

FAMILYSHIELD ONLINE LEARNING PACK

Ages 7 to 12

Four printable pages for talking with younger kids about online safety, free to print, copy, and hand out at home, in a classroom, or at a library program. No sign-up or licensing needed.

What's in this pack

- **01: The 5 Golden Rules**, a one-page poster to print and put somewhere visible
- **02: Spot the Safe Choice**, an activity sheet with six real situations and an answer key
- **03: My Safety Plan**, a short fill-in worksheet a child completes with a parent
- **04: Conversation Guide for Parents**, discussion questions and things to watch for

Where this content comes from

Everything here is adapted from the full guides at familyshieldonline.com, an independent, ad-supported family online-safety resource that isn't affiliated with any government agency. The site covers scams, grooming, sextortion, cyberbullying, AI and deepfake risks, screen time, and home network security in more depth than fits on paper.

A note on age and reading level

These pages are written for roughly ages 7 to 12. For teens, FamilyShield Online has a separate learning pack (ages 13 to 16) written directly for them, covering sextortion and deepfake risks in more direct language.