



## HELPFUL TIPS

### **Keep your info to yourself**

Don't post your full name, address, phone number, or Social Security number on any website.

### **Protect your password**

Don't share your password with anyone but a parent. Take one day a month to change your password, so that no one else can try to figure out what it is.

### **Don't interact with strangers**

If you don't know the person in real life, don't talk to them or add them as a friend, and never ever agree to meet them in person. Someone who seems nice online could be a bad person who is just pretending.

### **Be careful what you post**

Remember that, once you post something online, you can't take it back. Even if you delete it, someone else could have seen it and saved it.



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### **Think before you post**

Is a message you're thinking of posting going to make someone feel bad or sad about themselves? Could you get grounded if you showed this to your parents? If the answer is no, don't post or send the message.

### **Tell an adult**

If you are bullied online or by a text message, tell a trusted adult, like a teacher, a parent, a favorite aunt or uncle, a school nurse, or principal.

### **Do not respond**

The bully is bullying you to make themselves feel like they are better than you. It is never a good idea to give a bully that kind of power.

### **Block the bully**

Things like AIM, Facebook, Twitter, and other sites like those will let you block people who are harassing you. Ask an adult for help if you aren't sure how to do it.

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