

What you do online matters...

Tips to help you stay safe when using technology from the Child Protection Center

○ Ignore, Block, Tell

If someone is harassing you or making you feel uncomfortable online, remember to ignore their posts, block them on the site and tell a trusted adult.

○ Public and Permanent

Anything we do online is public and permanent. Even if we delete it or think our privacy settings are working, they are not fool proof.

○ Who is really behind the screen?

It is nearly impossible to know for sure who is behind the screen when we are communicating digitally. Think twice before saying something hurtful or personal.

○ Empathy is the solution to cyberbullying.

Empathy is thinking of how others might be feeling. How would you feel being cyberbullied?

○ Small bits of information come together to make a bigger picture.

Dangerous people online are patient and smart. They can put together what you post to learn more about you than you wanted to give away.

○ Remember you're always creating a digital footprint.

What we do today online will be available in the future. All of our digital activity comes together to create our digital footprint. What kind of digital footprint do you want to leave?

○ Would I want _____ to see this?

What would an adult I respect think of this post? Would I want my coach to see this picture? How could this hurt or help me in the future?

○ Online habits have real life consequences.

What we do online is not isolated. We live in a digital age where our online choices matter in our daily lives.

○ Adults are here to protect you – you can trust them.

Parents and other adults may not totally understand technology, but they want to help you stay safe and encourage you.

○ Find ways to use technology in a positive way.

What kind of a difference can you make using technology?