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## **DIY EMOJI ROCKS!**

Make someone's day by hiding funny emoji rocks around your neighborhood! You can just add an emoji face or add a fun, uplifting saying as well.

It's super easy, here is everything you need:

- Rocks
- Paint or Markers
- Waterproof Sealer

#### Directions:

- 1. Find rocks (just make sure you have permission to take them first).
- 2. Rinse your rocks and dry them thoroughly.
- 3. Use your paint or markers to draw your emoji face.
- 4. Add a fun saying on the back (optional).
- 5. Let your artwork dry and then spray a little waterproof sealer over the entire thing.
- 6. Once the sealer is dry, go out and hide your rocks around the neighborhood!



https://childhood101.com/rock-painting-ideas-for-kids-emoji-rocks/



# PROTECTING YOURSELF WHEN YOU'RE ONLINE

October is Cybersecurity Awareness Month!

## What is cybersecurity?

Cybersecurity just means doing everything you can to keep your personal information and your devices (like your phone, tablet and computer) safe from criminals when you're online playing games, downloading music, watching videos, checking email or working on the computer.

What personal information should you keep safe? Avoid sharing your name, address, telephone number, birthday, passwords, and the name of your school when you're online. With this information, criminals can pretend to be you and open fake bank accounts, fake loans they don't pay back or even try to steal money.

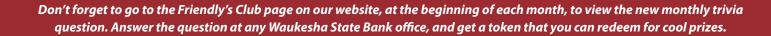
## What can you do to stay safe?

**Personal Safety** 

 Lock down the privacy settings on your social networks. Privacy settings are there for a reason and can help control access to your information. One of the easiest ways for criminals to learn about you is by snooping on your social media, so don't make it easy for them. Keep your private information private.

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# FUN THINGS YOU CAN DO THIS FALL

- Go apple picking
- Make caramel apples
- Carve or paint pumpkins
- Roast pumpkin seeds (see the recipe on page 3)
- Go on a hayride
- Wind your way through a corn maze
- Get crafty and make Halloween decorations
- Plan a group
   Halloween costume
   with friends
- Visit a haunted house (if you dare!)
- Go for a hike or bike ride in a local park
- Take pictures of the leaves changing colors
- Help make a dish for Thanksgiving
- Make a centerpiece to put on your Thanksgiving table

- Once you post something it stays online. Think twice about posting something you could be embarrassed about later. If you wouldn't want your parents to see it, don't post it. This could also effect your ability to find a job as many recruiters will look you up online.
- Know who your friends are. It's fun to chat and accept every friend request, but unless you have a public persona as a blogger or expert, it's best to only talk to and accept people you actually know.
- Keep the security software, web browser and operating system up-todate on your computer and your cell phone. That's the best defense against viruses, malware and other online threats.
- Use strong passwords that are 12+ characters long, contain a mix of upper and lower case letters, as well as symbols. Some sites even let you use spaces so you can create a passphrase. Just avoid anything that describes or relates to you so someone can't guess it. One trick is to spell the phrase using the first letter of each word. For example, the phrase "board anchor notch king" contains random words that spell "bank" so it's easy to remember.

## Banking Safety

If you have a checking account, using online and mobile banking can make managing your account easy. But, just like gaining access to other information, criminals also want to gain access to your bank account information. Don't make it easy for them!

- Keep the security software, web browser and operating system up-todate on your computer and cell phone.
- Use strong passwords when logging into online banking and mobile banking. See the last bullet point under "Personal Safety" above for some tips.
- Check your credit report. According to the Federal Trade Commission, it's a good idea to check your credit report when you turn 16 to see if anyone has stolen your personal information and is hurting your credit score. Discovering this early can help you fix it before you apply for your first job or take out a car loan. Learn more at www.consumer.ftc.gov/articles/0040-child-identity-theft.
- Contact the bank immediately if you suspect someone has accessed your accounts (you see a transaction you didn't make, get notified something was changed when you didn't change it, etc.). You may need to close your account and open a new one to stop the criminal from doing anything else, but it can help protect your money.

See more tips at https://it.nc.gov/resources/cybersecurity-risk-management/cybersecurenc/tips/teens

## PIZZA ROASTED PUMPKIN SEEDS

After carving your pumpkin, keep the pumpkin seeds for a fun and healthy snack!

- 1/2 cup clean and towel-dried pumpkin seeds
- 1 teaspoon olive oil or avocado oil
- Pizza seasonings: 1 tablespoon grated parmesan cheese, 1/2 teaspoon basil, 1/2 teaspoon oregano, 1/4 teaspoon sea salt, 1/8 teaspoon garlic powder



### Directions:

- 1. Preheat oven to 300°F. Line a baking sheet with parchment paper, and set aside.
- 2. Clean the seeds after removing them from the pumpkin, pick out any large chunks, fill a medium-size bowl with warm water, add the seeds and swirl around to dislodge any pumpkin "gunk." Let rest for five minutes, then use a slotted spoon to remove the clean seeds to a kitchen towel and pat dry.
- 3. In a small bowl, mix together your seasonings.\*
- 4. Toss the pumpkin seeds with the oil, then add the seasonings and toss until each seed is well-coated.
- 5. Spread onto the baking sheet in one even layer. If you need to move to a second baking sheet, do so.
- 6. Roast for 20-30 minutes, stirring every 10 minutes, or until the are golden brown.
- 7. Let the seeds cool completely (they will crisp up as they cool).

\*For more seasoning ideas, go to https://wholefully.com/roasted-pumpkin-seeds-six-ways

# 10 HOLIDAY ONLINE SHOPPING SAFETY TIPS

The holidays will be here before you know it! It's an exciting time, hunting for the perfect gifts to give the people who mean the most to you. While searching online can make your holiday shopping easier, be sure to follow these 10 tips to keep your private information safe:

- 1. Shop secure sites look for the "s" in the https part of the URL
- 2. Update software (if needed) for up-to-date security protections
- 3. Look over emails carefully don't open emails from people or websites you don't know
- 4. Don't click on links if the deal is too good to be true especially on social media
- 5. Create strong passwords opt for 12+ characters and use a different password on each site
- 6. Only give the information required to make the purchase
- 7. Don't use public wi-fi
- 8. Check app permissions before downloading
- 9. Lockdown devices so other people can't get into them
- 10. Logoff shopping websites when done

For more about each tip, go to https://www.safewise.com/blog/10-cybersecurity-tips-for-online-shopping/.