

Patch Program

Not on Our Watch (D/B/J)

This patch is sponsored by Not on Our Watch, an initiative of Texas Women in Business. The Not on Our Watch patch program helps Girl Scouts, troops and their families raise their awareness of online abuse and exploitation. For discussions being led by the troop leader, consider having the [Sensitive Issues Form](#) filled out by caregivers.

Grade level requirements:

- **Daisies (grades K-1).** Complete the entire **Discover** category. Then, choose one activity from the **Connect** category and **Take Action** category.
- **Brownies (grades 2-3).** Complete the entire **Discover** category. Then, choose two activities from the **Connect** category and **Take Action** category.
- **Juniors (grades 4-5).** Complete the entire **Discover** category. Then, choose three activities from the **Connect** category and **Take Action** category.

Content courtesy of [NetSmartz](#) and the [National Center for Missing & Exploited Children](#)

Discover

Online Understanding - There's so much fun stuff to do online, right? And it's not just on computers! Things like cell phones, tablets, and game consoles can all connect to the internet. You can play games, draw, watch videos, and listen to music online. When you get a little older, you might even share pictures and

videos with your friends or make your own website! Make a list of all the fun things you like to do online and which devices you use the most¹.

Internet Safety Pledge - The internet can be a lot of fun, but not everything on it is made for kids. Sometimes, you might see something that doesn't make sense or makes you feel upset—like people being mean, using bad words, or fighting. Even if you didn't try to find it, it can still pop up and make you feel sad, scared, or confused.

But don't worry—you don't have to deal with it alone. The most important thing to do is tell a grown-up you trust, like a parent, teacher, or troop leader. Learn the first rule of being safe online by saying the Internet Safety Pledge (raise your right hand and show the Girl Scout sign)²:

I will tell,

A trusted adult,

If anything online,

Makes me feel sad,

Scared or confused.

Personal Information - “Personal” means it's all about YOU! It's the kind of information that's private and should be kept safe. You should only share personal stuff with a parent or a grown-up you trust.

There are lots of fun things you can share online—like your favorite game, your favorite snack, or whether you like cats or dogs. But some things are just for you and your family to know. Before you share anything personal, always check with your parent or guardian first!

Here are some things you should NOT share online:

- How old you are
- Where you live
- What school you go to
- Your email address
- Your phone number
- Your passwords

These are called personal because they belong to YOU and only you! If someone online asks for this kind of stuff, that's a big red flag. Don't answer—tell a trusted

¹ NetSmartz Grades K-2 Presentations. Presenters Guide Slide 3-4. <https://connect.ncmec.org/learn>

² NetSmartz Grades K-2 Presentations. Presenters Guide Slide 5. <https://connect.ncmec.org/learn>

adult right away! Your safety matters and keeping personal info private is a big part of staying safe online³.

What Could Happen? - So, what can happen if someone online finds out your personal information? Well... it might not be good! They could send a virus to your computer. A virus is like when you catch a cold—but instead of making you sick, it makes your computer sick! Your computer might get really slow, act weird, or even stop working. Someone with your personal info could also pretend to be you online. That's super sneaky! Imagine if someone got your parents' password they use to buy stuff online. They could buy things without permission—or even take money that doesn't belong to them! Yikes! That's why it's super important to never share things like your full name, where you live, your school, or any passwords. Can you think of a time when someone asked you something personal online? What did you do—or what should you do next time⁴?

Pop-Ups - Not every website is safe—even if it looks fun or has cool games. Have you ever seen a little box suddenly pop up on your screen while you're online? That's called a pop-up. It might be super colorful or have flashing lights. Some even say things like, “You’ve won a prize!” or “Click here to get a free toy!” Sounds cool, right? But be careful! These pop-ups can be tricky. They might ask you to type in your name, where you live, or other personal stuff. Don't do it!

Instead:

- Click the X in the corner to close the pop-up.
- Or press the back button to go to a safe page.
- And if you're not sure what to do, ask a trusted adult for help.

Let's pretend: You're watching a fun video and suddenly a pop-up says, “You won a contest! Type your name and address to get your prize!” What should you do⁵?

Safe Gaming - Playing games or building cool worlds online with other people can be a lot of fun! You might team up, build stuff together, or go on adventures. But remember—never share personal information while you're playing. It's okay to talk about the game—like what level you're on or what your favorite character is. But things like your name, your school, or where you live should stay private. You don't need to know someone's real name or where they go to school to have fun in a game. And if someone starts asking questions that feel a little too personal, it's okay to say no or stop chatting.

³ NetSmartz Grades K-2 Presentations. Presenters Guide Slide 9-10. <https://connect.ncmec.org/learn>

⁴ NetSmartz Grades K-2 Presentations. Presenters Guide Slide 11. <https://connect.ncmec.org/learn>

⁵ NetSmartz Grades K-2 Presentations. Presenters Guide Slide 13. <https://connect.ncmec.org/learn>

Let's Pretend: You're playing an online game with someone you don't know in real life. You both find out you live in the same state. Then they ask, "Hey, what school do you go to?" What should you do⁶?

Meeting New People - We meet new people all the time—like at the park, in school, or on a sports team. And it's great to make new friends! But when you talk to someone online, there's something super important to remember:

You don't really know who they are.

In real life, you can see someone's face, hear their voice, and know if they're being kind or silly. But online, all you see are words—and anyone can say anything. Imagine you're in a room with your eyes closed. Someone says, "The walls are green!" But you can't see it—so how do you know they're telling the truth? It's the same online. Just because someone says they're your age or like the same things you do doesn't mean it's true.

That's why it's safest to:

- Keep your online friends just online
- NEVER agree to meet someone from the internet in real life
- Always tell a trusted adult if someone asks to meet you or says something that feels weird⁷

Netiquette - Has a grown-up ever reminded you to say "please" or "thank you"? Or asked you to chew with your mouth closed? That's called having manners—and it's about being kind and respectful to others. Guess what? There are manners for the internet, too! They're called netiquette (say it like "net-ih-ket"). That just means using good manners when you're online, like in games, messages, or videos.

How to Show Good Netiquette:

- Use kind words. Don't say mean things or use bad words—even if you're upset during a game. Talk to people the way you'd want to be talked to.
- Don't use all capital letters. The button on the keyboard called Caps Lock makes your letters BIG LIKE THIS. That can look like you're yelling. Instead of saying: "I DON'T KNOW", try saying: "I don't know 😊" — much nicer!
- Use emojis to show how you feel! Emojis are little pictures, like smiley faces or hearts, that help people understand your mood. If you write: "You're so silly" someone might think you're being mean. But if you add

⁶ NetSmartz Grades K-2 Presentations. Presenters Guide Slide 14 & 18. <https://connect.ncmec.org/learn>

⁷ NetSmartz Grades K-2 Presentations. Presenters Guide Slide 21-24. <https://connect.ncmec.org/learn>

a smiley face like this: “You’re so silly 😄” It shows you’re just joking and being friendly!

Being kind online is just as important as being kind in real life. Use good netiquette and help make the internet a friendly place for everyone⁸!

Cyberbullying - If someone is being mean to you online, like sending hurtful messages or posting rude things, it can feel really upsetting. But don’t worry — you don’t have to deal with it alone, and there are ways to make it stop. The most important thing to remember is: don’t message back. If someone is being unkind and you send a mean message too, it just keeps the fight going. Instead, choose to be the better person and don’t respond. Then, tell a trusted adult — like a parent, teacher, or school counselor. Show them the messages and ask what to do. Don’t delete anything until they’ve seen it. Those messages might help you report the bullying and get it to stop. You can also report the person to the website, game, or app where it’s happening. They often have ways to block or report bullying, and they may need to see the messages, too. No one has the right to be mean to you online — or anywhere else. You deserve to feel safe and respected⁹.

Being a Bystander - When you see someone being picked on online — like being called names in a game or getting mean comments on a video — that’s called being a bystander. A bystander isn’t doing the bullying, but they know it’s happening. Even if you’re not the one being bullied, you can still help. It’s normal to feel nervous about speaking up. You might worry the bully will come after you next. But here’s something important to remember: if no one says anything, the bullying might keep going. When you choose to stand up and say, “that’s not okay,” or tell a trusted adult what’s happening, you’re helping to make things better — not just for the person being bullied, but for everyone. You might even give others the courage to stand up, too¹⁰!

⁸ NetSmartz Grades K-2 Presentations. Presenters Guide Slide 25-30. <https://connect.ncmec.org/learn>

⁹ NetSmartz Grades 3-5 Presentations. Presenters Guide Slide 22. <https://connect.ncmec.org/learn>

¹⁰ NetSmartz Grades 3-5 Presentations. Presenters Guide Slide 25-27. <https://connect.ncmec.org/learn>

Connect

Safe to Share? Game – Have an adult stand in the middle of the room and read each sentence. If you think it’s safe to share online, move to the “Safe!” side of the room. If you think it’s not safe, move to the “Not Safe!” side of the room. You can also hold up a green card for “Safe” and a red card for “Not Safe”.

Safe to Share?

1. My favorite color is blue.
2. My home address is 123 Main Street.
3. I love playing soccer with my friends!
4. My password is “puppies123.”
5. I go to Sunshine Elementary School.
6. I have a pet turtle.
7. My phone number is 555-1234.
8. I like pepperoni pizza.
9. My email is coolkid@mail.com.
10. My name is Ellie, and I’m 8 years old.

Answer Key:

1.  Safe
2.  Not Safe
3.  Safe
4.  Not Safe
5.  Not Safe
6.  Safe
7.  Not Safe
8.  Safe
9.  Not Safe
10.  Not Safe

Identify Your Trusted Adults - Who are the trusted adults in your life? Many look to their parents or guardians if they need help, but don’t forget your teachers, troop leaders, counselors, coaches and anyone else you know who has your best interests at heart. Draw their picture in the prize ribbon that best describes them. Cut it out and present it to them to let them know they are a very important person to you¹¹!

Good Digital Citizens – What does it mean to be a good citizen? Good citizens respect people, follow the rules, and speak up when something wrong happens to keep themselves and others safe. Good digital citizens do some of the same things – but while using the Internet.

A good digital citizen:

- Respects others
- Follows websites and apps rules
- Speaks up against cyberbullying
- Protects themselves and their information online

¹¹ NetSmartz Into the Cloud. “They’ve Earned it!” Activity Page. <https://www.netsmartzkids.org/activities/>

Take this “[Be Kind and Wise Online](#)” quiz, then write down examples of how you have been a good digital citizen in the past or plan to be in the future¹².

Act it Out – Act out these scenarios with your troop or family members. What would a good digital citizen do?

- Scenario #1 - You and your friends made a video. You’ve gotten permission from your parents to post it online, but you watch it one more time before you post it. While you’re watching it, you notice that your home address is in the background.
- Scenario #2 - Imagine you have an older brother who has lost his cell phone. He’s gotten a new cell phone number and wants to share it with his friends. He’s thinking about posting it on his social media accounts.
- Scenario #3 - Imagine you are playing a game on your aunt’s phone when you see a new window pop-up asking if you would like to buy extra lives for your game character for only \$0.99.
- Scenario #4 - Your best friend wants you to share the password to your email account. She says that best friends have no secrets!

Play Cloud Quest – Go on an [interactive safety adventure](#) with Clicky and friends to learn more about how to¹³:

- Deal with cyberbullies
- Find trusted adults
- Protect your privacy
- Spot untrustworthy online information
- What to do if you encounter inappropriate activity online

Bad Netiquette Stinks – [Watch](#) Potty-Mouth Pete try to spread bad netiquette all over the Internet. Can Clicky, Webster, and Nettie stop him before it’s too late? What would you do if you were in this situation¹⁴?

¹² NetSmartz Into the Cloud. “Be Kind and Wise Online” Activity Page. <https://www.netsmartzkids.org/activities/>

¹³ NetSmartz Into the Cloud. Cloud Quest: An Interactive Safety Adventure. <https://www.netsmartzkids.org/activities/interactive/>

¹⁴ NetSmartz Into the Cloud. Bad Netiquette Stinks. www.youtube.com/@NetSmartzWorkshop

Take Action

As a Girl Scout, you can make the world a better place!

Girl Scout Internet Safety Pledge – You’ve learned the basic Internet Safety Pledge, but did you know there is a pledge specifically designed for Girl Scouts? The [Girl Scout Internet Safety Pledge](#) is most often used when Girl Scouts want to sell cookies online or participate in a virtual Girl Scout program. Review, recite, sign, and share this with your troop and other troops in your Service Unit.

“Into the Cloud” – Watch [Season 1](#) and [Season 2](#) of Netsmartz’s “Into the Cloud”; a free, educational online series designed to help educate kids grades K-5 about online safety. Ask your teacher or school counselor if “Into the Cloud” videos could be a helpful resource at your school¹⁵.

Spread the Word – Create a presentation based on the “Not On Our Watch” patch program topics you’ve just learned about like cyberbullying, safe gaming, and netiquette. Then, present your informative slideshow to your neighborhood, troop, family, and/or Service Unit.

Set up an Awareness Event or Booth – Plan a “Safety Booth” or “Missing Children’s Awareness Day” event at a school, community center, or park. You could include guest speakers from local law enforcement or child advocacy groups (like [Not On Our Watch](#)), safety activity stations, and/or an informational table with [NCMEC materials](#).

Victim, Survivor & Family Support – If you or someone you know has been a victim of having or been a missing and/or sexually exploited child, [NCMEC](#) has services available for victims, survivors, siblings and caregivers looking for mental health and peer support. Please reach out to 1-800-THE-LOST or gethelp@ncmec.org.

Thank you to the donors who helped make this patch program possible!

Rebecca Contreras – Owner & CEO, AvantGarde LLC; Author of *Lost Girl*
Project Protect Our Children
Harrington Family Foundation
David Bandy and LisaBeth Thomas
ZONTA Austin

¹⁵ NetSmartz. Into the Cloud Movie - The complete season 1 and 2. <https://www.youtube.com/@NetSmartzWorkshop>



Not on Our Watch Patch Program Parent Email Letter Template

Subject: Upcoming Patch Program: Not on Our Watch – Online Safety for Girl Scouts

Dear Girl Scout Families,

We're excited to let you know that our troop will be participating in the **Not on Our Watch** Girl Scouts of Central Texas patch program, sponsored by Not on Our Watch TX, an initiative of Texas Women in Business and supported by the National Center for Missing & Exploited Children. This program is designed to help Cadettes, Seniors, and Ambassadors navigate the digital world safely and confidently.

This program is designed to help our youngest Girl Scouts—Daisies, Brownies, and Juniors—learn how to stay safe and make smart choices in the digital world.

The curriculum is age-appropriate and engaging, with activities that teach Girl Scouts how to recognize unsafe situations online and how to respond with confidence. The main themes of the patch program include:

- **Online Understanding** – Exploring the fun and safe ways to use the internet.
- **Internet Safety Pledge** – Learning to speak up when something online feels wrong.
- **Protecting Personal Information** – Understanding what's safe to share and what's not.
- **Safe Gaming & Pop-Ups** – Knowing how to stay safe while playing online games.
- **Meeting New People Online** – Learning why it's important to be cautious with online strangers.
- **Netiquette** – Practicing kindness and respect in digital spaces.
- **Cyberbullying & Being a Bystander** – Recognizing bullying and learning how to stand up for others.
- **Digital Citizenship** – Becoming responsible and respectful members of the online community.

This patch program will help our Girl Scouts build awareness and resilience while having fun and working together. If you have any concerns about the sensitive nature of some topics, please feel free to reach out. Please fill out the attached Sensitive Issues Form.

We're proud to offer this opportunity to help our Girl Scouts become safer, smarter digital citizens. Thank you for your continued support!

Warm regards,

[Your Name]

Troop Leader, [Troop Number]

[Contact Information]

Annual Parent/Legal Guardian Permission for Sensitive Issues

During the course of this activity, participants may be exposed to issues and discussions that are, or could be considered to be, of a sensitive or controversial nature. While there is no definitive list of sensitive issues that we can provide, some examples include substance abuse, child abuse, puberty/human sexuality, violence, youth suicide, gender roles and identity, cultural and family values, global citizenship, and religion.

Many of these topics are often brought up between youth in a very casual manner while on the way to or at a Girl Scout activity. When signing the Annual Permission form, parents/legal guardians give permission for the leader/advisor to answer questions or facilitate conversations as they arise informally (only when a member of the troop begins a discussion). Parents/legal guardians also acknowledge responsibility for communicating to the leader about any needs their Participant may have in regard to sensitive topics and of their maturity and ability to participate.

For all planned discussions/activities relating to sensitive issues within the troop, written approval by a parent/legal guardian is required for each Participant. If a participant or their parent/legal guardian wishes to opt out of a discussion or activity, the leader/advisor will acknowledge the Participant's right to opt out of the discussion and be sensitive to their feelings. If the activity fulfills a recognition requirement, the leader/advisor and Participant will discuss an alternate activity that can be done to fulfill the requirement.

In all cases, the leader/advisor will follow GSUSA and Girl Scouts of Central Texas procedures, standards, and practices. This guideline affirms the responsibility of all adults to foster an environment of trust, be sensitive to differing attitudes and strong emotions, ensure age-appropriateness of material, and be non-judgmental.

Either attached or written below is information about the appropriate age-level discussion/activities proposed. Your signature below gives permission for your child to participate with the troop or at the event. This section is to be filled out by troop leader or event organizer.

Discussion/activity date:	Discussion/activity topic:
Discussion/activity facilitator:	
Discussion/activity facilitator training or experience:	
Troop Leader/Advisor name:	Phone:
Email:	
List any content/activities that are considered sensitive or controversial:	
List any action steps the participants will take when the activity is complete, if applicable:	

Parent/Caregiver: Please complete the section below, tear off, and return to Troop/Group Leader/Advisor.

Discussion/activity date:	Discussion/activity topic:	
Participant's full name:	Troop #:	Current grade:
Parent/Legal Guardian name:	Phone:	
Email:		
List any content/activities that are considered sensitive or controversial:		
List any action steps the participants will take when the activity is complete, if applicable:		