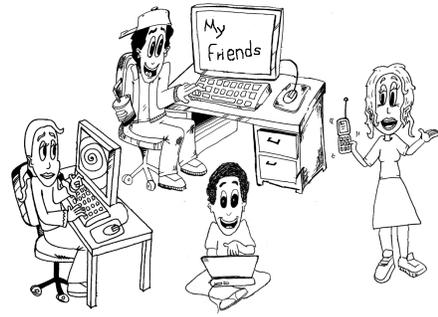


# Cyber Savvy



## Good Choices Online

No one has to tell you how important it is for you to use the Internet and cell phones to connect with friends. Just like in the Real World, there are risks online and some teens make unsafe or irresponsible choices that hurt themselves or others.

Most teens generally make good choices online and effectively handle the negative incidents that do occur. This document will help you understand the risks and provide guidance on how you can make good choices online.

## Be Cyber Savvy!

- ✓ Keep yourself safe.
  - Understand the risks. Know how to prevent yourself from getting into risky situations, detect if you are at risk, and effectively respond, including when you should ask for help.
- ✓ Do the right things.
  - Do not harm others. Respect the rights, privacy, and property of others.
- ✓ Take responsibility for the well-being of others.
  - Help others online. Report concerns to an adult or site.

## What You Do Reflects on You Make Good Choices Online

The choices you make and how you present yourself online can effect your reputation, your friendships, and even your future opportunities. "Savvy" means wise, well-informed, intelligent, smart.



### Read with Your Eyes Open

- ✓ Remember anyone can post anything online ~ whether it is accurate or not.

### Stop and Think

- ✓ Think about what is happening and might happen.
  - What is happening? Who is involved? What do you want to accomplish? What is someone else trying to accomplish?
  - What might happen to each person involved ~ including you? Would this be good or bad?
  - What are the possible things you could do? What would be the best choice? If that doesn't work, what else could you do?

### Ask Good Questions

- ✓ Ask good questions to make good choices.
  - Is this kind and respectful to others?
  - How would I feel if someone did the same thing to me or to my best friend or little brother or sister?
  - What would my mom, dad, or other trusted adult think about me if they knew?
  - How would I feel if this was posted on the school bulletin board for everyone to see?
  - Would this violate any agreements, laws, or rules?
  - What would happen if everybody did this?"
  - Would it be okay if I did this in Real Life?
  - How would this reflect on me?

### Watch Out For Online "Traps"

Online traps are reasons why teens may make bad choices.

- ◆ **You Can't See Me.** Think you won't be caught.
  - ✓ Remember your actions can be traced ~ and you know what you did.
- ◆ **I Can't See You.** Do not recognize your online actions have caused harmed ~ or recognize deception by others.
  - ✓ Think about what might happen to you or someone else. Don't trust everything people tell you online.
- ◆ **Didn't Think.** Act fast and forget that the material posted or sent can easily become public and can cause harm.
  - ✓ Always think before you push "send." Never post or send anything if you are angry.
- ◆ **Everybody Does It.** Follow others who make bad choices.
  - ✓ Think for yourself.
- ◆ **If I Can, It Must Be Okay.** Think that because something is easy to do, means it is okay to do.
  - ✓ Just because you can do it, doesn't make it right.
- ◆ **Looking for Love.** Teens who are "looking for love" online may do things that attract the wrong kind of attention.
  - ✓ Attract only good attention.

### Be a Leader

- ✓ If a friend is making bad choices that could hurt him or herself or another ~ talk with your friend.
- ✓ If someone is at risk or is being harmed ~ help, if you can do so safely, or show a trusted adult.

## Keep Your Life in Balance Avoid Addictive Access

Spending time online can be fun ~ but don't let the time you spend online take the place of all of the other activities that also can make your life happy and healthy.



### Do You Spend Too Much Time Online?

✓ Ask yourself these questions:

- Do you frequently find that you have spent more time online than you were planning to spend?
- Do you often use the Internet late into the night?
- Are you frequently tired at school because you were online late into the night?
- Do you spend time online instead of doing homework, reading, hobbies, chores, physical activities, or spending time with friends or family?
- If you are not online, do you think about the last time you were online or make plans for the next time?
- Are you depressed or anxious?

- Do you argue about time limits your parents have set for Internet use? Or do you use sneaky ways to get around these limits?

✓ If you answered "yes," too often, make some changes in your life.

- Set goals for the amount of time you will spend online and keep track of your time.
- Make a commitment to spend more time with your friends having fun that does not involve "screens."
- Avoid surfing, gabbing, or gaming when doing homework. Set a goal to complete a certain portion and then give yourself a short reward break.
- Turn your cell phone off at night.

## Think Before You Post Protect Your Personal Information & Reputation

The Internet Law of Predictable Consequences is: "The more embarrassing or damaging the material you post or send ~ even privately ~ the more likely it will become very public and be seen by people who will judge you badly."

Think about what kind of material ~ information or images ~ you are posting, where this is posted, and who could have access. Remember that your protected profile is not private and any material placed in electronic form and sent to anyone can easily become public and potentially permanent.



**If you would not post it on the bulletin board at school ~ don't put it in electronic form and send it to anyone!**

### Personal Interest Material

◆ Lets people know what you are interested in. This is generally safe to share in your profile or on safe sites. But sites will use this information for targeted advertising.

- ✓ Show the best "you" online. Recognize when sites show you ads based on your interests.

### Personal Contact Information

◆ Your full name, address, phone numbers, email/IM address. Could allow an unsafe person to find you in person or be used to send you advertising.

- ✓ Contact information, other than your name, should not be shared on your profile. Never post publicly or provide to an online stranger. Avoid providing on web forms unless for a legitimate purpose, like a purchase.

### Financial or Identity Information

◆ Personal identification numbers ~ bank or credit cards, social security ~ or password. Can lead to identify theft.

- ✓ Only post financial information on a secure site (<https://>) for an appropriate purpose, **with your parent's approval**. Never share passwords.

### Intimate Personal Material

◆ Says, "I am vulnerable." Anything you want kept secret. Can be used to manipulate you or to damage your reputation.

- ✓ Never share publicly. Best not to share privately even with a friend ~ because your friend might share. Safe to share on a professional support site.

### Ruin Your Reputation Material

◆ Says, "I make bad choices." This could ruin your reputation, interfere with your future education or career opportunities, make others not want to be friends with you, or be used against you.

- ✓ Never post or send ~ publicly or privately.

### Material About Others ~ Posted By You

◆ Invasive or damaging material about others that you post. This could harm them and cause major problems for you. Your parents could be held financially liable.

- ✓ Never post or send ~ publicly or privately.

### Material About You ~ Posted By Others

◆ Invasive or damaging material about you that others post. This could harm your reputation.

- ✓ Demand that it be removed. Tell your parents if it is serious or is not removed. File a complaint with the site if it is not removed.

### Threats

◆ If you post something that looks like a threat, an adult might think it is a real threat ~ even if it was a joke. But sometimes teens post material that really does indicate they are thinking about harming themselves or others.

- ✓ Don't post anything that looks like threat ~ someone might think it is real.
- ✓ If you see threatening material ~ promptly show it to an adult. It could be real and someone could be harmed.



## Connect Safely

### Interact Safely with Others Online

You will connect with different kinds of people online. Anyone you connect with online could be nice or hurtful. Friend ~ someone you know in Real Life and trust. Acquaintance ~ someone you know, but not that well. Friend-of-a-friend ~ someone who your friend knows in person, but you don't. Stranger ~ someone who you and your friends don't know in Real Life. Anyone can be safe or not.

#### Basic Safety Practices

- ✓ Use a username that creates a positive image.
- ✓ Use protective features to limit contact through your personal communications ~ your social networking profile and instant messaging.
- ✓ Wherever you interact with people, make sure you know how to save harmful messages, block unwanted or unsafe people, and file a complaint.

#### Online "Nasties" ~ Trick, Manipulate, Harm

Online "Nasties" use the Internet to trick, manipulate, and harm others. This is easier because you can't see them.

- ◆ **Posers.** People who post material about themselves that is not true. Many times teens will share information that is not totally accurate. The concern comes if you are thinking of taking an action, especially one that could harm you, based on what someone has told you online.
  - ✓ Take time to get to know people online. Carefully review postings ~ knowing the information shared could be false. Watch out for inconsistencies. Trust your "gut."
- ◆ **Impersonators.** People who break into someone's account or create a fake profile for the purpose damaging the reputation of that person. Someone could impersonate you or someone you know.
  - ✓ Protect your password. If someone impersonates you ~ secure your profile and file a complaint. If you spot an impersonator ~ warn the person being impersonated.
- ◆ **Fakes.** False profiles that have been set up to trick and humiliate someone. If neither you nor any of your trustworthy friends knows that "hot" teen who wants to "friend" you, this could be a fake profile set up to hurt you.
  - ✓ Be exceptionally careful ever "friending" a stranger on your profile or in instant messaging ~ it's best not to.

- ◆ **Griefers.** People who join games or other groups for the sole purpose of interfering with the enjoyment of others ~ to cause grief.
  - ✓ Ignore or block the griefer and file a complaint. Never respond with anger or a counter attack, this is just what the griefer wants ~ and will only cause you more grief.

- ◆ **Creeps.** People who try to manipulate you into doing something ~ that will likely end up hurting or humiliating you. Creeps often send overly friendly messages, tell you how "hot" you are, offer you gifts or opportunities, try to push you into a special secret relationship, ask for a sexy picture, and try to turn you against your parents or friends.



- ✓ Don't let creeps manipulate you. Show any messages from a creep to an adult. Creeps can be dangerous.

- ◆ **Downers.** People or groups that encourage harmful actions ~ like anorexia, self-cutting, hate, or gang activity. These kinds of people or groups do provide emotional support ~ but at a very harmful price. They will take you "down." They may require that you prove you "fit in." They argue that these activities are okay ~ but the actions they encourage will hurt you or could harm others.

- ✓ Don't let any person or group lead you in a direction that is not healthy and happy for you.

#### Meeting Safely

- ✓ Create a safety plan, with your parent's approval, if you want to meet in person with someone you met online.
  - Meet in a public place ~ with your friends present.
  - Have a well-thought-out "escape plan." If anything feels weird ~ say "good-bye" and leave.

## Keep it Secure

### Pay Attention to Security & Avoid Scams

Watch out for nasty viruses, bugs, worms, scammers, and phishers. You have to do your part.

#### Essential Protections

- ✓ Make sure you have computer security. Use a spam blocker. Set search engine preferences to filter results. Configure browser to block pop-ups.
- ✓ Use a safe password with capital and lowercase letters and numbers.
- ✓ Download music, movies, software, and games only from legitimate sites. Illegal or "questionable" downloads frequently have "malware."
- ✓ Don't open strange email messages or open email attachments from people you don't know or don't expect.
- ✓ If your computer starts acting slow or accesses sites that you don't want to access, tell your parent. This is a sign your computer is infected.
- ✓ Watch out for scams ~ offers that are too good to be true or threats that something bad will happen if you don't provide personal information.
- ✓ Never reply to email or pop-ups that ask for personal information.



## Abide by the Terms

### Follow the Terms of Use

Acceptable Use Agreements set forth what you can and can't do when using the Internet at school or work. Terms of Use Agreements control your use on services and sites. These agreements restrict activities that could cause harm to the service, site, or other users. If you don't abide by the terms, your use can be restricted.

#### Read the Fine Print

- ✓ Read the terms.
- ✓ Note how all of these agreements restrict similar kinds of harmful activities.
- ✓ When at school, use the Internet for only educational activities ~ not entertainment.



## Stay Out of the Garbage

### Avoid "Gross Stuff" Online

You can avoid accidentally access "gross stuff" online through effective security and safe strategies. Watch out. Often this kind of material comes with malware that can really mess up your computer.

#### Safe Surfing Strategies

##### ✓ Set It Safe.

- Start with effective computer security, block pop-ups, and set your search engine to "safe search."

##### ✓ Read, Think, Then Click.

- Don't click on suspicious links.

##### ✓ Don't fall for traps.

- Don't type URLs ~ your mistake could take you to a bad place. Type the name of the site in a search engine and then look carefully at the results.



##### ✓ Delete the spam.

- Don't open suspicious email messages. Never click a link in an email message unless all indicators are that the link is safe.

##### ✓ Turn It Off and Tell.

- If inappropriate material appears on the screen, turn off the monitor, force quit the browser, or simply turn off the computer.
- Always tell your parent or a teacher if this has happened ~ so that the adult will know this was a mistake and you will not get into trouble. After any accidental access, someone with computer expertise should evaluate the computer and how the accident happened to make sure it will not happen again.

## Don't Sell Yourself

### Be a Wise Consumer

Teens are "hot prospects." Advertisers know you spend lots of money and convince your parents to spend even more. Whenever you are online you are being: Tracked to determine who you are, who your friends are, and what you are interested in. Possibly tricked into providing more information. Targeted with ads to influence what you buy ~ or ask your parents to buy. This is also called "behavioral targeting."

#### Tracked

- ◆ Market profilers track you online and create a database file with all the information they can find about you ~ including your name and address, cell phone number, interests, activities, and connections with others. They use this personal information to guide what ads to show you.

- ▶ What they track: Site registration information, the material you post, the sites you visit, and your friends.

##### ✓ Strive to protect some privacy.

- Create an email to use only for registrations.
- Don't provide contact information ~ unless for a purchase.



- ◆ Some sites provide "opt outs" from this profiling. But sometimes this information is hidden. You have to look.

- ✓ Read the Privacy Policies. "Opt out" of profiling when you can.
- ✓ Make a "knowing choice" about how much you share when you have the choice.

#### Targeted

- ◆ Advertisers use your market profile to show you ads you are more likely to look at ~ because they know who you are and what you are interested in.

##### ✓ Watch for these online advertising techniques:

- **Banner ads** ~ targeted based on what sites know about your interests.
- **Advergaming** ~ ads integrated into online activities and profiles.
- **Permission marketing** ~ "friending" a product or company or signing up to receive ads.
- **Buzz marketing** ~ Encourage you to send ads to your friends.



#### Tricked

- ◆ Profilers try to trick you into disclosing more information through interest surveys, contests and offers for gifts, and personality quizzes. What looks like fun and games for you is serious information gathering for the sites.
- ◆ Sites have Privacy Policies where they describe what they collect and how it will be used. Here is an example:

"This site collects user information through methods which include, but are not limited to, responding to questions and surveys, registering for the site, or through various offers provided on site. By submitting personal information you grant the site the right to use that information for marketing purposes including, but not limited to, sharing such information with advertisers. The site may also use such information to deliver certain direct marketing offers to you via telemarketing, e-mail marketing, direct mail, SMS messaging and other types of direct marketing. We may sell the personal information that you supply to us to selected third parties, including direct marketing services. By agreeing to these terms, you hereby consent to disclosure of any record or communication to any third party when the site, in its sole discretion, determines the disclosure to be appropriate." **Is this "Privacy?"**

#### Wise Consumption

- ◆ Some advertisers encourage unhealthy values, behavior, and consumption. But you can also use the Internet to find helpful information to guide your purchasing.
- ✓ Use the Internet to research products or services. Find companies that provide helpful information.
- ✓ Avoid advertisers who promote unhealthy values and excessive consumption.
- ✓ Support sites that provide your the ability to control what information about you is collected and how it is used.

## Protect Your Face & Friends

### Protect Your Reputation & Friends When Social Networking



Social networking sites are great places to share who you are and connect with friends. The risks include posting material that ruins your reputation or that others could use against you, connecting with unsafe people, and having others be hurtful to you. People will make important decisions about you based on what you post and who your friends are.

#### Protect Your Face

- ✓ Use the safety protection features to control who can access your information and post to your profile.
  - Set profile to “private” and require pre-approval of any comments posted by others.
  - But always think of your profile as your public image ~ not your private journal.
- ✓ Show people the best “you.”
- ✓ Never post or allow material that could ...
  - Be used by someone to hurt you.
  - Damage your reputation, friendships, or opportunities.
  - Cause harm or distress to another.
- ✓ If anyone has posted material that could cause you harm ~ ask the person to remove it or file a complaint.

#### Keep Your Circle of Friends Secure

- ✓ Be very careful about linking to other people.
  - Start with friends only. Then expand to acquaintances and friend-of-friends ~ but if you add a friend-of-a-friend make sure your real friend actually knows the person in person.
  - To protect your circle of friends, keep Posers, Fakes, Impersonators, Grievers, Creeps, and Downers off of your profile. If you “friend” someone who is not safe, your real friends might think the person is safe because you have “friended” him or her ~ and your real friends could be harmed.
- ✓ If you do not want to receive any contacts from someone ~ block that person. If the person could threaten the safety of others, file a complaint.

## Effectively Handle Mean Kids Online ~ Don't Be One

### Prevent Cyberbullying



Cyberbullies use the Internet or cell phones to send hurtful messages or post information to damage people’s reputation and friendships. Cyberbullying is not cool ~ it’s cruel. You have the power to stop it.

#### Don't Put Yourself at Risk

- ✓ Don't post information others could use against you.
- ✓ Pay attention to how you are communicating. Be careful not to accidentally offend others.
- ✓ Don't hang around online places where people treat you badly. Find friends who like you for who you are. Don't waste your time with people who hurt others.

#### If You Are Cyberbullied

- ✓ At first ~ do nothing. Calm down so you can be more effective in responding.
- ✓ DON'T RETALIATE! The bully wants to make you mad. Don't give the bully a “win.” Being mean back isn't going to help.
- ✓ Save the evidence. Try to figure out who it is.
- ✓ Decide whether you can handle the situation by yourself. But if what you try does not work, be sure to get help from an adult. Getting help is a sign of strength. It means you will not accept this kind of abuse.
- ✓ Steps to try first ...
  - If you are on a public site ~ simply leave or ignore.
  - **Calmly** and **strongly** tell the person to stop and to remove any harmful material.
  - Block communications and remove friendship links.
  - File a complaint with the site or service.
  - Ask a friend for advice or help.
- ◆ Ways that adults can help ...
  - ▶ An adult can provide “invisible assistance” to help you more effectively deal with the cyberbully by yourself.
  - ▶ Your parents can contact and send the material to the cyberbully's parents to demand it stop.

- ▶ If the person goes to your school, your school can help.
- ▶ If the cyberbullying is really bad or includes threats, your parents can contact an attorney or the police.

#### Cyberbullies Aren't Cool

- ✓ Don't be a cyberbully. People do not “deserve” to be treated badly. It is not “funny.”
  - And also, nobody really likes bullies. So in addition to hurting someone else, you are hurting yourself.
- ✓ Don't become a cyberbully to get back at someone who is bullying you. This will make the problem worse.
- ✓ If you made a mistake and hurt someone ~ apologize.

#### Friends Don't Let Friends Get Hurt Online

- ✓ Be a helpful friend.
  - Help your friend figure out what to do.
  - File a complaint on the site.
  - Publicly or privately tell the bully to stop or negotiate a truce ~ but only if you can do so safely.
  - Show a trusted adult what is happening.
- ✓ Don't engage in retaliation. This will make things worse.

#### Stop the Flame War

- ◆ Sometimes an online fight ~ a “flame war” ~ starts with just a “spark” ~ which leads to “return fire” ~ then others start “throwing flames” ~ and everyone “gets burned.”
  - ✓ Be a “fire extinguisher.” If you see a “spark,” ask people to calm down so no one “gets burned.”
  - ✓ If a “flame war” is burning, report this to your school. Flame wars can quickly lead to real fights.

# Cyberdate Safely ~ Avoid the Hurt

## Avoid Risky Relationships & Activities

When it comes to personal relationships online, the Internet and cell phones can help or hurt. How they can help:

- ◆ Sites provide information and support on personal development, sexual health, and personal relationships.
- ◆ You can get to know people and form a good relationship through online communications.

But the use of these technologies can cause significant hurt. These are the risks to watch out for.

### Online Seduction and Grooming

- ◆ People who seek sexual partners online could be adults or teens ~ someone you know or a stranger.

- ▶ They use techniques called “grooming” to seduce.

They:

- Are overly friendly and offer gifts or opportunities.
- Try to become your best secret “friend” and interfere with your relationships with others.
- Ask for or send nude pictures.
- Offer to be a “sexual mentor.”



- ✓ Don't attract online “creeps” ~ or try to find a sexual partner online.
  - Don't post or send sexy images. Use sexual usernames. Join groups to discuss sex or talk about sex with “creepy” people.
  - If you try to solicit a sexual partner online, especially if you are over 18, you could face arrest.
- ✓ What you must know ~ and should do:
  - People who solicit sexual partners online are not lovers or mentors. They have problems forming relationships and so resort to online seduction.
  - Engaging in sex with someone who solicits sex online could result in sexually transmitted disease, forced engagement in risky sex, abduction, and rape.
  - Save all evidence of contact and report to a trusted adult. Don't be afraid to report these interactions ~ even if you did something embarrassing. These people can be dangerous. If you don't report, other teens could be harmed.

### Unsafe Cyberdating & “Fantasy Love”

- ◆ Teens are texting and messaging with people they like. Getting to know someone online can be very nice. You can share a lot through these communications.
  - ▶ When you text and message, but don't spend time with a person in Real Life, you can never be sure that you are really getting to know that person. Both of you can think you are falling in love ~ because it really feels good to receive such loving messages. Real love requires time and in-person interactions.
- ✓ Watch out for “fantasy love.” Is your relationship “real” ~ or something both of you would like to be “real?”
- ✓ If you are getting to know someone online, be careful not to send images or information that could cause you harm if the relationship turns out to be “not real.”
- ✓ End your relationships with kindness and respect. If a relationship turns out to be “not real,” don't let your disappointment lead you to get angry or attack. It's really nobody's “fault” when a relationship doesn't work out. Wish the person well and move on.

### Abusive Partners

- ◆ Sometimes teens get into relationships with people who are controlling or abusive. Abusive partners are likely use cell phones and the Internet to maintain control.
  - ✓ Watch out for partners who ...
    - Always check where you are, what you are doing and who you are with ~ call or text throughout the night.
    - Tell you who you can and can't “friend.”
    - Harass you, put you down, or ask you to engage in electronic sexual activities that you do not want to do, demand sexy images and use images to threaten you ~ then act all loving.
  - ✓ Respect yourself. Don't stay with this kind of person. Get help to get out of this relationship!

### Teen-Produced Sexual Images ~ Sexting

- ◆ Nude sexy images of teens can cause many problems.
  - ✓ Don't create, post, or send nude or sexy images!
    - The second that image leaves your device, you face the risk of it becoming public. You have no control over who will see it.
    - This could lead to harassment and interfere with what you want to do in your life. Think about how you would feel if the image were posted on your school's bulletin board.
    - If you are over 18 and send a nude image to ~ request a nude image from ~ or distribute a nude image of a minor, you face arrest for enticement, disseminating obscene materials to minors, or child pornography.
  - ✓ Don't demand or trick someone into creating and sending you such an image or use an image you receive in a threatening manner.
    - Not only is this disrespectful and cruel, this could also get you into really bad trouble, including arrest.
  - ✓ If you made a mistake and provided an image and someone is now threatening to disclose your image, tell a trusted adult.
    - Yes, you made a mistake. But this is blackmail and it is not okay. It is very important to report this to an adult.
  - ✓ If you receive an image like this, don't add to the harm by sending it to others. Delete it ~ or tell a responsible adult.



### Friends Help Friends

- ✓ If you think a friend thinks that “fantasy love” is real, could be sexually exploited, is in an abusive relationship, or is creating nude images or being threatened with disclosure ...
  - Talk with your friend about your concerns.
  - Tell a trusted adult. Your friend may be at high risk!

# Cyber Savvy Teens

## What You Do Reflects on You

### Make Good Choices Online

Think carefully about online situations. Remember, people can post anything online ~ accurate or not. Consider what might happen to you or others ~ especially if someone could get hurt. Make decisions that will reflect well on you. Pay attention to the safety of others.

## Keep Your Life in Balance

### Avoid Addictive Access

Don't let the time you spend online take the place of the other activities that also can make your life happy and healthy. Make a commitment to spend Real Time with Real Friends in the Real World ~ as well as homework, chores, time with family, physical activities, and sleep.

## Think Before You Post

### Protect Your Personal Information & Reputation

Anything you post or send is ~ or easily could become ~ public and possibly permanent. The more embarrassing or damaging the material you post, the more likely it will become very public and be seen by people who will judge you badly. Never send anything in electronic form that someone could use to hurt your reputation. Protect your contact information and financial identity. Be respectful of others if you post information about them.

## Connect Safely

### Interact Safely with Others Online

Take time to get to know people online. Remember people who you do not know well can easily create a fake profiles or be deceptive. Watch out for anyone who is overly friendly and wants to establish a special relationship. Be careful if you are looking for friends online ~ you could end up with the wrong kinds of friends. If you want to meet in person, do so only in a public place with your friends present ~ with a well thought out "escape plan." Watch out for the safety of your friends as they interact with others.

## Keep it Secure

### Implement Security & Protections

Make sure your computer is secure with security software, spam blocker, block pop-ups, no peer-to-peer networking, and filtered search returns. Use the protective features of sites to restrict who can view your information and communicate.

## Abide by the Terms

### Follow the Terms of Use

Internet Use or Terms of Use Agreements control what you can and can't do when using the Internet at school or work or on the web sites. These agreements restrict activities that could cause harm to the service, site, or other users. If you don't abide by the terms, your use can be restricted.

## Stay Out of the Garbage

### Avoid "Gross Stuff" Online

You can avoid accidentally accessing pornography and other gross stuff through effective computer security and safe searching. Set it safe ~ filter your search returns. Read, think, then click ~ don't click if you don't know what you will access. Don't fall for traps ~ don't type URLs, use a search engine. Delete the spam ~ never click on links in suspicious messages. If gross stuff appears ~ turn it off and tell an adult so you will not be blamed.

## Don't Sell Yourself

### Protect Yourself from Aggressive Profilers & Advertisers

Wherever you go online you are tracked, tricked, and targeted by market profilers and advertisers. They want to know all about you so they can display ads that are more likely to attract your interest ~ and convince you to purchase. Read the privacy policies. Do not respond to profiling tricks like personality quizzes, contests, and surveys. Pay attention to how advertisers are trying to influence you. Make wise decisions about how much information you will share, to whom, and what kinds of companies deserve your business.

## Protect Your Face & Friends

### Protect Your Reputation & Friends When Social Networking

Social networking sites are great places to share who you are and connect with friends. Use the protective features ~ but always remember "protected" does not mean "private." Think of your profile as your public image ~ not your private journal. Don't let creeps into your circle of friends ~ your friends might trust someone because you have linked and end up getting harmed.

## Effectively Handle Mean Kids Online ~ Don't Be One

### Prevent Cyberbullying

Cyberbullies use the Internet or cell phones to send hurtful messages or post information to damage people's reputation and friendships. Nobody likes Mean Kids online. Don't post material or engage in interactions that could place you at risk. If targeted ~ never retaliate. If you are on a public site ~ leave or ignore. Otherwise ~ calmly say "stop," block communications, remove friendship links, file a complaint, or ask a friend for advise or help. If this does not stop the harm, get help from an adult. Being a cyberbully is not cool ~ it is cruel. Don't use the Internet to retaliate against someone who is hurting you ~ you can be blamed. Be a helpful friend ~ help the person being harmed, tell an adult, file an abuse report or complaint, or tell the cyberbully to stop if you can do so safely. Stop or report flame wars.

## Cyberdate Safely ~ Avoid the Hurt

### Avoid Risky Relationships & Activities

Don't post sexy images online or talk about sex with people ~ this can attract people who want to manipulate and exploit you. Meeting in person with someone you have met in this way can end up causing you major harm. Watch out for "fantasy love." If your relationship is primarily electronic you can think you are in love ~ when it is really not real! Avoid abusive partners who use the Internet and cell phones to manipulate and control. Never create, send, post, ask for, or keep nude or sexy images.

