



P

Personal information (name, address, phone number, social security number, email address, school, work location, photos)

- *Do* use strong passwords and make sure you're on trustworthy sites.
- *Don't* share it. This information is private.

L

Let another trusted person know (parent, friend, support staff, therapist)

- *Do* tell someone if anyone online asks for your personal info.
 - Telling someone can keep you safe. Ask what is and is not okay to share online.
- *Don't* trust strangers. They could use this information to hack into your accounts, steal your identity, spend your money, or share private photos/messages.

A

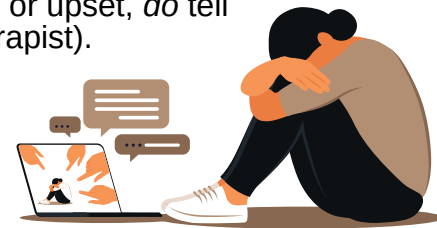
Attachments

- *Do* be careful before opening attachments or clicking on links.
- *Don't* open anything online without checking with the person that sent it to you to see if it's real. Or ask another trusted person (parent, friend, support staff, therapist).

Y

Your feelings are important

- If something happens to you that makes you uncomfortable or upset, *do* tell another person right away (parent, friend, support staff, therapist).
- *Don't* do anything you don't want to. Think before you act.



I

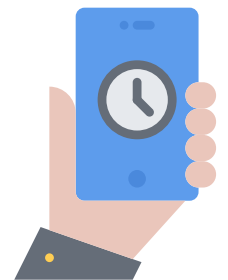
Information

- *Don't* believe everything you hear or see on the internet.
 - If you are unsure of what is true or not, ask another trusted person (parent, friend, support, staff) or *do* more research on it.

T

Take breaks from your computer

- *Do* set a timer to make sure you aren't spending too much time on the internet.
 - Having an addiction with the internet can be unhealthy and damaging to your mental and physical health.
- *Don't* forget about the real world!





S

Spending Money

- *Do* be careful about what you buy and how much you spend.
 - Make sure the site is trustworthy. Ask another trusted person (parent, friend, support staff, therapist) if you aren't sure.
- *Don't* buy things online without permission (if you're younger or live with a guardian). *Don't* buy things for strangers online.

A

Act Politely

- *Do* treat others the way you want to be treated.
- *Don't* say anything mean or inappropriate. *Don't* become a cyberbully.



F

Friends online should stay online

- If someone online asks you to meet them in-person, *do* make sure another trusted person knows (parent, friend, support staff, therapist).
 - Ask to video chat first, make sure someone else is with you.
- *Don't* meet people you don't know well. Not everyone online is who they say they are.

E

Enjoy yourself - play safe and have fun!

- *Don't* take the internet out of your life!
 - As long as you follow these rules and "play it safe," the internet is a great place to make new friends, find new hobbies, and learn new information.

