

# INTERNET SAFETY TIPS FOR TEENS

- Never give out personal information over the Internet.
- Personal information includes: your name, names of friends or family, your address, your phone number, your school name (or team name if you play sports), pictures of yourself, and your email address. Ask permission of a parent/guardian before sharing any information with a website, a chat buddy, and when registering a product purchased for your computer (Examples: software, computer game).
- Question everything you read. Even adults can't tell when a male pretends to be a female or a 50 year old pretends to be a 15-year-old.
- **Passwords are secrets. Never tell anyone your password except your parents or guardian.**
- Use netiquette. Be polite to others online just as you would offline. If someone treats you rudely or meanly - do not respond. Online bullies are just like offline ones - they WANT you to answer (don't give them the satisfaction).
- Never open email from someone you do not know. Just delete strange emails. If in doubt about it, ask your parents, guardian or another adult.
- It is okay to tell if you find something you do not like, or if something makes you feel uncomfortable or scares you while surfing the Internet. Turn off the computer and tell an adult.
- Give yourself a break. Do not stay online too long. Spend time with your family and friends offline.
- Sign on the dotted line. Make and print out an online contract with your parents or guardians. Ask your parents to read the information for themselves, so they will be informed about Internet safety issues.
- Copying is not cool. Do not copy things from websites to use for anything, unless you have the webmaster's permission.
- Protect yourself! Never arrange to meet with someone you met online unless your parents go with you. If you are meeting them, make sure it is in a public place.
- Teach your teachers. Your parents were your first teachers; they taught you to talk, ride a bike and probably even how to prepare your favourite breakfast. Spend time teaching your parents about your online activities - show them your favourite sites, and let them watch you game.

**Your best weapon is your brain. Use common sense, imagination, and good judgment.**