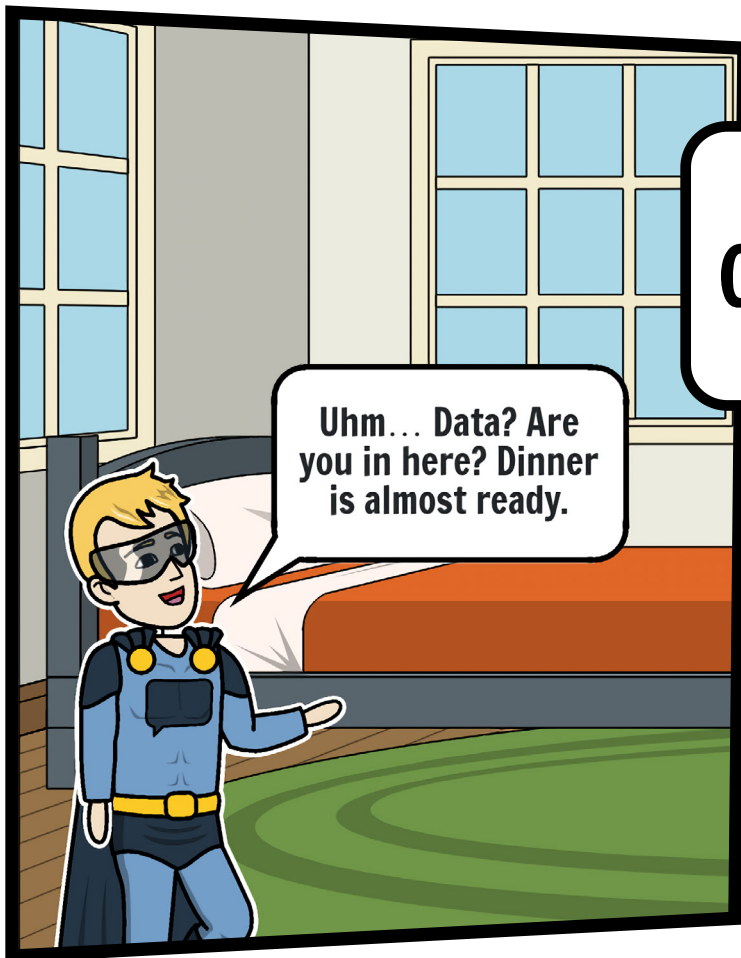
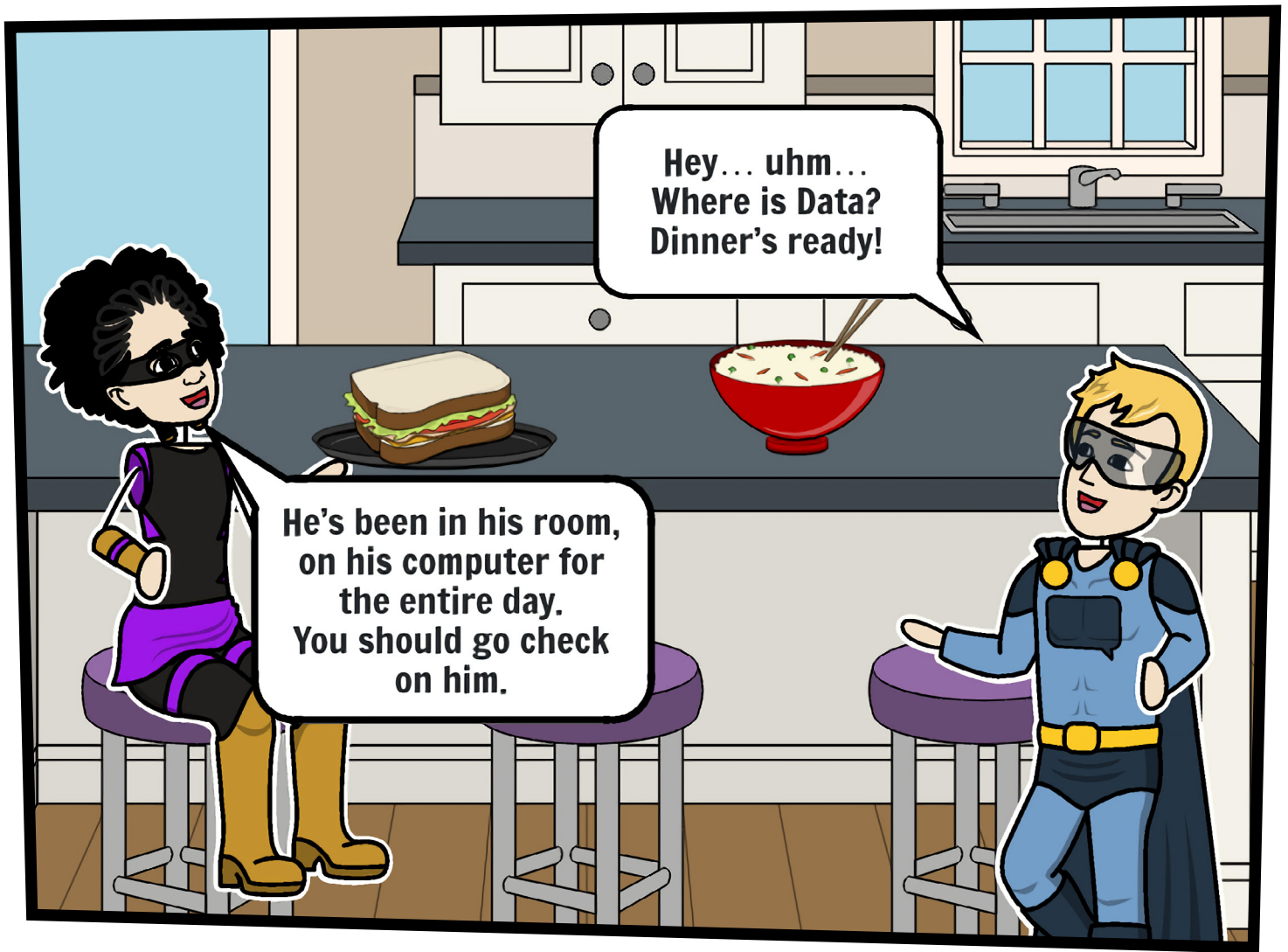
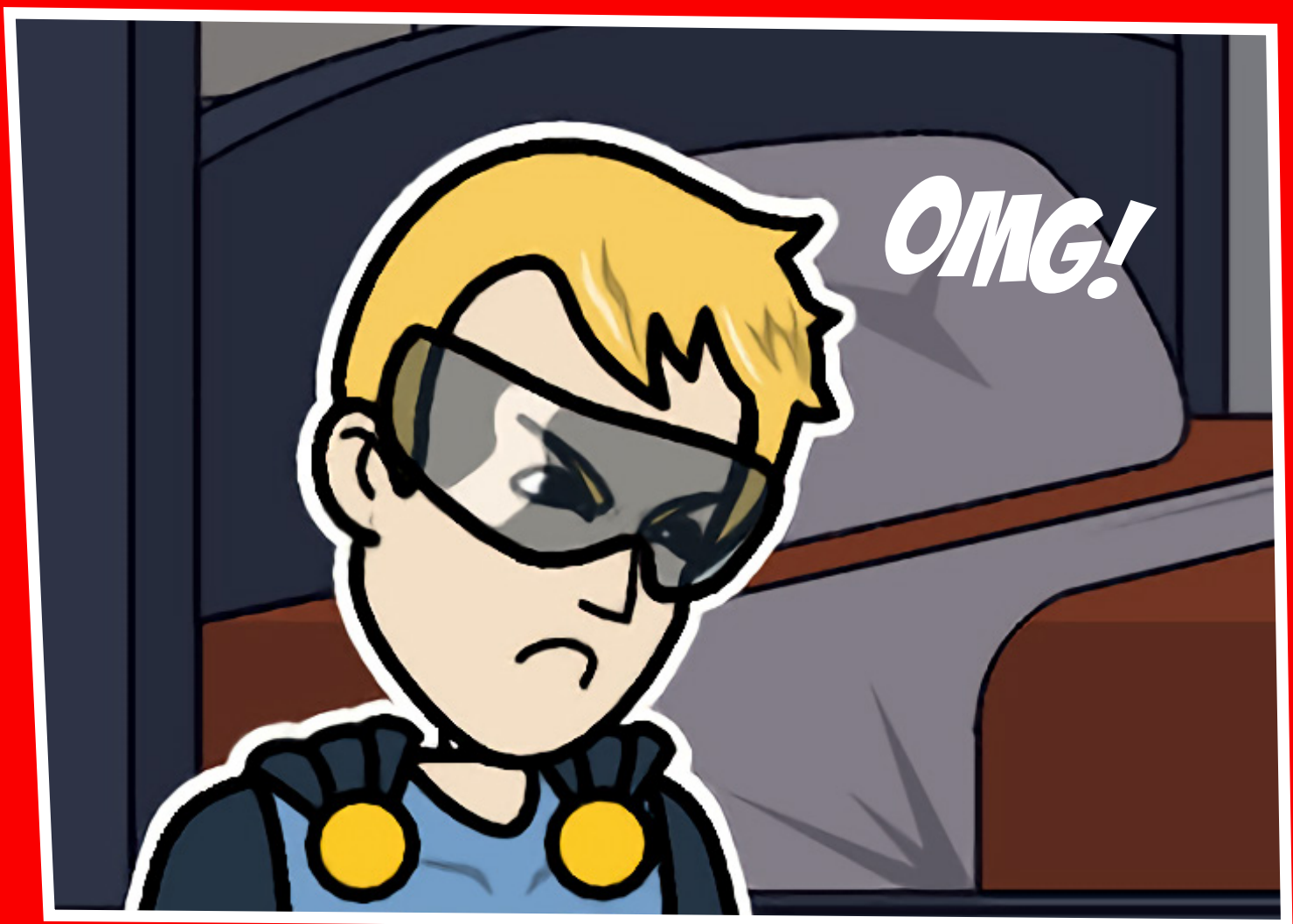


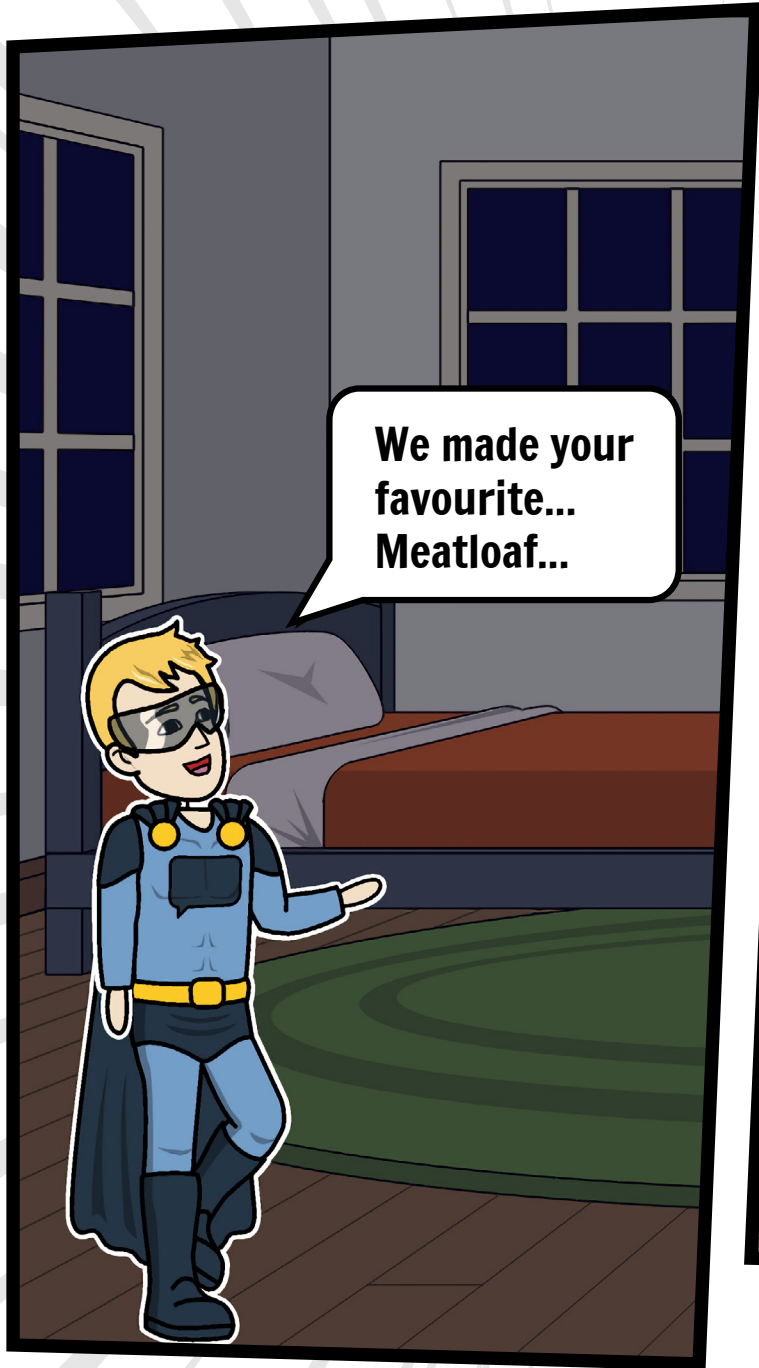
THE ADVENTURES OF CYBER-SURFER

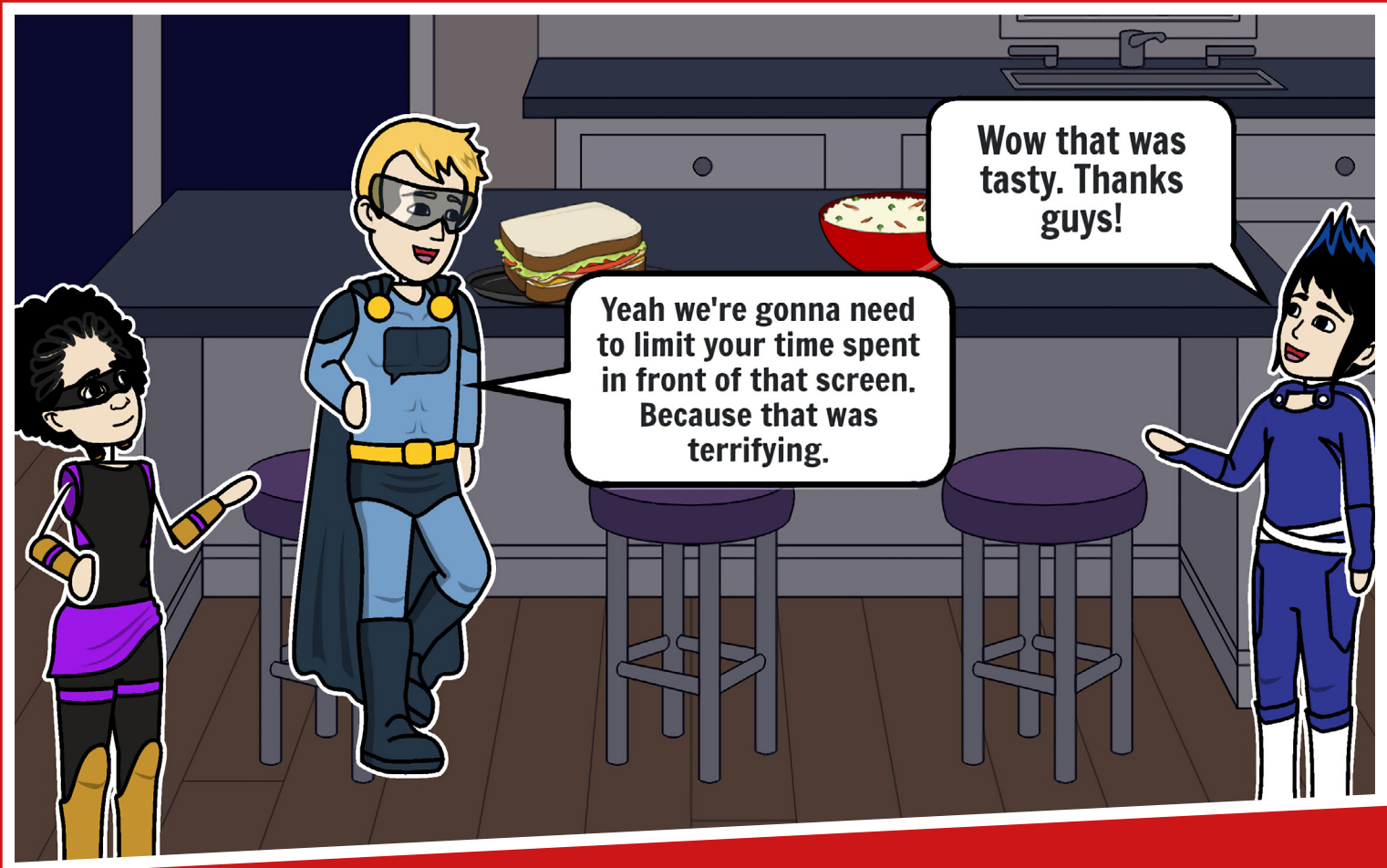


BE IN CTRL









Wow that was tasty. Thanks guys!

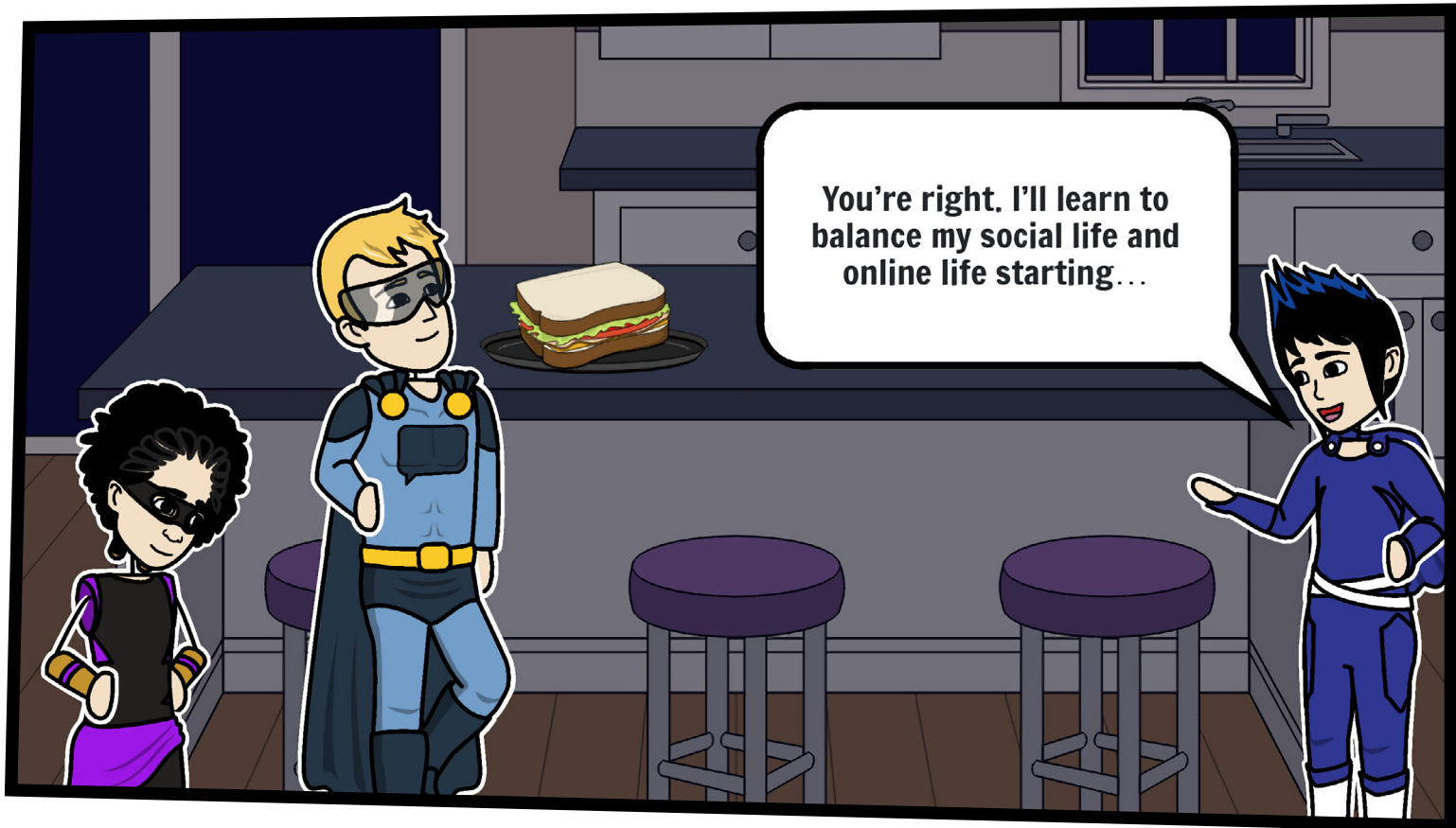
Yeah we're gonna need to limit your time spent in front of that screen. Because that was terrifying.



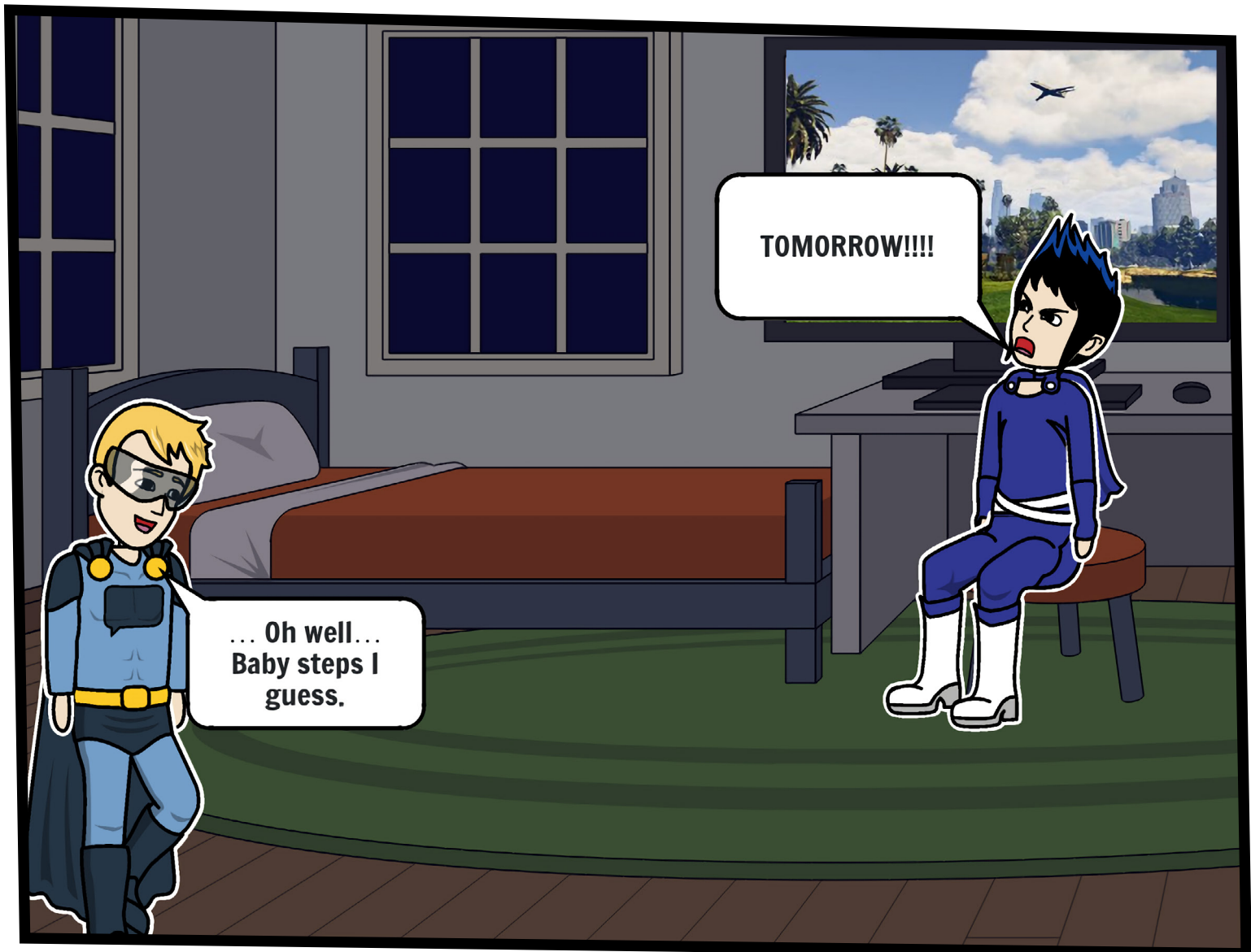
You're right. It was unacceptable for me to behave that way. It's crazy to think how spending so much time online-

would gave me such strange mood swings. And the more time I spend in it, the harder it is for me to get out of it.

Yeah that's why you should develop a good balance between offline and online.



You're right. I'll learn to balance my social life and online life starting...



... Oh well...
Baby steps I guess.

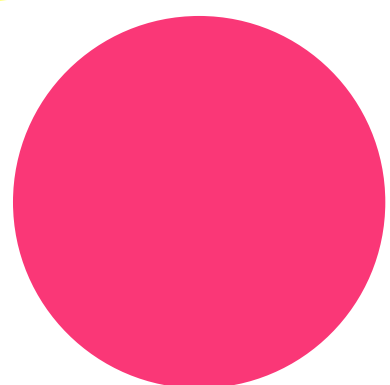
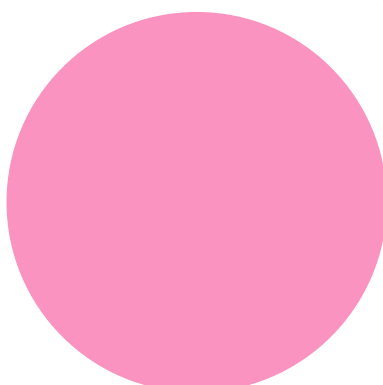
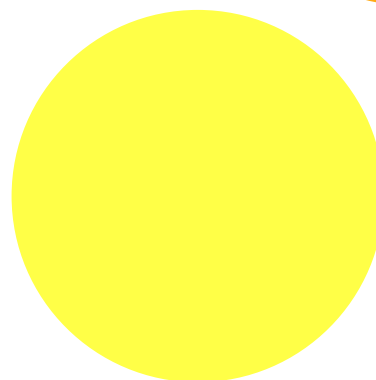
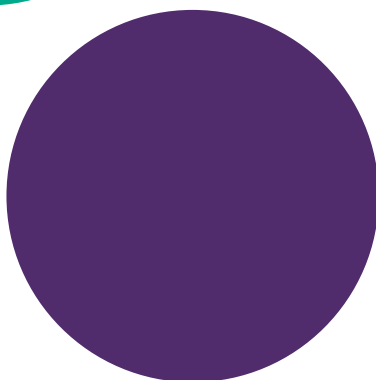
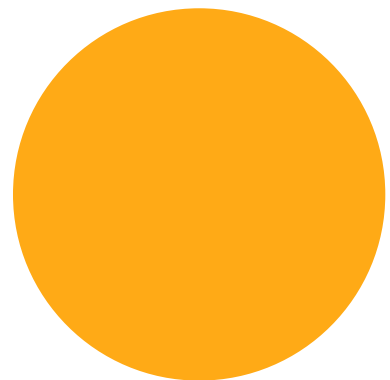
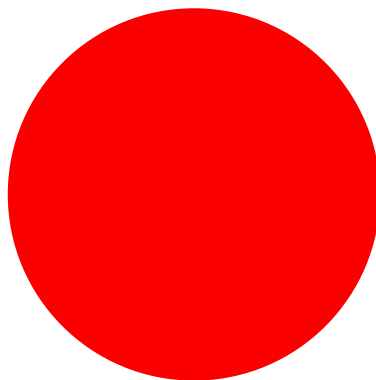
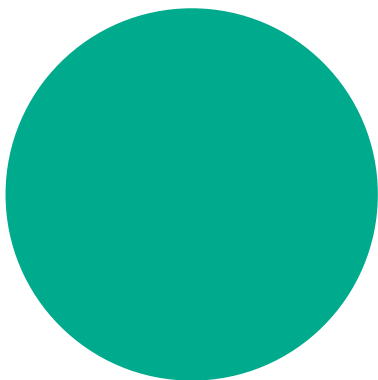
TOMORROW!!!!

FUN ACTIVITY FOR YOUNG LEARNERS

Sometimes, annoying things can really “push your buttons”. Understanding what annoys or upsets you can be a great way to identify what makes you feel like this. With your parent, or a trusted adult, brainstorm what things online make you angry or upset. Complete the sheet, filling in each button with something that makes you feel like this.

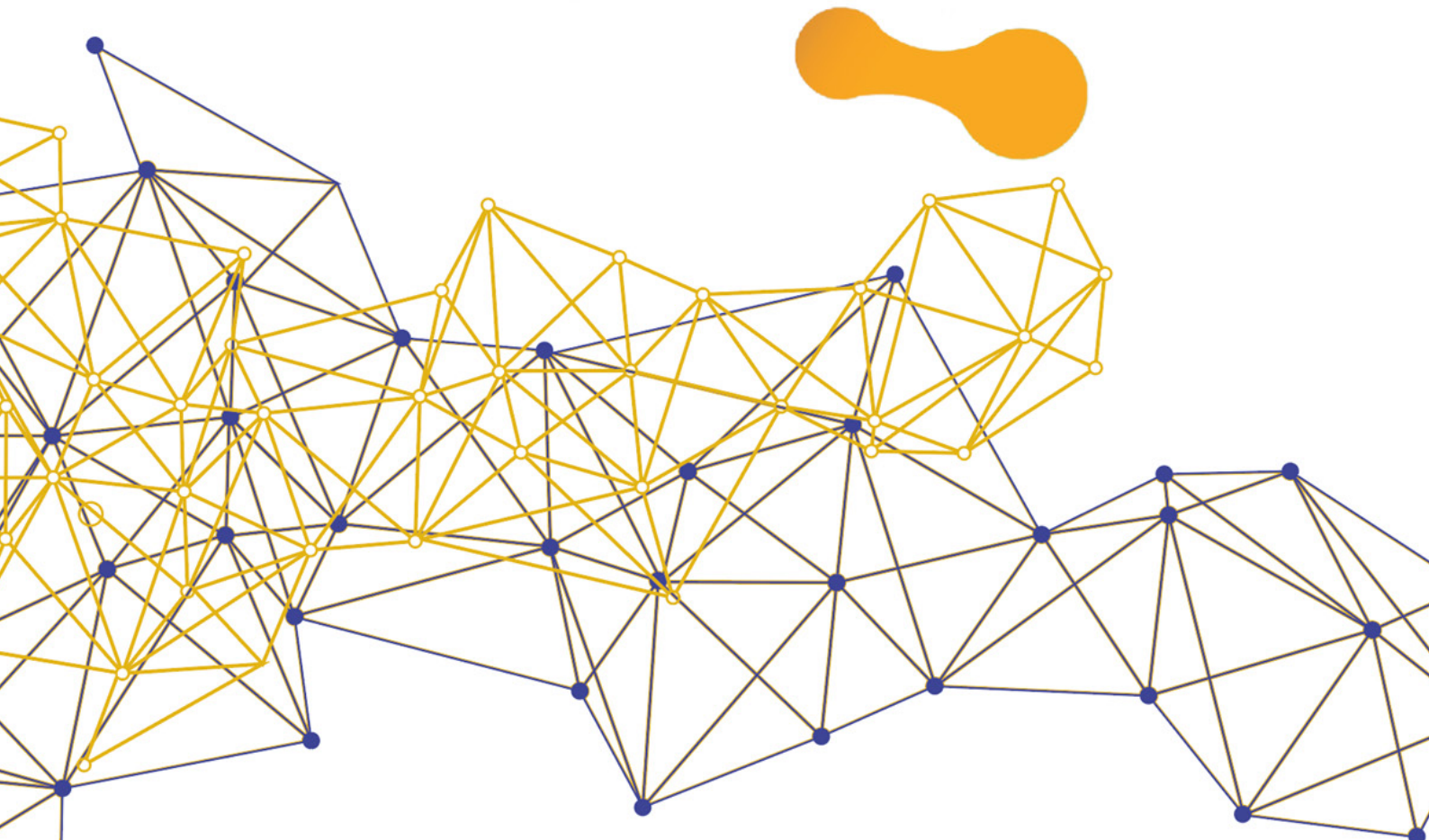
MY ANGER BUTTONS

Sometimes, annoying things can really “push your buttons”. Understanding what annoys or upsets you can be a great way to identify what makes you feel like this. With your parent, or a trusted adult, brainstorm what things online make you angry or upset. Complete the sheet, filling in each button with something that makes you feel like this.





WOWSA



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