

# Be your own CYBER HERO

## Patch Program for Girl Scout Cadettes, Seniors and Ambassadors

Did you know?  
36% of girls have  
experienced  
cyber bullying.

### Introduction for families and troop leaders:

Thanks to the support and expertise of Webroot, our cyber resilience partner, this patch program is designed to introduce Girl Scout Cadettes, Seniors, and Ambassadors (grades 6-12) to safe online practices. The activities on the following pages can be completed at home with an adult or as part of a troop activity. Upon completion of the age appropriate activities, visit any of our Girl Scouts GCNWI retail shops to receive your free Webroot Cyber Hero patch for each girl who participates.



### 9 Things to Teach Kids to Help Improve Online Safety

Before children go online without the supervision of an adult, make sure they learn about how to use the Internet safely. The following guidelines are a great start:

1. Encourage kids to share their Internet experiences with a trusted adult. Together they can enjoy exploring interesting topics available on the Internet.
2. Teach kids to trust their instincts. If they feel nervous about anything online, they should tell a trusted adult about it.
3. If kids visit chat rooms, use instant messaging programs, online video games, or other activities on the Internet that require a login name to identify themselves, help them choose that name and make sure it doesn't reveal any personal information about them.
4. Insist that kids never give out their or their family's address, phone number, or other personal information, including where they go to school or where they like to play.
5. Teach kids that the difference between right and wrong is the same on the Internet as it is in real life.
6. Show kids how to respect others online. Make sure they know that rules for good behavior don't change just because they're on a computer.
7. Teach kids to respect the property of others online. Explain that making illegal copies of other people's work - music, videos, pictures, and other programs - is just like stealing it from a store.
8. Help kids understand that they should never meet online friends in person. Explain that online friends may not be who they say they are.
9. Teach kids that not everything they read or see online is true. Encourage them to always ask a trusted adult if they're not sure

*Thank you to our  
Cyber Resilience Partner:*

Grades  
6-12



# Girl Scout Cadettes, Seniors, and Ambassadors: Be Your Own Cyber Hero!

Staying safe online begins with understanding how important it is to treat people with respect. The words of the Girl Scouts Promise and Law remind us to do our best in being kind to others, respecting ourselves, making the world a better place, and much more.

## Girl Scout Promise

On my honor, I will try:  
To serve God\* and my country,  
To help people at all times,  
And to live by the Girl Scout Law

## Girl Scout Law

I will do my best to be  
honest and fair,  
friendly and helpful,  
considerate and caring,  
courageous and strong,  
and responsible for what I say  
and do,  
and to respect myself and others,  
respect authority,  
use resources wisely,  
make the world a better place,  
and be a sister to every Girl Scout.

## What does Cyber mean?

Cyber means anything you do  
online with an iPad, laptop, cell  
phone, videos, or games!



\*Members may substitute for the word God  
in accordance with their own spiritual beliefs.

Grades  
6-12

# Spot the Brand

Online landscape can be an intimidating space. It can be fun to take control of the personal message you send with your online content. Instead of being overwhelmed and intimidated, think of your social media profiles as your own personal brand.

Looking at logos and even colors, write down the brand that comes to mind when looking at these images (images of logos and common branding):



## Webroot Tech Tip!

Make sure the content you post matches the values that matter most to you!



Grades  
6-12

# Define your brand!



## ACTIVITY:

### **It's time to define your own brand!**

What do you see? A certain color? Word? Image?

What do you want people to think of after they visit your online profiles?

# AI who?

You spent all that time on a brand, now what happens when it gets ripped off? You see your logo recreated, and even YOU can hardly tell the real from the fake. A few well known artists, brands, influencers have felt that pain with the introduction of AI. (Artificial Intelligence). AI can be SUPER cool, and kinda scary too. New doesn't have to mean scary all the time, it is important to educate yourself on the ever-evolving online space in order to feel confident and comfortable navigating it!

**When you are looking at content online, it used to be a bit easier to tell 'real' from 'fake'. Now, with AI, it is quite tricky!**

**What does that mean?** You have to be extra careful when you check your sources and what/who you trust online. **How can you achieve that?**

## **FOLLOW SOME SAFETY TIPS:**

- Don't believe everything you see or hear, no matter how real it looks and sounds
- Open up a web browser and do your own search, this can often help confirm or deny what you saw
- Ask an adult to help! This is always a wise option when you feel unsure about what you are seeing



Grades  
6-12

# AI can be a tool, once you know how to use it!

## ACTIVITY:

It can also be very empowering to learn what is new and not fear it! Try navigating to an online AI tool, like Chat GPT or even Snapchat, and ask AI to do something like 'Write a poem about basketball', or, 'Write a song about a doctor'.

Write down what it gives you, and see how cool it is!

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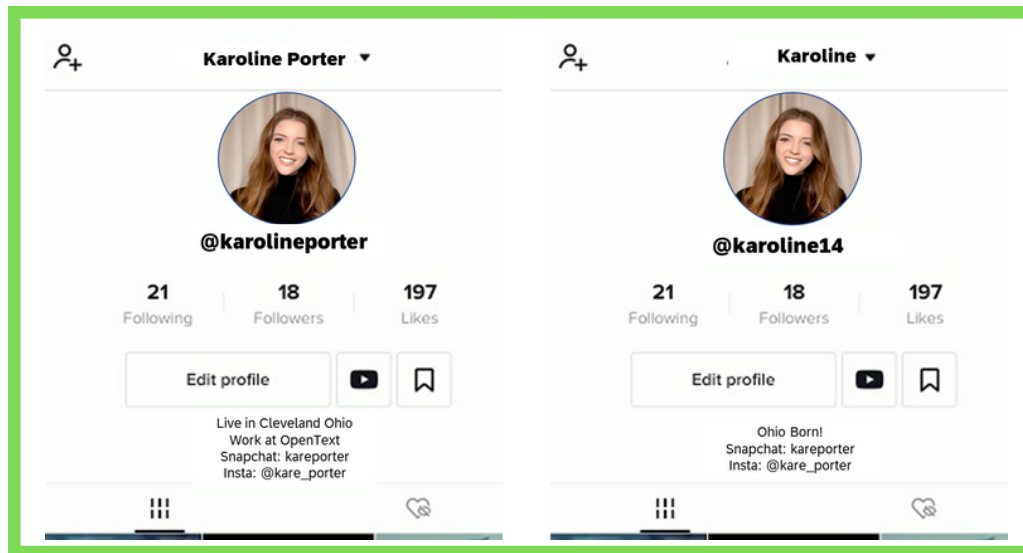
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Grades  
6-12

# Spot the Differences

Now that we feel in control of our online presence, and can consistently keep up with our message tying it back to our own personal brand, how can we keep it safe? As much as we wish it weren't the case, there are a lot of people out there that can try to jeopardize our safety online. Does that mean that we can never mess up? Of course not. Does that mean we should be scared all the time online? No! There are tips and tricks we can give you to help you feel confident navigating the online world in a way that can be fun and safe!

Looking at two profile setups, circle the differences.



Now that you found the differences, identify which profile seems to have the safer information displayed.

Why do you think?

## Webroot Tech Tip!

Never give your address, phone number, or other personal information to strangers online

# Online Health Check

Do we expect that none of us have ever made a mistake when posting online? Of course not. That doesn't mean you can't improve going forward! We are all humans, it's okay to mess up and we are here to help you fix it! Here is a way to perform a health check on your online profiles:

- Look at your social profiles
- Check if your content aligns with the values you described in your personal brand
- If not, what can you do to change your content?
- Reflect on what you learned and what you know to do going forward!

## Webroot Tech Tip!

It is never too late to begin creating a brand you are proud of online!





# Time to share what you learned!

You are becoming a total EXPERT! So now what? We want you to share your knowledge! Find a friend, sibling, parent, guardian and help them perform an online health check!

## ACTIVITY:

Tell us about your teaching experience! Who did you find? What did they learn? What did YOU learn? Did they change anything based on what you shared? How did you feel after sharing your knowledge?

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# More Activities! More Fun!



## Earn a Badge

Girl Scouts of Greater Chicago and Northwest Indiana thanks to our friends at Webroot for this **Be Your Own Cyber Hero** patch program. Now that you have done these activities, check out one or more of the Girl Scout cybersecurity badges to learn more. Ask your troop leader for more details!



Scan this QR code to explore more of Webroot's resources!



## Webroot Tech Tip!

Being a Cyber Hero takes practice. Now that you know some basic words and ways to stay safer online, share what you have learned with your family.

## Make a Poster

Learning how to be a Cyber Hero takes practice! It is fun to learn a new skill. Remind yourself what you have learned by getting out your crayons, markers or paints and drawing a colorful poster to hang by your family's computer or in your room.

## Explore an Event

Check out our programs page where you can watch for more fun Cyber Hero family and troop activities events to pop up!