

FOR FAMILIES · GRADES K-2

My password is mine: a family page

Today your child learned that a password is a secret, just like a toothbrush is only for one person. We practiced naming trusted grown-ups and saying "I need help, please." Your child may only share a school password with you and with their teacher.



WHAT YOUR CHILD LEARNED AT SCHOOL



My password is mine, like my toothbrush. Only my grown-up at home and my teacher may help me with it.



Try this at home

- 1 Look at your child's "My trusted grown-ups" page together. Add a phone number for a trusted adult your child can call, and keep it on the refrigerator.
- 2 Play "Share or keep private?" at dinner. Say an item (favorite color, home address, favorite food, password, birthday party photo in front of the house). Your child gives a thumbs up or makes a lock with their hands.
- 3 Practice the help sentence at home: when something on a tablet or phone is confusing or scary, your child says "I need help, please" and shows you the screen.



Conversation starters

- Why is a password like a toothbrush?
- Who are the grown-ups who may help you with your password?
- What would you say if a friend asked for your password?
- What can you do if you feel stuck on the tablet?



Household tip

If your child shared a password by mistake, stay calm and thank them for telling you. Change the password together or ask the teacher to reset the school one.



Watch the free 2-minute lesson together
k12cyberforward.com/learn/trusted-adult

Questions? Contact your child's teacher or school office: