

TIPS for...

NAVIGATING SOCIAL MEDIA SAFELY



Internet Safety Essentials

Be careful who you meet

The internet is a fun and easy way to connect with others and socialize with friends. But it can also be a place of bullying, targeting, and grooming. Communicating with strangers online can be exciting - learning about new people in different places. Unfortunately, strangers online may not always be who they claim to be. And location functions (like on Snapchat) allow people to track you. This can become very dangerous quickly. If you are unsure or if the person is asking for pictures or to meet, talking to a responsible adult, contacting [Kids Help Phone](#), deleting the contact, and turning off your location settings are the best ways to avoid any unwanted communication.

The internet is forever.
It is never 100% deleted!

Extra Tips...

- Make your account private so you control who sees your profile and posts
- Don't accept messages from people you don't know
- Use a strong password for your accounts



Be careful what you click

We have all experienced talking with a friend on the phone and, all of a sudden, ads pop-up. Some links can lead to your personal information, photos, and passwords being stolen. Always browse cautiously on any site you visit, avoiding suspicious pop-up ads and sketchy links. Deleting advertisements and offers that get emailed to you by an unknown sender without opening them is a good way to avoid a virus. If it's too good to be true, then it probably is!

Be careful what you post

Do the **MOST** before you **POST**
Ask yourself: **Is this...**

Mindful?

↳ Would I want my future boss/partner/self to see this?

Offensive?

↳ Will this negatively affect someone else?

Safe?

↳ Is this a site/audience/person I can trust?

Traceable?

↳ Am I giving away too much personal information? Is there anything identifying in my post?

