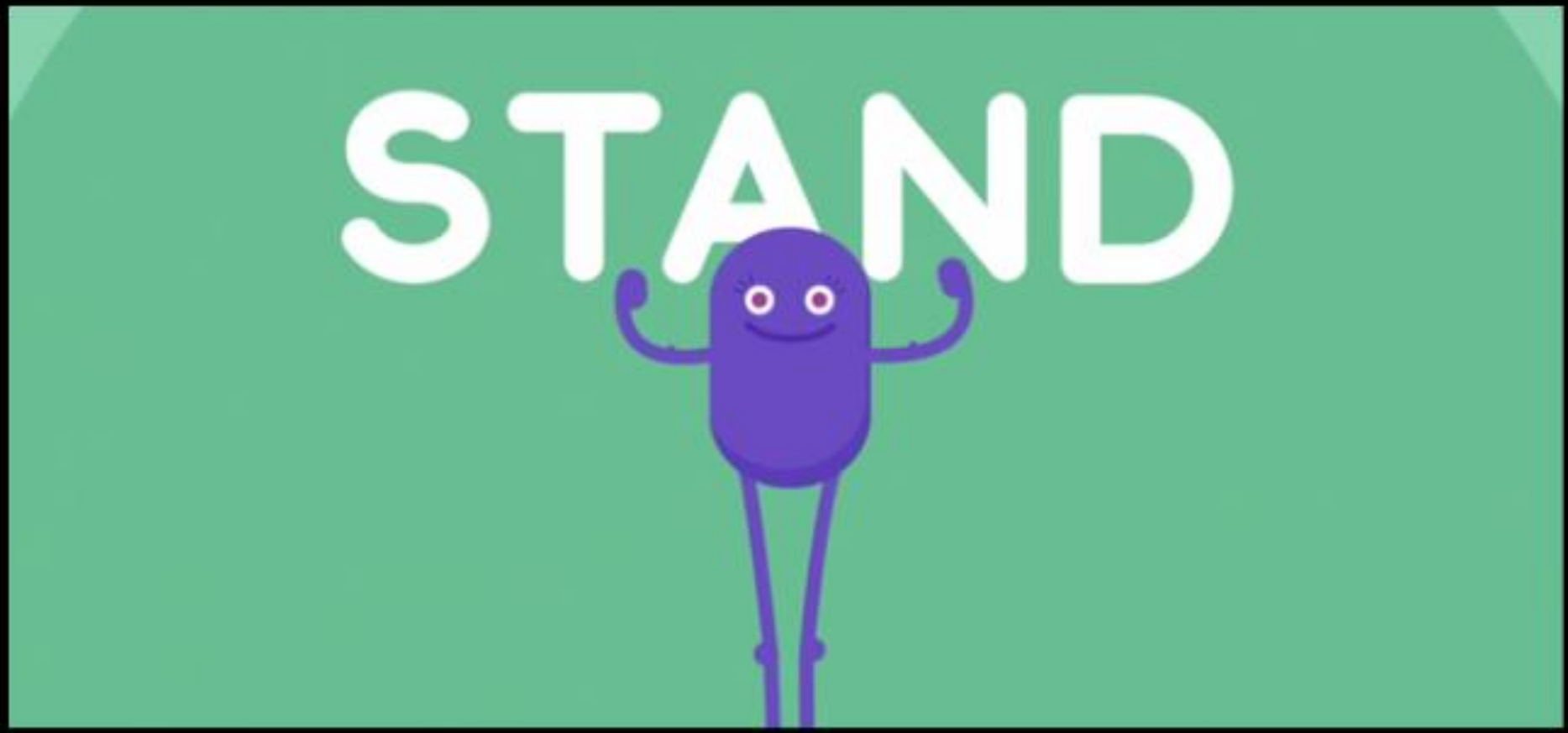
Don't spend all your time playing with technology.

There are lots of other things to do!

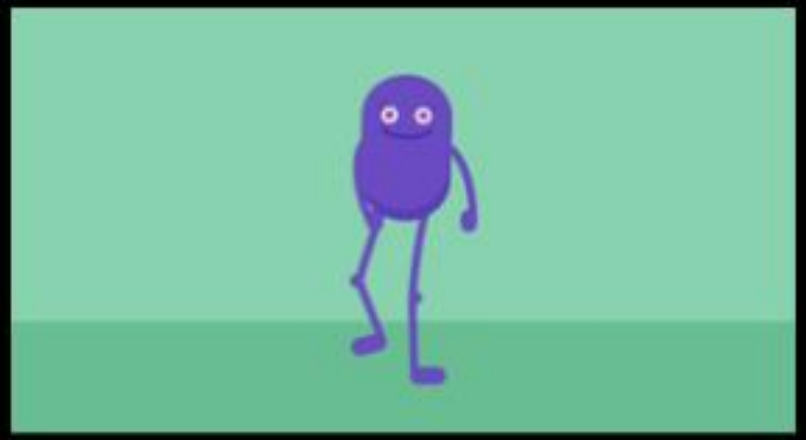
- Use your tummy when you are on-line

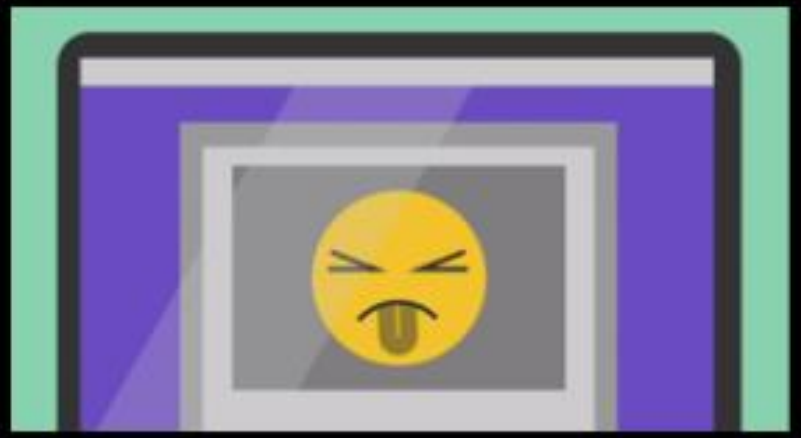
Listen to your gut!

If it feels wrong, tell someone.



STAND TALL WITH YOUR LEGS...





Be nice to everyone!

If somebody is mean to us, we must tell someone.

THINK

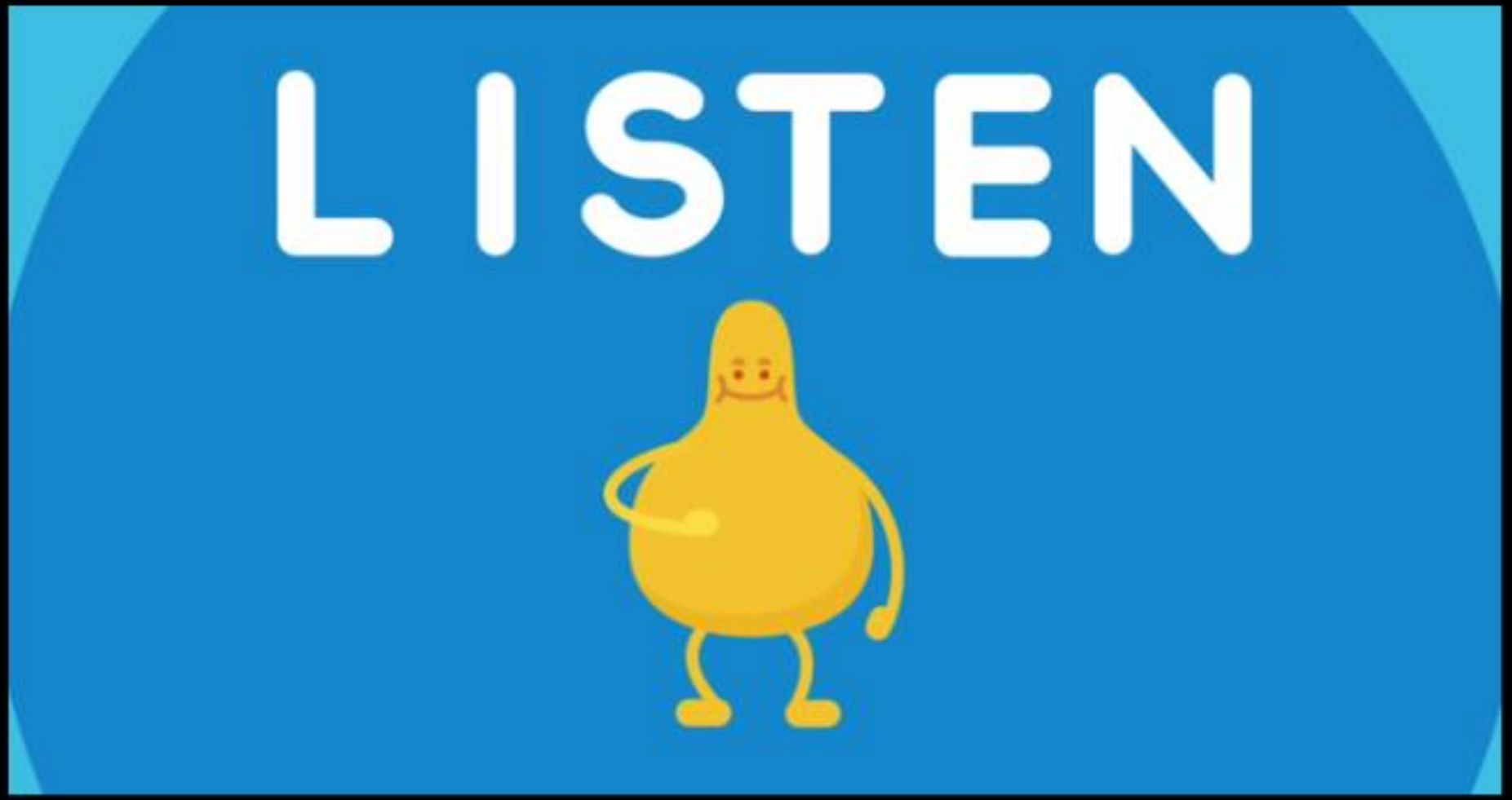
WITH YOUR HEAD...

FEEL

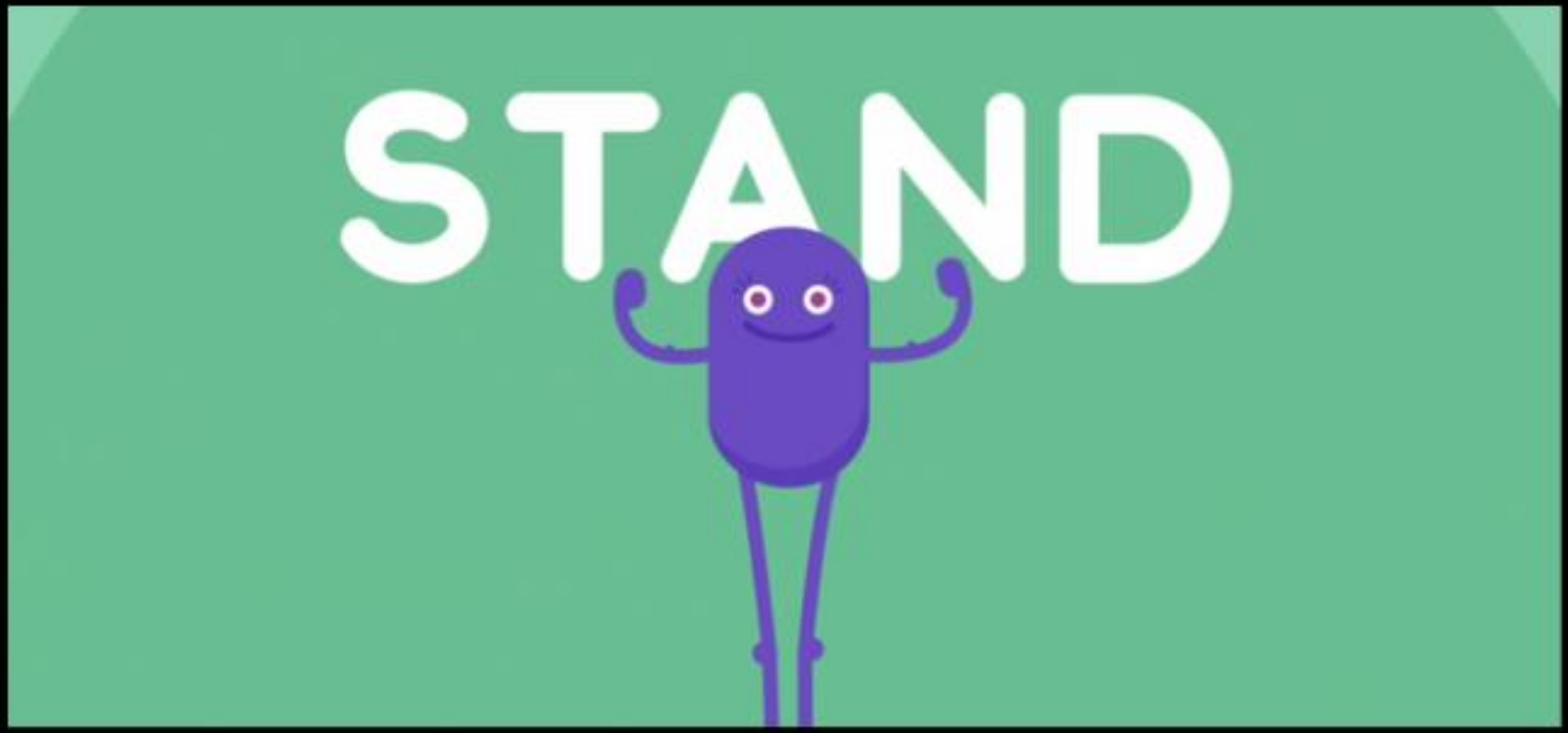
WITH YOUR HEART...

BALANCE

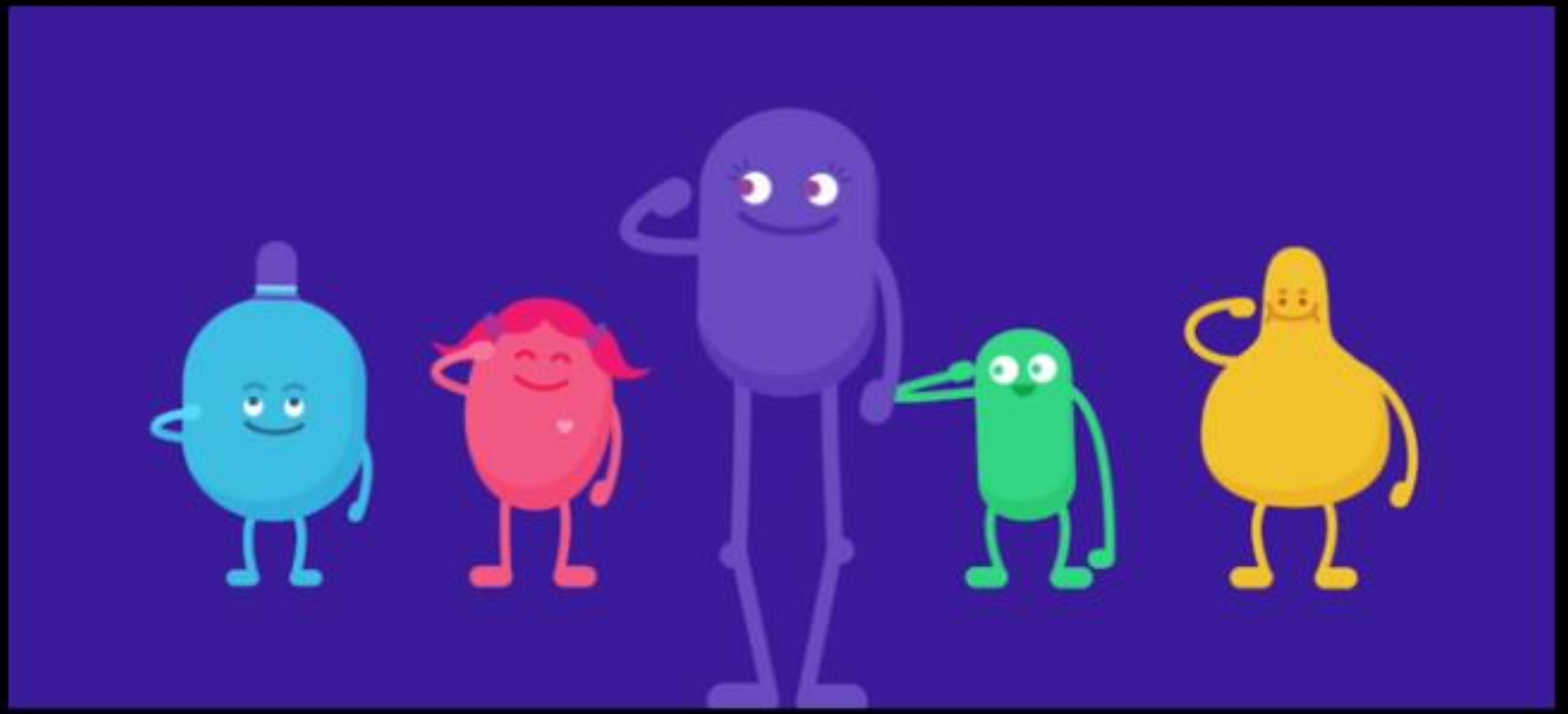
WITH YOUR ARMS...



LISTEN TO YOUR GUT...



STAND TALL WITH YOUR LEGS...



FROM YOUR HEAD DOWN TO YOUR TOES, PAUSE AND THINK ONLINE.

Pokémon
GO