



Sir Loin's Guide to Cyber Safety

9th - 12th grade Packers

As high school students prepare for their future, their online activities and decisions can have lasting consequences on their college applications, job prospects, and scholarship opportunities. Here are some ways you can help your Packer navigate the digital world safely and responsibly:

Digital Responsibility

- **Understand the Stakes:** Explain that colleges, employers, and scholarship committees often review online profiles, and what they post now can impact their future.
- **Digital Footprint:** Remind them that everything posted online leaves a lasting footprint, even if deleted.
- **Critical Thinking:** Encourage them to think critically about what they share, as misinformation and harmful content spread quickly.

Smart Social Media

- **Privacy Settings:** Adjust social media privacy settings to limit visibility to friends and trusted contacts.
- **Professionalism:** Clean up online profiles, removing content that may be viewed negatively by colleges or employers.
- **Positive Presence:** Use social media to showcase achievements and interests, building a positive digital footprint.

"Try Tip":
Check out the safety center for any social media platform you have an account with to see what information is protected and what isn't.

Cyber Decisions

- **College Admissions:** Admissions officers may review social media; inappropriate content can lead to rejection.
- **Job Opportunities:** Employers often check online profiles; a professional presence improves job prospects, while negative posts can hurt chances.
- **Scholarship Eligibility:** Online behavior can affect scholarship awards, so remind them of the financial impact of their actions.

Online Safety & Ethics

- **Avoid Cyberbullying:** Stress the importance of treating others with respect online, as cyberbullying has serious consequences.
- **Cybersecurity:** Encourage strong passwords, two-factor authentication, and caution against phishing scams.
- **Ethical Behavior:** Discuss the importance of avoiding illegal activities online, as they can have legal repercussions.

"Try Tip":
Check out the ESRB Parent Resources to help keep kids safe while online gaming.

Open Communication

- **Discuss Challenges:** Encourage them to talk about online concerns and assure them you're there to help.
- **Stay Updated:** Keep informed about digital trends to guide safe and responsible choices.

Prepare for the Future

- **Build a Professional Profile:** Encourage creating professional profiles on platforms like LinkedIn to network and showcase achievements.
- **Reputation Management:** Help them manage their digital presence to align with their personal and professional goals.
- **Plan for College and Careers:** Work on a digital portfolio highlighting skills and achievements for future applications.

"Try Tip":
Build a LinkedIn Profile that is fully separated from any other social media content.



As your teen prepares for the next steps in life, their online behavior plays a critical role in shaping their future. By teaching digital responsibility, promoting safe online practices, and emphasizing the long-term impact of their cyber decisions, you can help your Packer create a positive and secure digital footprint that supports their ambitions. Stay engaged, informed, and supportive as they navigate this important aspect of their lives.

Sincerely,
Sir Loin