



January Safety Tips – Stay Safe Online

Some simple things to remember

1. **ALWAYS** ask an adult if you're unsure of anything when you are online.
2. Do **NOT** sign up for sites that are 13+ if you are too young (Facebook, YouTube, Instagram, etc).
3. Do **NOT** share personal information online – Your full name, address, phone number, passwords, your plans.
4. Do **NOT** add people as online friends unless you know them in real life or have parent permission. Never arrange to meet an online friend without first talking to a parent.
5. Do **NOT** believe everything you read on the internet
6. Do **NOT** trust everything online friends tell you.
7. **CHOOSE** sensible names for usernames, email addresses. This is a part of your identity, so be appropriate.
8. **TALK** to your parents about what you're doing online and let them know when you're going on the internet.
9. **TELL** someone if you are cyber bullied. Cyber bullying is when someone picks on you, annoys, embarrasses, or threatens you over and over again using technology, such as the internet or a phone.
10. **TREAT** others online the way you'd like to be treated.
11. **PROTECT** your digital footprint: Do **NOT** put anything online that you wouldn't want all your friends, family, teachers and future employers to see.

Once on the web, it's there forever! Choose your words and pictures wisely.

Signs of Internet Addiction!

According to the American Psychiatric Association, Internet addiction can include three or more of the following:

- The user needs to spend ever-increasing amounts of time online to feel the same sense of satisfaction.
- If they can't go online, the user experiences unpleasant withdrawal symptoms such as anxiety, moodiness and compulsive fantasizing about the Internet. Then, using the Internet relieves these symptoms.
- The user turns to the Internet to cope with negative feelings such as guilt, anxiety or depression.
- The user spends a significant amount of time engaging in other activities related to the Internet (such as researching internet vendors, internet books).
- The user neglects other areas of life (such as relationships, work, school, and leisure pursuits) in favor of spending time on the Internet.
- The user is prepared to lose relationships, jobs or other important things in favor of the Internet.

Keep track of your internet time and balance your Life!