

# PAUSE & THINK ONLINE

Use your head to hold your hat, and your smarts will tell you where you're at  
And to think about the zoo and to nod hello to you and you.  
Use your head when you're online to keep what's yours inside your mind  
And to know how to be safe, how to give your life some private space.

From your head down to your toes, pause, think about it.  
From your feet up to your nose, pause, and think online.

Use your heart to grow and grow and to give yourself a healthy glow  
And to make a valentine and tell someone that you'll be mine.  
Use your heart when you're online to feel what's right and always kind  
And to show your friends respect -- to be fair and nice on the Internet.

## CHORUS

Use your arms to hug a pet and to keep your clothes from getting wet  
And to wear your favorite sleeves and to help you fly in make-believe.  
Use your arms when you're online to take a break and balance time,  
And to leave your tech behind and to find yourself a tree to climb.

## CHORUS

Use your gut to store your food and to listen to its growling mood  
And to make a belly flop and to feel the gas in soda pop.  
Use your gut when you're online and know to watch for certain signs  
And to let it guide the way and tell you when it's not okay.

## CHORUS

So, think with your head!  
And feel with your heart!  
Balance with your arms!  
Listen to your gut online!

Use your legs to run and kick and to jump and bounce on a pogo stick,  
And to dance around the block and to skip along in your smelly socks.  
Use your legs when you're online, and stand up to bullies who cross the line,  
And remember to stand tall. Be nice to creatures great and small!

So, think with your head!  
And feel with your heart!  
Balance with your arms!  
Listen to your gut!  
Stand up with your legs!

## CHORUS

