

SMART ONLINE

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Part Two: Internet Safety



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1. Passwords

- Passwords should be long with upper & lower case letters, numbers and characters.

Example: My-Cat-OLIVIA-likes:TUNA&CHEESE!!-aLLday!

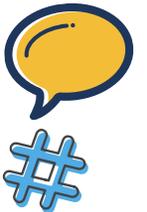
- Do not share your password with ANYONE, not even your friends & teachers.



2 Sharing & Commenting

- Be sure not to share your location/personal information like home address, your schools information, your grade or even pictures of your school or hometown. You would be surprised how easy it is for 'nefarious people' to find you.

- When commenting or posting remember "THIS IS FOREVER". Even if you delete it, it still exists on the internet.



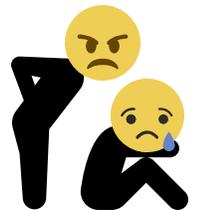
3. Turn off your location.

This is considered unsafe sharing. Your family should know where you are, not the world. If you have snapchat- get rid of it. Any platform that requires you to share your location should not be downloaded.



4 Don't be silent about cyber bullying.

- Bullies depend on your silence, so don't be silent. Tell your family, and then have them help you set up an appointment with the school or local authorities depending on the situation and level of bullying. You are in control, not the bullies. You do not have to be afraid and the parents should not be angry but supportive and helpful.



5. Don't start or have conversations with people you do not know through private messaging. There have been many cases of adults posing as young teenagers in order to lure them. This is why you do not respond to messages from strangers even teenagers from other schools. If you do respond, you keep to the 'do not share' format of interacting with these individuals, including not meeting with them in real life without your families involvement.



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NO

6 Your texts/ private messages are NOT private.

Your cell phones is not private, nor is your internet. The systems around are constantly tracking and recording and someone at any time watching. If you are being asked to send naked or sexy photos, DO NOT. Your friends, family, boyfriend, girlfriend, teachers, etc should NOT be requesting such things. You can say NO. Once you have sent an image, it is already out of your control and freely viewable and shareable on the net for the world to see.

Thousands of images of young girls and boys are shared online without their consent or even knowledge. It's important to have a frank discussion on this topic.



7. Be honest with yourself.

It's not all about getting the likes and comments, it's also about your credibility. In an online world where everything is shared, so are your mistakes as a teenager. You want to show a history of smart and capable thinking..



8. Don't be afraid of the Net, but be cautious.

Do not trust someone right away, and do not keep your parents in the dark. It's important to keep parents in the loop and parents its important to keep an open mind and be supportive, not judgmental or controlling. Both parties need to understand the internet is not all harm, it's also positive. To learn from others, to share ideas, to interact and build oneself. You decide if the internet is going to harm you or not.

You're parents are there to guide you to making the right choices online for a good reason. "All my friends are doing it" is not a good excuse for wanting to do something that could potentially harm you or compromise your online safety.



11. The internet is a good tool- and you can still use it for it's full potential.

Talk about how the internet - the good & bad. There are great motivational messages. There is also great activism and engagement. Parents and children should have discussions on different news topics, school topics and help the child if they want to start a blog. This can greatly help children grow, to build self esteem and create good habits for writing and producing good content. But do it with your security in mind.



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