

# INTERNET SAFETY TIPS FOR TEENS

## USER NAMES / SCREEN NAMES

When you select a user name or screen name you should choose something that doesn't include anything to identify you. Online predators can use this information to prey on you.

**Don't** include your name, age, school, location or specific interests in your user name.

Use a different user name than your email address.

## PROFILES

Profiles can provide predators with a ton of information they can use to gain your trust or identify you.

**Keep** your profile private or limited on social sites.

**Don't** include your full name, birth date, school, address or contact information in your profile. If you have to fill some of this information out, make sure you block it from public view.

**Don't** post pictures of yourself online. If you do, post photos only where they are private.

## CHATS / IM

**Beware** of people you don't know who ask identifying questions or seem really anxious to meet you, share pictures or talk on the phone.

**Never** send your photo to people you meet online.

**Never** agree to meet in person with someone you met online.

**If** someone you met online starts to threaten you because you won't meet them, chat with them or anything else, tell someone.

**If** someone sends you sexually explicit photos or links, whether you want to see it or not, stop speaking to them.

**Be careful** giving out your email address to people you meet online.

**Beware** of people offering to buy you or send you things.



**Remember**, everything you do online is stored and retrievable. Think before you post!

**Don't** accept emails, IM's, files, photos or texts from people you don't know or trust. They could have viruses or spyware in them.

**Don't believe** everything you read online. People can pretend to be anyone on websites, chat rooms, and email. You may think you're talking to a 16 year old girl, but she may really be a 40 year old man. You may think you've won a free computer, but it may just be a trick to get you to provide personal information.

**Always** tell a trusted adult if you see something online that bothers you. Don't respond.

**Never** give out your password to anyone but your parents, not even your best friend.

**Never** respond to messages or bulletin board items that are **S**uggestive, **O**bscene, **H**ostile, **T**hreatening or **M**ake you feel uncomfortable.

## DID YOU KNOW?!

1 in 7 young people has received unwanted sexual solicitations online.

1 in 4 young people has been exposed to sexually explicit pictures online without seeking or expecting them.

1 in 17 young people has been threatened or harassed online.

1 in 33 young people has received an aggressive solicitation to meet somewhere.