

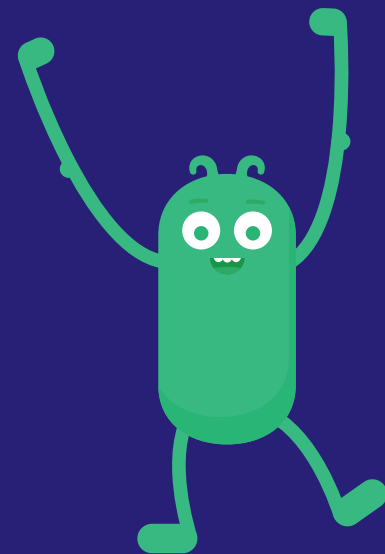
Pause & Think Online

Lyrics by Leigh Hallisey & Common Sense Education

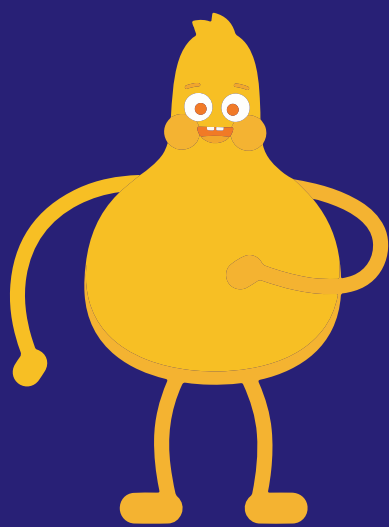


Use your head when you're online
Most especially your mind
Think about the things you see
Ask good questions—that's the key

Use your arms when you're online
To take a break and balance time
And leave your tech behind
When you find yourself a tree to climb

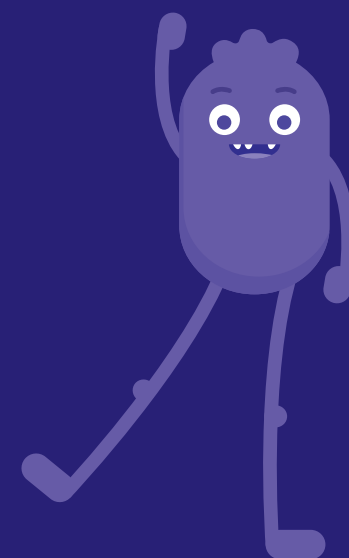


From your head down to your toes, pause, think about it.
From your feet up to your nose, pause and think online.



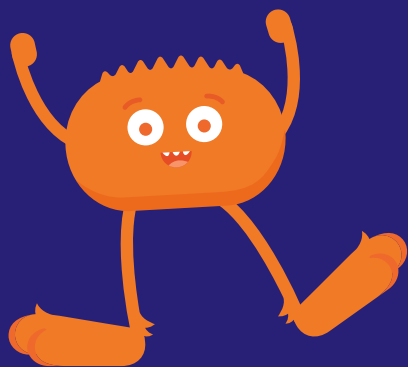
Use your gut when you're online
Pay attention to its signs
Know when it's safe to play
Make good choices every day

Use your legs when you're online
Stand up to bullies who cross the line
You can help friends big or small
Just lend an ear, and stand up tall

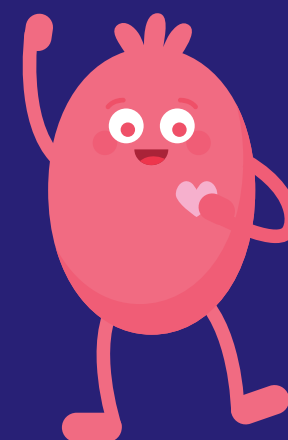


From your head down to your toes, pause, think about it.
From your feet up to your nose, pause and think online.

Use your feet when you're online,
Think about the tracks you leave behind
Privacy's the way to go
Don't share with people you don't know



Use your heart when you're online
Always do what's right and kind
By showing friends respect
And being nice on the internet



So think with your head!
Balance with your arms!
Listen to your gut!
Stand up with your legs!
Make good tracks with your feet!
And feel with your heart!
Just pause and think online!