

11 Tips for the Internet



HEALTH
DEPARTMENT
Caring today for a healthy tomorrow

Defend yourself from cyberbullying, mean tweeting, sexting, cyberstalkers and internet trolls! Try these tips and log-off from digital drama.

Celebrate Your Inner Strength!

Resist people that try to pressure you online. They're not your friend. *Really, they're not.*

#1 Rule To Live By:

Never, ever post or send anything online you wouldn't want your mom, dad, teacher and future boss to see.

You never really know who you are talking to online. *It could be a troll.*

You need to know this!

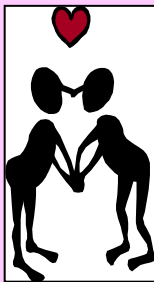
Sexting between minors can ruin your rep **AND** get you charged with a serious crime.

Practice Safe Chat

An online friend that you've never met or don't know in person is really a stranger.



Relationships should be based on mutual respect, not just physical attraction.



Prevent Prying Eyes

Use caution with computer webcams. Always turn them off or close the lens.



#2 Rule To Live By:

When you have something important to talk to a friend about... **FACE TO FACE WORKS BEST!**

Dealing with a cyberbully? STOP, BLOCK, and TELL.



Be a good citizen of the cyberworld and keep it **positive**. The internet is only what we make of it - terrible or **FANTASTIC**.

STAND UP!

CHOOSE to ignore social media that tell you you're not good enough. **YOU ARE.**