

OUR TALE :

In the land of Arendelle, there lived 2 princesses: Elsa and Anna. But their people didn't know very much about them. For years the castle had been all closed up, with hardly anyone going in or out. And then, when the Princesses were teenagers, the King and Queen died at sea and the princesses withdrew even more.



Years later, Elsa had a special birthday. She was now old enough to become the queen. A big party was thrown, and people came from far and wide to celebrate the new queen. But Elsa had a secret...ever since she was a little girl, she had magical powers! She had the power to make it snow and create ice out of nowhere! But her parents taught her that her power was something dangerous and so she tried to hide it. No one in the Kingdom, not even her sister, knew about her powers. Until the night of the party. Elsa was really nervous and when someone upset her, she accidentally used her powers! Some people were scared of Elsa and gave her horrible looks and so she ran away. She ran across the river and up into the mountains where she made a palace of ice for her to live in alone.

She loved her Kingdom though and missed her sister and so she opened her phone to check her messages and social media. People had said some really horrible things online:

- "She's a witch and too dangerous to be queen!" posted the Duke of Weselton
- "We don't want you back, stay in the mountains" said the baker from the village in a Whatsapp message
- "Your magic is evil; we don't want you here" tweeted one of the palace guards

Elsa was heartbroken by the bullying she received online. How could people be so cruel?

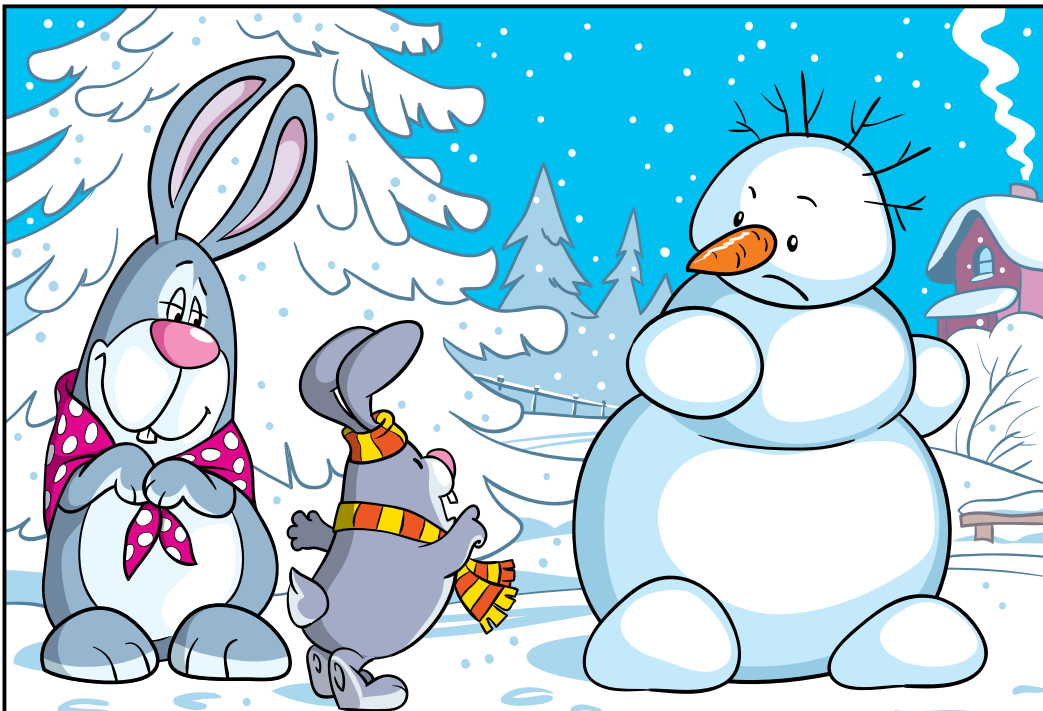
But the more time Elsa spent playing with her powers, the more she realised that there was nothing wrong with them. Her powers weren't terrible, and she was not an evil person. People had said those horrible things just to be mean or because they were scared. But Elsa was not ready to go home to them because now she was scared of what they would do to her.

INTERNET USE CONTRACT:

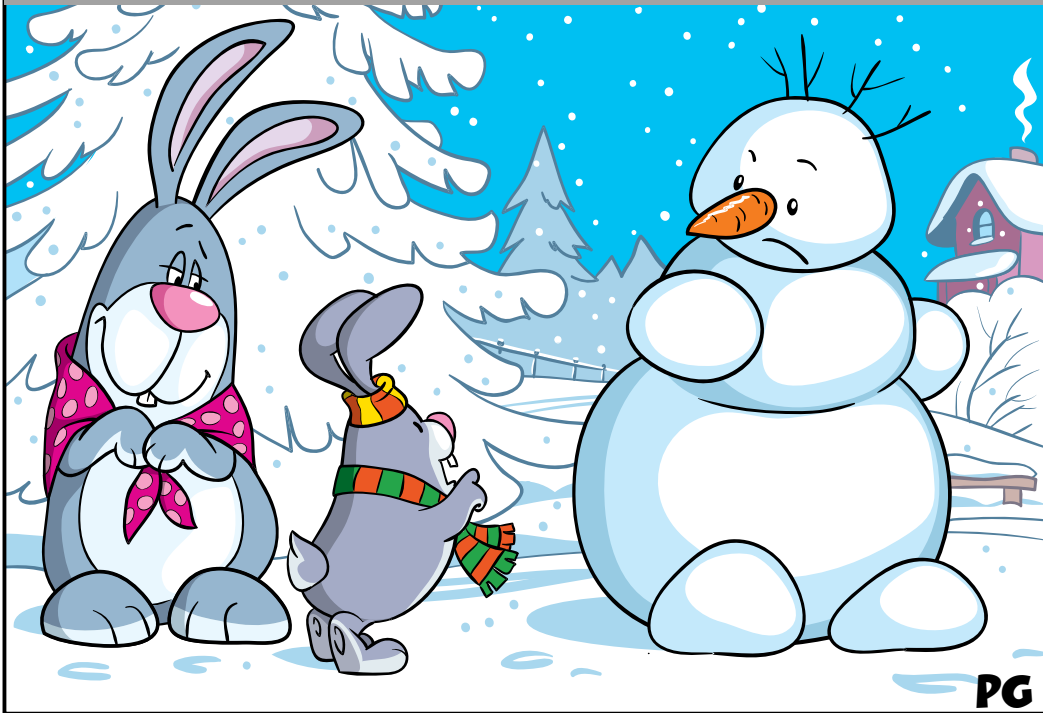
My Responsibility

I, _____, will be responsible when using my devices and while I'm. I promise to abide by the following rules:

1. I will not give out personal information such as my address, telephone number, parents' work address/telephone number, or the name and location of my school without my parents' permission.
2. I will tell my parents right away if I come across any information that makes me feel uncomfortable.
3. I will never agree to get together with someone I "meet" online without first checking with my parents. If my parents agree to the meeting, I will be sure that it is in a public place and bring my mother or father along.
4. I will go online or play video games when my parents say it's OK and limit my online time so that it doesn't interfere with chores, homework or other activities.
5. I will not respond to any messages that are mean or in any way make me feel uncomfortable. It is not my fault if I get a message like that. If I do I will tell my parents right away.
6. I will talk with my parents so that we can set up rules for going online. We will decide upon the time of day that I can be online, the length of time I can be online, and appropriate areas for me to visit. I will not access other areas or break these rules without their permission.
7. I will not give out my Internet password to anyone (even my best friends) other than my parents.
8. I will check with my parents before downloading or installing software or apps or doing anything that could possibly hurt our devices or jeopardise my family's privacy.
9. I will be a good online citizen and not do anything that hurts other people or is against the law.
10. I will help my parents understand how to have fun and learn things online and teach them things about the Internet, computers and other technology.

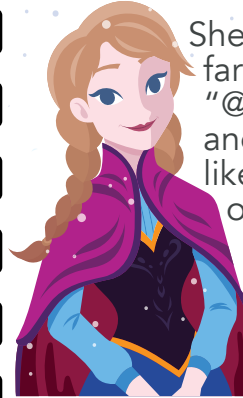


SPOT 10 DIFFERENCES



OUR TALE CONTINUES :

Then one day, her sister Anna sent her a voice note that said "Elsa, don't let Bullies decide how you should live your life. They are mean people who do not even know you. I know you are a good person, and you will make a wonderful queen. Please come home and show the bullies that you don't care what they think."



She even received a message from a princess in a faraway land named Cinderella! She tweeted "@QueenElsa, I used to be bullied by my stepsisters and stepmother all the time because they just didn't like me. But then I decided to go out and choose my own life and not let these mean people decide how I feel and live. I am now much happier because I don't pay any attention to their silly opinions! Go be the Queen you were meant to be!"

And so Elsa found the courage to go home and face her bullies. The ones who had been scared soon realized that there was nothing to worry about. And the ones who were just being mean... well, some of them carried on being mean. But Elsa just chose to ignore them and focus on being the best, kindest person she could be. After all, like her friend Olaf says "Some people are worth melting for" and bullies are definitely not worth having a meltdown over!

Hey Kids! In the real world, there are people out there who might be mean to you and bully you, either face to face or online. There are some things you need to remember about bullies:

- Don't respond to them, they want you to react so that they can pick a fight with you. Just ignore them.
- If someone is bullying you, or you see someone else being bullied, tell a trusted adult like a parent or teacher.
- Remember that how special and awesome you are does not depend on what other people think. You are amazing JUST the way you are!



WORD JUMBLE:

Throughout this booklet are words that can assist you with unscrambling the below:

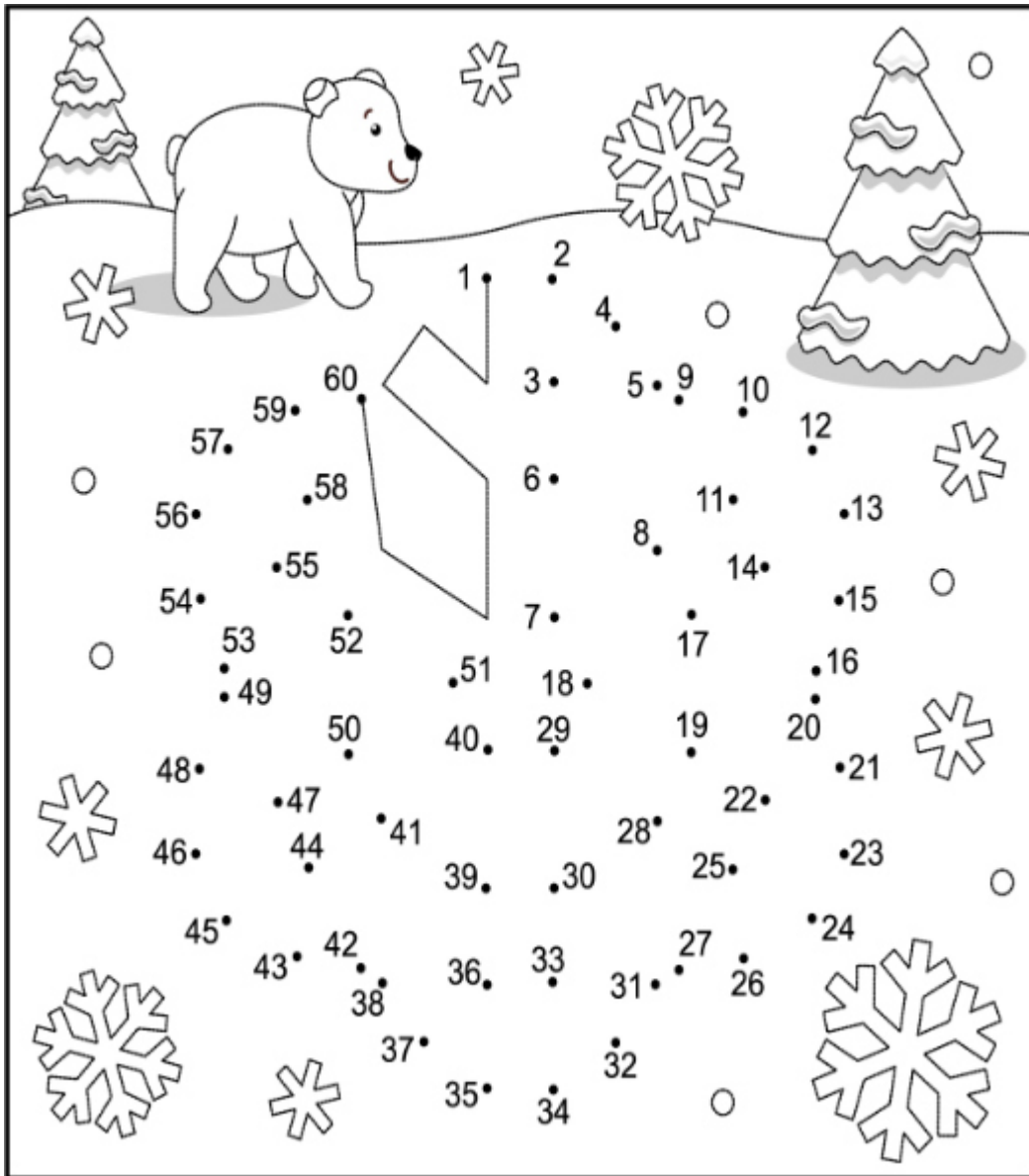
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LEARN THOSE CYBER TERMS:

Definitions:

- **CATFISHING:** In the online world, catfishing refers to the practice of setting up a fictitious online profile, most often for the purpose of luring another into a fraudulent romantic relationship.
- **CYBERBULLYING:** the use of electronic communication (texts, phone calls, social media posts) to bully a person, typically by sending messages of an intimidating or threatening nature.
- **CYBERSTALKING:** Repeatedly sending message that include threats of harm or are highly intimidating; engaging in other online activities that make a person afraid for his or her safety.
- **DENIGRATION:** "Dissing" someone online. Sending or posting cruel gossip or rumours about a person to damage his or her reputation or friendships.
- **EXCLUSION:** Intentionally excluding someone from an online group, like a "buddy list" or a game.
- **FLAMING:** Online fights using electronic messages with angry and vulgar language.
- **FRIEND:** a person with whom one has a bond of mutual affection,
- **HARASSMENT:** Repeatedly sending offensive, rude and insulting messages.
- **IMPERSONATION:** Breaking into someone's account, posing as that person and sending messages to make the person look bad, get that person in trouble or danger, or damage that person's reputation or friendships.
- **OUTING:** Sharing someone's secrets or embarrassing information online. Tricking someone
- **PERMANENT POSTS:** Most information communicated electronically is permanent and public, if not reported and removed. A negative online reputation, including for those who bully, can impact college admissions, employment, and other areas of life.
- **TROLLING:** Intentionally posting provocative messages about sensitive subjects to create conflict, upset people, and bait them into "flaming" or fighting.
- **TRUSTED ADULT:** is someone that you have a good relationship with. It is someone who you think has your best interests in mind. You have a right to choose whether you want a trusted adult and who that person will be.

CONNECT THE DOTS:



DOUBLE PUZZLE:

Unscramble the below words to then use the numbers to find out the phrase at the bottom

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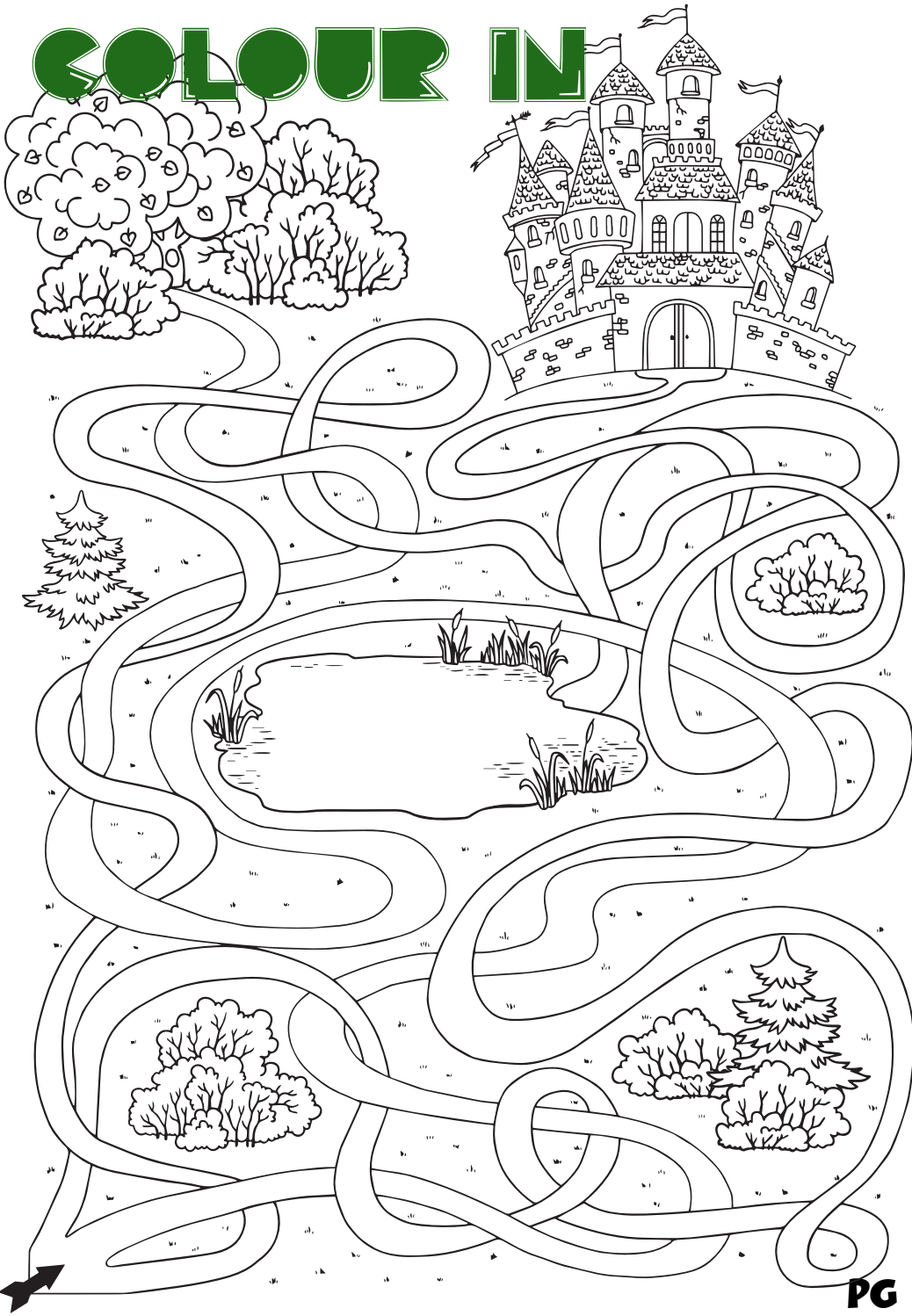
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COLOUR IN



GET COLOURFUL

EXTRA:

CUTOUT AND GLUE TO MAKE A ROBOT

