CLASSROOM LESSON · GRADES K-2

My password is mine

A password is like a toothbrush: it is just for you

Students learn that a password (or login card or picture password) is a secret that keeps their school account safe, sort things that are OK to share from things to keep private, name the trusted grown-ups who may help with a password, and practice saying "I need help" out loud.

GRADE BAND	TIME	FORMAT	PREP
K-2	30 minutes	Whole class + groups	Print & cut, ~10 min

BIG IDEA

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

Students will be able to

- [ ] Explain in their own words that a password is a secret that keeps their account safe
- [ ] Sort everyday things into OK to share and Keep private
- [ ] Name at least one trusted grown-up at home and one at school who may help with a password
- [ ] Say the help sentence "I need help, please" to a trusted grown-up

Materials

- Board or projector for the slides
- A clean, new toothbrush still in its package (or a picture of one) for the warm-up
- Worksheet: OK to share or keep private? (1 per student)
- Worksheet: My trusted grown-ups (1 per student)
- Scenario cards, cut apart (1 set for the teacher to read aloud)
- Crayons; scissors and glue sticks if students will cut and paste the sort
- Optional: a student login card or picture-password card (with the real password covered) to show what one looks like

Before class

- Print one copy of each worksheet per student and one set of scenario cards for yourself.
- Decide if students will cut and glue the sort pictures or draw lines to the boxes. Drawing lines is faster for kindergarten.
- Write on the board: My password is mine. Only my grown-up at home and my teacher may help.
- Write the names of your school helpers on the board (for example, your name, the front office, the counselor, the library media specialist) so students can copy or point to them on the builder sheet.
- If your class uses login cards or QR badges, check that none are out on desks before you start.

Vocabulary

- **Password** — A secret word, picture or card that lets only you open your account. It is like a key to your door.
- **Secret** — Something you keep to yourself. A password is a safe secret you share only with your trusted grown-ups.

Vocabulary (continued)

- **Private** — Just for you and your family, like your home address or your password.
- **Trusted grown-up** — An adult who keeps you safe and helps you, like a parent, a guardian, your teacher or the school counselor.
- **Account** — Your own space in a learning app or on a school tablet. You open it with your password or login card.

Standards alignment

- **ISTE Standards for Students 1.2.d** — Digital Citizen, Digital Privacy: students take steps to protect their privacy on devices and look after their personal information and account security when they are online.
- **CSTA PK-12 Computer Science Standards (2026) EK-SYS-SE-12** — Kindergarten, Systems and Security: students tell the difference between information that is fine to make public and information that should stay private.
- **CSTA PK-12 Computer Science Standards (2026) E1-SYS-SE-12** — Grade 1, Systems and Security: students describe ways to keep devices and online accounts safe from people who should not get in.
- **CSTA K-12 Computer Science Standards (2017) 1A-NI-04** — Grades K-2, Networks and the Internet: students explain what passwords are and why people use them, and use strong passwords to keep devices and information safe from people who should not have access.
- **CSTA K-12 Computer Science Standards (2017) 1A-IC-18** — Grades K-2, Impacts of Computing: students keep their login information private and log off devices the right way.

This lesson lines up with widely used digital citizenship and computer science frameworks; Georgia districts can map it to their state computer science and digital literacy expectations for the early grades.

Lesson sequence · 30 minutes

4' Warm-up

1. Hold up the toothbrush. Ask: Who uses this? Would you share your toothbrush with a friend? Let students show thumbs up or thumbs down.
2. Take two or three answers. Most children will say no and say why (germs, it is mine).
3. Connect the idea: Some things are just for you. A password is one of them.

Say: *"This is a toothbrush. It is just for one person. We don't share toothbrushes, even with our best friend, right? Today we will learn about something on the computer that is just like a toothbrush. It is just for you. It is called a password."*

7' Mini-lesson

1. Show slide 2 and 3. Explain that a password is a secret that opens your account, like a key opens a door. At our school it might be a word, a picture password or a login card.
2. Ask: What could happen if someone else had your key? (They could get in, change your work, pretend to be you.) Keep the tone calm: passwords help us, they are not scary.
3. Show slide 4. Teach the rule: My password is mine. Only my grown-up at home and my teacher may help me with it. Not friends, not big kids, not people in games.
4. Show slide 6. Teach the help sentence with a hand signal: raise your hand, then say "I need help, please." Practice it together three times: a whisper voice, a regular voice and a clear, brave voice.
5. Model one more sentence: "I need help, please. Someone asked for my password." Students repeat it.

Say: *"Your password is like the key to your own little room on the computer. If you give your key to someone, they can walk right in. So your password stays with you. Who can help you with it? Your grown-up at home and your teacher. That's it. And if you ever feel stuck, you raise your hand and say: I need help, please. Let's practice. Whisper voice... regular voice... brave voice."*

10' Activity

1. Hand out the sort worksheet. Read each picture card aloud and point to the icon. Students decide together, then cut and glue or draw a line to OK to share (thumbs up) or Keep private (lock).
2. Do the first two items together as a class (favorite color, password). Let students do the rest with a partner while you keep reading aloud.
3. Hand out the My trusted grown-ups worksheet. Students draw or write one grown-up at home and one at school. Point to the names on the board for students who want to copy them.
4. Walk around and ask each pair: Who may help you with your password? Listen for a parent or guardian at home and the teacher at school.

5' Discussion

1. Read two or three scenario cards aloud (suggested: Card 1, Card 2 and Card 7). Students show thumbs up for share and a lock sign (fists together) for keep private, then explain.
2. Ask one or two discussion questions. Praise answers that name a trusted grown-up and the help sentence.
3. Remind students that nobody gets in trouble for asking for help or telling a grown-up that they shared a password by mistake.

4' Exit ticket

1. Read each exit ticket question aloud. Students answer with a thumbs up or down, or by pointing to the picture on the board.
2. For the last question, go around the circle quickly: each student says the help sentence to you or to a partner.
3. Collect the trusted grown-ups sheet to send home with the family page.

Discussion questions

1. **Why is a password like a toothbrush?**
   Listen for: It belongs to one person; we don't share it with friends; it keeps something just for us.
2. **A friend at the computer center says, "Tell me your password so I can play on your account." What do you say?**
   Listen for: "No thanks, my password is mine." Then tell the teacher if the friend keeps asking.
3. **Who are the grown-ups who may help you with your password?**
   Listen for: A parent or guardian at home and the teacher at school. Not friends, big kids or people in games.
4. **What can you do if you told someone your password by mistake?**
   Listen for: Tell a trusted grown-up right away so they can change it. You are not in trouble.
5. **How do you ask for help when something on the screen confuses you?**
   Listen for: Raise your hand and say "I need help, please," then show the grown-up the screen.

Exit ticket

Listen to each question. Show thumbs up or thumbs down, or say your answer.

1. Can you tell your best friend your password? → **Thumbs down. My password is mine, like my toothbrush.**
2. Can your grown-up at home help you with your password? → **Thumbs up. A parent or guardian at home and my teacher may help.**
3. Is your favorite animal OK to share? → **Thumbs up. It does not tell anyone where you live or how to get into your account.**
4. Say the help sentence. → **"I need help, please."**

Support

- Do the sort as a whole class on the board, with students pointing to thumbs up or lock before anyone writes.
- Give a partner job: one student holds the picture, the other places it.
- Use only the first six sort items for students who need a shorter task.
- Let students draw their trusted grown-ups instead of writing names; label the drawing for them if they ask.

Extend

- Ask early finishers to draw a new picture for each box (one thing OK to share, one thing to keep private) and explain why.
- Have students act out the help sentence with a puppet or a partner playing the grown-up.
- Invite second graders to write the class rule in their own words for a poster near the computer center.

Multilingual learners

- Teach the key words with pictures and gestures: password (key gesture), secret (finger to lips), help (raised hand).
- Offer the Spanish words: contraseña (password), secreto (secret), privado (private), ayuda (help), and the sentence "Necesito ayuda, por favor." Invite students to say the help sentence in their home language too.
- Use sentence frames: "I share my ___." "I keep my ___ private."
- Pair students with a buddy who shares their language for the sort, if possible.

Accessibility

- Fine-motor needs: students point to or say the box instead of cutting and gluing; a partner or adult can place the picture. Offer pre-cut pictures and chunky crayons.
- Visual needs: enlarge the worksheets to 150 percent on the copier, use a high-contrast black-and-white copy, and read every item aloud. Let the student hold real objects (a toothbrush, a padlock or key) during the warm-up.
- The two sort boxes are labeled with words and symbols (thumbs up and lock), so color is never the only clue.
- For students who use a communication device or picture board, add the help sentence "I need help, please" as a button before the lesson.
- Students who do not speak out loud can show the help signal (raised hand, then point to the screen) instead of saying the sentence.

Family extension

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.

Send home the family sheet (English and Spanish) included in this lesson pack.

Follow-up: free 2-minute lesson

k12cyberforward.com/learn/trusted-adult
Project it for a quick review or share the link with families.
Related Cyber Academy course: academy-students-k2.

Sources and further reading.

- FTC Consumer Advice: Heads Up, Stop. Think. Connect. (keep passwords private, ask a trusted adult): https://consumer.ftc.gov/articles/heads-up
- FTC Consumer Advice: Kids and video games (keep personal details private, talk to a trusted adult): https://consumer.ftc.gov/articles/kids-video-games
- CISA Secure Our World: Use strong passwords: https://www.cisa.gov/secure-our-world/use-strong-passwords
- ISTE Standards for Students: https://iste.org/standards/for-students
- CSTA 2026 PK-12 Computer Science Standards: https://csteachers.org/pk12standards/
- CSTA K-12 Computer Science Standards (2017), condensed: https://csteachers.org/wp-content/uploads/2025/03/csta-k-12-computer-science-standards-revised.pdf