

Be Internet Smart

Tips to help you be smart online



Tip 1

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.

Tip 2

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.

Tip 3

Protect your secrets.

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

Tip 4

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.

Tip 5

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



Tip 1

Create a strong password.

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

Tip 2

Switch it up.

Use a different password for each of your important accounts.

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"!

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.

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



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.

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: 

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.

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.

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.

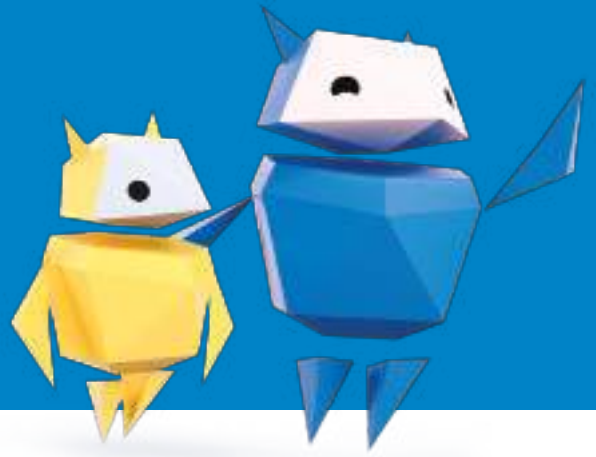
Example: Don’t type something online if you wouldn’t say it in real life.

Tip 5

Spread kindness online.

Be Internet Brave

Tips to help you be brave online



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.

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.

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.

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.

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.