



A Kids' and Teens' Guide to Staying Safe Online

Staying safe on the internet doesn't have to be a boring experience. Here are 20 **DOs and DON'Ts** that you should know.

The 10 DOs of Internet Safety

1 **Keep your personal info secret.** Don't share personal info online. This includes your name, phone number, address, social security number, the school you attend, and teams you're on.

2 **Set your profiles and accounts to private.** This is the best way to ensure that only the people you approve can see and read your information, pictures, and posts.

3 **Only connect with people online that you know in person.** If you're not friends with them offline, then you don't need to connect with them online.

4 **Be open with your parents.** Your parents love you and want to keep you safe online and offline. If something or someone makes you feel uncomfortable, tell your parents so they can help.

5 **Check your mobile app permissions and settings.** Whenever you download an app, check to see what permissions the app is requesting. Many apps don't need access to your contacts, photos, files, camera, or microphone.

6 **Look for a padlock or HTTPS in your browser.** If you're on a website and want to create an account or make a payment, check for a padlock or an "HTTPS" in the address bar.

7 **Review the email sender's information.** Do the sender's name and email address match? If not, it is likely a scam email that was sent from a fake or compromised account.

8 **Look for obvious spelling & grammar mistakes.** Look for typos, weird grammar, and other inconsistencies in email and website content. Real companies check for these types of mistakes before publishing.

9 **Check website links before clicking on them.** Hover your mouse over links and buttons to see what URL displays. See if the link matches what the text says. If not, it might be a phishing link.

10 **Trust your gut.** If something feels weird or "off" about an email, chat invitation, or message, trust that feeling and don't respond. Stop what you're doing and tell an adult right away.

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The 10 DON'Ts of Internet Safety

1 **Don't overshare information.** Sharing too much information about yourself online is dangerous because bad guys can use it to hurt you or cause trouble.

2 **Don't share your login credentials.** The only people that you should share your username and passwords with are your parents or guardians! No one else needs to know that information.

3 **Don't share images that you wouldn't want others to see.** Everything that you post or share online is permanent. Don't want your parents or friends seeing something? Don't share it on the internet!

4 **Never meet up with someone you met online.** If you talk with someone online and they want to meet in person, tell your parents. Never meet up with someone you've never met before.

5 **Don't open emails from people you don't know.** Get a random email from someone you don't know? Don't open it. Bad guys want to trick you into downloading files or clicking on links.

6 **Never comply with online demands.** If someone asks you to send images of yourself or threatens to do something if you don't, tell a parent. Complying can lead to other demands.

7 **Don't be afraid to report cyberbullying.** If you or someone you know is experiencing cyberbullying, the best way to help them (or yourself) is to tell a parent or teacher.

8 **Don't be afraid to say what's happening.** If something weird, icky, bad, or creepy is going on online, don't hesitate to tell a parent, teacher, or another adult you trust. They can help!

9 **Don't use third-party file-sharing sites.** While these sites offer a lot of free movies, music and games, they also have a lot of malware that can infect your device.

10 **Don't click on ads or popups.** Online ads are a great way to trick you into visiting a malicious site or downloading malware. Keep your device safe by never clicking on unsolicited ads or popups.



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