

# Be Internet Smart

Tips to help you be smart online



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## Tip 1

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### **Be a positive presence online just like IRL (in real life).**

Remember, once something by or about you is online like a photo, comment, or message, it could stay online forever.

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## Tip 2

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### **Think before you post.**

It's important to know when to post nothing at all – not to react to somebody's post, photo, or comment or not to share something that isn't true.

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## Tip 3

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### **Protect your secrets.**

Do not share your address, email, phone number, passwords, usernames or school documents with strangers.

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## Tip 4

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### **Don't assume that people online will see you the way you think they'll see you.**

Different people can see the same information and draw different conclusions from it.

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## Tip 5

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### **It's always important to respect other people's privacy choices, even if they aren't the choices you'd make yourself.**

Different situations call for different responses online and offline.

# Be Internet Strong

Tips to help you be strong online



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## Tip 1

### **Create a strong password.**

Choose at least 8 characters and use combinations of letters (uppercase and lowercase), numbers, and symbols.

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## Tip 2

### **Switch it up.**

Use a different password for each of your important accounts.

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## Tip 3

### **Get creative.**

Don't use a password that's easy to guess, like your nickname, just the name of your school, favorite basketball team, a string of numbers (like 123456), etc. And definitely don't use the word "password"!

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## Tip 4

### **Avoid getting personal.**

Don't use personal information (name, address, email, phone number, Social Security number, mother's maiden name, birth dates, etc.), or common words in your password.

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## Tip 5

### **Don't hesitate to change your password.**

Immediately change your password if you know or believe it may be known by someone other than a trusted adult.

# Be Internet Alert

Tips to help you be alert online



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## Tip 1

### **Double check a site for credibility.**

Before you click on a link or enter your password on a site you haven't been to before, check that the site's URL matches the product's or company's name and information you're looking for.

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## Tip 2

### **Use secure websites.**

Make sure a website's URL starts with "https://" with a little green padlock to the left of it.

Example:  `https://www.donutsandmoreshop.com`

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## Tip 3

### **Don't fall for scams.**

If the email or site offers something that sounds too good to be true, like a chance to make a lot of money, it's almost always too good to be true. Don't fall for the fake message.

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## Tip 4

### **It can happen to anyone.**

If you fall for a scam online, tell your parent, teacher, or other trusted adult right away and change your passwords to your accounts immediately.

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## Tip 5

### **Attention! Remember that website or ad can't tell if there's anything wrong with your device!**

There are scams that may try to trick you into downloading malware or unwanted software by telling you that there's something wrong with your device.

# Be Internet Kind

Tips to help you be kind online



## Tip 1

### **Follow the golden rule!**

Treat others how you want to be treated, both online and in real life. **Example:** Report the harassment. Tell someone who can help, like a parent, teacher, or school counselor.

## Tip 2

### **Be an Upstander!**

An Upstander fights bad behavior and stands up for kindness and positivity. **Example:** Report the harassment. Tell someone who can help, like a parent, teacher, or school counselor.

## Tip 3



### **Do simple actions to turn negative interactions into positive ones.**

**Example:** If someone posts something negative online to a friend, get a bunch of friends to create a “pile-on of kindness” - post lots of kind comments about the person being bullied (but nothing mean about the aggressor, because you’re setting an example, not retaliating)

## Tip 4

### **Make good decisions when choosing what to say and how to deliver it.**

**Example:** Don’t type something online if you wouldn’t say it in real life.

## Tip 5

### **Spread kindness online.**

# Be Internet Brave

Tips to help you be brave online



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## Tip 1

### **Found something negative? Say something!**

If you come across something that makes you feel uncomfortable or worse, report it - be brave and talk to someone you trust who can help, including a teacher, the principal, or a parent.

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## Tip 2

### **Talk it out.**

Asking for help when you're not sure what to do is a brave thing to do. If it's to help you or someone heal something hurtful or stop harm from happening, it's both smart and courageous.

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## Tip 3

### **Report and/or block inappropriate content.**

Reporting can help the people involved, their community, and the platforms themselves if we use the tools to block and/or report on a site or app.

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## Tip 4

### **Get proof.**

Before blocking or reporting inappropriate content, it's always wise to take a screenshot so that you have a record of the situation.

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## Tip 5

### **Don't be afraid!**

If you receive a creepy message or comment from a stranger, show a trusted adult, block and report them.