



**Texas 4-H Youth Development
Healthy Lifestyles Invitational**

Internet Safety for Teens

Teens use their laptops, smartphones, and other devices to keep up with friends and family, do homework, take pictures, and other forms of communication. While it can be a helpful tool, there are many dangers that also come along with using these devices on the internet. It is important to be smart online!

The web pages below are the official Healthy Lifestyle Invitational Contest study resources. Classes will be developed based on information from these pages.

Kids Health

<https://kidshealth.org/en/teens/internet-safety.html>

GCF Global

<https://edu.gcfglobal.org/en/internetsafetyforkids/teaching-kids-about-internet-safety/1/#>

U.S. Department of Justice

<https://www.justice.gov/coronavirus/keeping-children-safe-online>