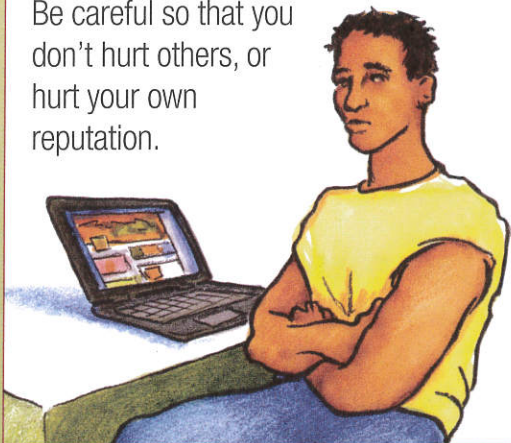


▶ **9. If someone bullies or harasses you online, take action.**

Don't respond, but do save the message. Talk to an adult you trust. An adult can help you decide what to do. If someone threatens you, talk with the police.

▶ **10. Stop and think before you send.**

What you say and do online can sometimes be taken the wrong way. You may say something you don't mean to say if you are upset or mad. Be careful so that you don't hurt others, or hurt your own reputation.



▶ **Social networking, gaming, texting, tweeting can be lots of fun. Keep in mind these tips to keep it fun!**

Social networking, gaming, keeping in touch with friends – it's all fun and a part of life. But you also need to take steps to keep yourself safe while enjoying your connections. The tips inside will help. You can learn more by visiting: onguardonline.gov

This pamphlet is not a substitute for medical care. If you have questions or concerns, please talk with a health care provider.

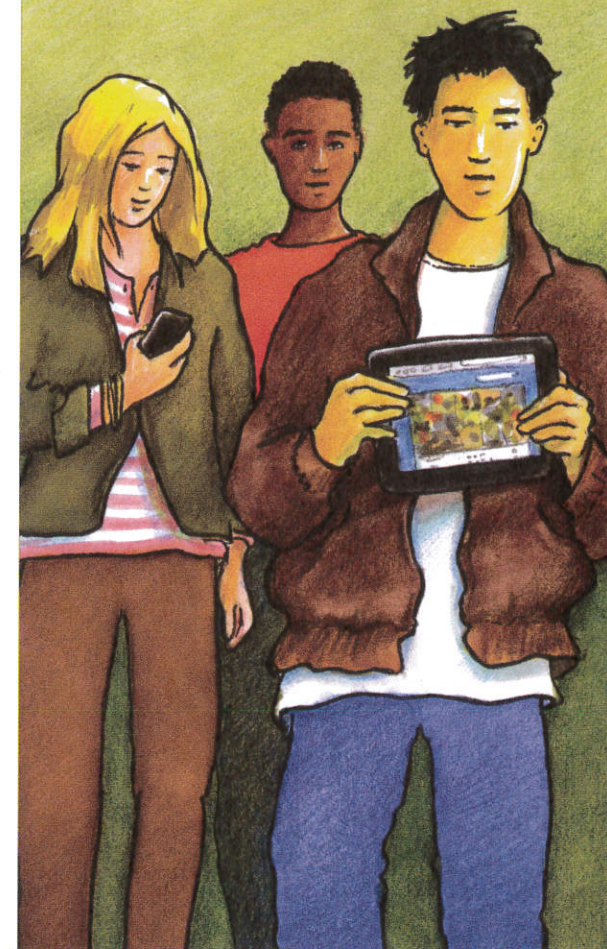
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Social Networking

▶ **10 THINGS TEENS SHOULD KNOW**



With social networking, you can keep in touch with friends, send photos, share posts and play games. This can be a lot of fun. Here is what you need to know to make sure it stays fun!

▶ **1. Nothing online is totally private.**

When you share posts, texts, tweets, photos, or videos – it is all very public. Use privacy settings to help limit who will see what you post. But keep in mind that what you post can still be forwarded or shared.

▶ **2. What you post can last a long time.**

You can delete a post or photo, but that doesn't mean it is gone. It may show up years later.

▶ **3. If you don't want everyone to see it, don't post it!**

Do you want your parents to see what you post? How about your grandparents? Teachers? A future boss? What about college admissions staff? If not, don't put it out there.



▶ **4. Jokes can get you into trouble.**

You may know that you're joking, but others may not know that. Jokes can get you into real trouble (even legal trouble) if you are teasing or harassing someone else.



▶ **5. Never pretend to be someone else.**

Using someone's name, photo or other information in a posting or profile could be identity theft. This may get you into legal trouble.

▶ **6. People you meet online really are still strangers.**

If you want to meet someone you have gotten to know online, talk to your parents first. Never agree to meet the person alone – it is simply not safe. No matter how long you've been chatting, you don't really know who that person is.



▶ **7. Don't give out personal information.**

Don't give out anything that can be used to identify you – like your real name, Social Security number, phone number, email address or home address. People can use these to steal from you, stalk you or hurt you in other ways.

▶ **8. Keep your passwords private.**

Don't share passwords, even with friends. Friends can make mistakes, be unkind, or may stop being a friend. Be careful with your phone too. Someone using your phone can pretend to be you.