

# Internet Safety



## Cyber Bullying

Cyber bullying can occur in any online setting.

Cyber bullying is when someone willfully and repeatedly uses technology to demean, inflict harm, or cause pain to another person through the use of computers, cell phones, and other electronic devices.



## How to respond to cyber bullying:



### Tell an adult

Youth should always tell a trusted adult to develop ways to respond.



### Gather evidence

Save messages or take screenshots as evidence, but DO NOT reply or delete them.



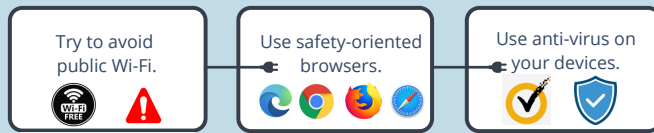
### Bring in additional support

Inform school administrators or law enforcement as needed.

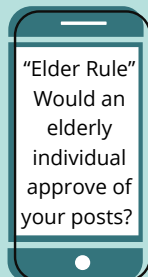
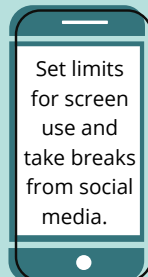
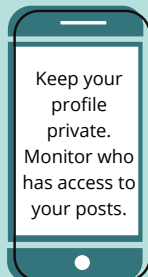
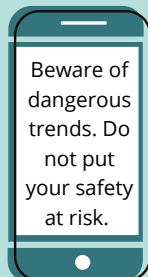
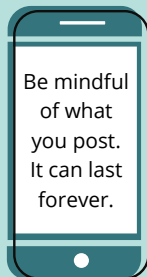


## Protect Your Personal Information

- Do not share any personal information, such as your A number, social security number, passwords, or photos of yourself.
- Before you click or open an attachment, make sure the email or message is from a trusted source.
- Be mindful of schemes to steal your information; the fraudster may appear to be a trusted source such as the IRS, banks, fake job offers, etc.



## Be Aware of Social Media



Follow accounts that enhance your life and connect to your hobbies and interests.

- Physical/Mental Health (e.g., Headspace)
- Build Self-esteem (e.g., WeTheUrban)
- Photography (e.g., Eartpix)
- Soccer (e.g., Bestoffootball)
- Dancing (e.g., Renatobailarinos)



## For Parents & Caregivers:

### Talk with your youth about Internet Safety.

- Be direct, vulnerable, and open when you talk about internet safety.
- Keep a neutral tone and avoid reacting negatively to the youth's perspective.
- Educate the youth instead of instilling fear.

"Children who have been in similar situations have been abducted or found themselves in dangerous situations. We're having this conversation because I want to prevent that from happening to you."

