

It's a BIG Cyberworld!

You can use it to...

- Connect with friends
- Learn new stuff
- Trade photos and videos
- Listen to music, watch movies and play games
- Shop



You need to be smart!

Whether you're on your cell or computer, on a social network, gaming or shopping site...

It pays to know what's happening!

What you DON'T know CAN hurt you!

Knowing a few simple facts can help you stay safe on the net or on your cell phone...

NOTHING'S PRIVATE!

- Anyone can read what you text or e-mail and pass it on to others.
- Schools, employers and even your grandmother can check out your FaceBook or MySpace page.
- User IDs, passwords and account numbers are easy to pass around.

ANYTHING CAN BE SENT!

- You can't always know who's texting you or where a message is coming from.
- You can get unwanted ads, porn and viruses.
- If you respond to offers, the caller can get your info.
- You could get stuck paying for incoming messages you don't want.

NOT EVERYONE'S NICE!

Bullies, scammers, spammers or others might...

- Send you a virus or hack into your computer.
- Share embarrassing photos or videos.
- Send mean or threatening messages.
- Get money from you.

CYBER~DO'S

Be Private!

- Only share your cell number or e-mail address with people you know and trust.
- Don't reply to text messages or e-mails from people you don't know.
- Learn how to block unwanted e-mails and calls to your cell phone or your social network account.
- If something doesn't feel right, tell a parent, teacher, other adult or your Internet provider.



Respect Others

- Think about the tone of the message you're sending. Would you like it sent to you?
- Never give out someone else's number or address without asking.
- Think before you send or post photos of you or anyone else on the Internet. Once a photo is sent or uploaded, it's very hard to remove.

Be Smart!

If you decide to connect with someone you met online...

- Tell someone where you're going.
- Take a friend with you.
- Meet in a public place.



CYBER-DON'TS

Don't Be an Easy Target!

Laptop and cell phone theft is common.



- Lock or hide your laptop when you're not using it.
- Don't leave computers or phones in the car.

- Keep your cell phone out of sight when you're not using it.
- Only use your phone in public when you need to.



Don't Be a Victim!

Online or on your cell phone

- Be careful about who uses your phone.
- Don't post your cell phone number online.
- Don't give out personal info including passwords, user IDs or account numbers, even to friends.



CyberSafe is CyberSmart!

When online or texting...

- Protect your privacy.
- Keep all personal info secret.
- Use passwords that are hard to figure out or steal.
- Report all problems.
- Treat others like you want them to treat you.



Teens and Cyber Safety



Online or texting!

This brochure is not intended as a substitute for your health professional's opinion or care.

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