Know that sometimes people are not who they say they are.

- An adult may pretend to be a teen in order to get to know you.
- If you want to meet up with someone you met online, talk with a parent or another adult first.

Be a responsible Internet user!

- Messages and photos you post or send can easily be shown to others.
- Even anonymous posts can be traced back to you.
- Never send mean or threatening messages. This may cause real harm to others. It can also get you into legal trouble.

As helpful as it can be, the Internet can also put the user at risk. Learn how to protect your privacy and stay safe online. Visit www.safeteens.com for more information for teens, kids and parents.

Internet Safety
For Young People
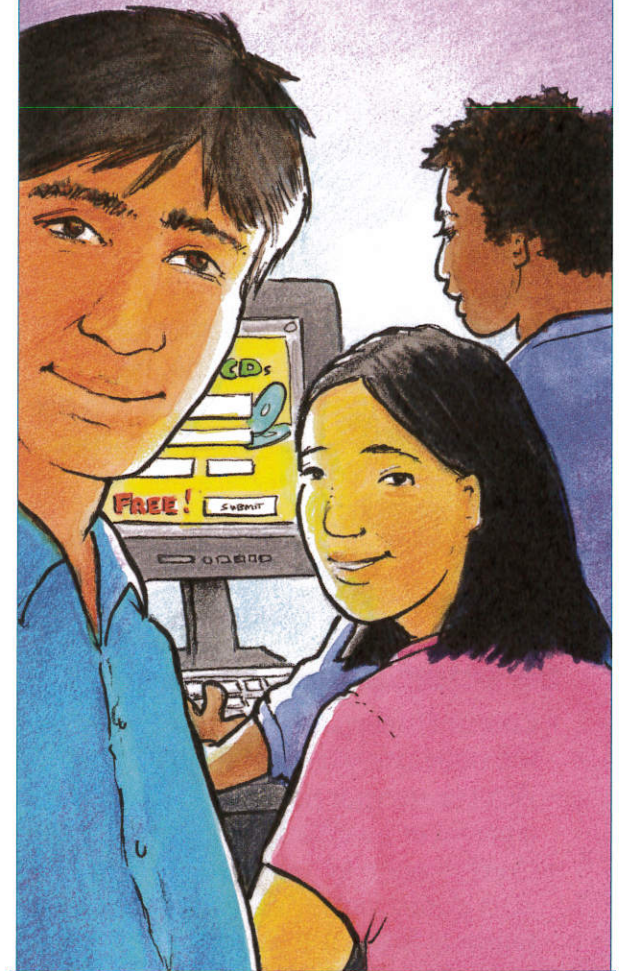
The Internet can be an amazing way to learn, explore, shop and stay connected. But the digital world has risks too. These safety tips can help.

What are the risks?

- Viruses and spyware can harm your computer, phone or other device.
- Your personal or financial information could be stolen.
- You could be harassed, bullied or threatened.
- You could get into personal or even legal trouble. This can happen if you make or share comments that harass or bully others, or if you share nude photos of yourself or others.

To stay safe online, be cautious and use common sense.

Be smart about passwords.

- Choose strong passwords, and never use the same password for different sites.
- Don't share your passwords, except with a parent or guardian.
- Don't respond to password requests, even if they look official. This is called phishing and it is a scam.

Protect personal information.

- Never give your name, location, address, social security number, credit card information, phone number or email to strangers or someone you just met.
- On social media, keep your privacy settings high. Do not accept friends unless you know them.
- When you are using public Wi-Fi, avoid online banking, shopping and other private activities.
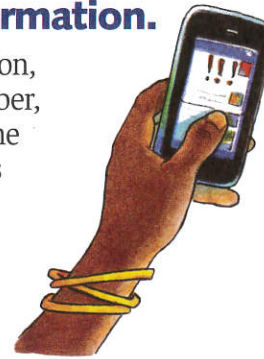
Know what your apps know.

- Some apps use GPS tracking. Adjust settings on your device to allow location tracking only for trusted sites.
- Some apps will ask you for information about you and your friends.
- Think about it – the apps might not be worth the risks.

Beware of viruses and scams.

- Keep security software updated.
- Only download media, programs and plug-ins from well-known, reliable sites.
- Watch out for free offers or emails from people in distress. Even if you know the person, their email may have been hacked. Don't download email attachments that you are not expecting.

Don't respond to messages that make you uncomfortable.

- Be careful with who you talk to, especially in forums, chat rooms and other online spaces (for example, multi-player video games).
- It is not okay for anyone online to threaten you, talk to you about sex, talk about your body or clothes, or ask where you live.
- If this happens, do not respond. Talk to an adult.
- You can also file a complaint with the website, your Internet service provider or cell phone company.
- If you feel that you are in danger, call 911.

Remember, the Internet is public.

- Nothing is truly private online.
- Employers and schools can see what you post online.
- If you don't want everyone to see it, don't share it.

Parents: If you use parental controls or friend your teen, let them know you are doing so to help keep them safe.