

Cyber & Internet Safety

Helpful hints for being online all the time.

Cyber Street Smarts



- Don't trust everyone you meet online - even if they claim to be a "mutual friend"
- Only approve friends you really know - once they're approved, they can see **EVERYTHING** you're posting online, including photos and videos.
- Be careful what you post online
- Never, ever give a friend your password!
- Don't take revenge on someone online
- Never give out your real name, age, address, or phone number online without permission
- Don't take photos of yourself to send to your friends on your cell phone or computer. It **WILL** end up on the Internet for the world to see.
- Check out groups, message boards, web sites, blogs and chat rooms before posting messages
- When you do chat online, be careful -- only type what you would say to someone's face
- Block or ignore unwanted users in chat or IM. Take advantage of the "Block all users except those on my buddy list" or add unwanted screen names to an Ignore list in chat. You're not being rude - your comfort level is more important than their feelings.
- • Your first instinct may be to defend yourself if you are bothered online - **DON'T** - this is how most online harassment situations begin
- • For more online safety tips, go to <http://haltabusektd.org/resources/tips/index.html>

Smart Passwords

- <https://youtu.be/eoENHKyqRNY>



What is a Safer Internet?

- It can mean many different things.
- In this short video speakers from companies like Microsoft Xbox, Facebook, Connect Safely, Google, and even a student mention what a safer internet can look like.
- <https://www.youtube.com/watch?v=MHxR75q-2Ow#action=share>



Cyberbullying Challenge

People can say rude or unkind things online to others. Sometimes it's referred to as cyberbullying. What can be done about it?

- Educate
- Report

What else can we do?

- Brainstorm

How should we do it?

- Think about how you can help teach parents how to do things online.

Who is responsible?

1. The people who post these things.
2. The parents/caregivers of the young people who think it's ok to do this sort of thing.
3. The schools if they haven't done enough to teach people about how to behave in the first place.



Remember to:

tell an adult you trust about anything troubling.

Cyberbullying

What to do if you're being bullied or harassed online:

1. **KEEP EVERYTHING!** Don't delete e-mails, IMs, etc. Place them in a separate folder on your hard drive or CD, DVD etc. and print out a hard copy. You can also take a screen shot by hitting the Ctrl and Print Screen (or Prt Sc) keys on your keyboard, then open a graphics or word processing program and go to Edit, Paste (or Ctrl + V keys), then save the document.

2. Let your parents, teacher or another adult you trust know about what is happening online

3. Contact the harasser **ONE** time via email or IM with something as simple as "Please leave me alone." You do not need to explain why. CC (copy) the person's ISP and keep a copy of your request for them to stop.

4. Do **NOT** respond after that, but do keep anything they may send



5. Send complaints to the person's ISP with the full headers (if via email). If you don't know how to do this, go to haltabusektd.org/help/headers/index.shtml.

6. If someone has created a web site to harass you, complain to the server where the site is hosted (we can help you with this).

7. If you're being cyberbullied, you can report it anonymously but know that 1 out of 4 kids is bullied and up to 43% of students have been bullied while online. Child and teen Bullying and Cyberbullying are at an all-time high but **YOU ARE NOT ALONE**.

8. If the harassment continues, contact WHOA-KTD for **FREE** help at haltabusektd.org

CYBER-FIVE

(click on the link below the picture)



https://www.abcya.com/games/cyber_five_internet_safety

The **Cyber 5** Rule List:

1. NEVER share personal info (passwords, name, address).
2. DON'T download alone (beware of viruses).
3. DON'T respond to a bully (even if it ruins your day).
4. Copy & Paste, Save it & Print (keep it to show parents).
5. If you feel uncomfortable with what you see, tell an adult immediately.

Internet Safety Pledge for Teens & Kids



Internet Safety Pledge for Kids and Teens

1. I will not give out any personal information such as my address, home/ cell phone number, parent/ work address/ telephone number, or the name and location of my school without my parent/ permission.
2. I will tell my parents right away if something or someone online makes me feel uncomfortable.
3. I will never agree to get together with someone I "met" online without first checking with my parents. If my parents agree to the meeting, I will be sure that it is in a public place and bring my mother or father or another trusted adult along.
4. I will never send a person my photo without first checking with my parents.
5. I will not respond to flirts, texts or emails that are mean or in any way make me feel uncomfortable. If it is not my fault I will get a message like that. If I do I will tell my parents right away so that they can contact the Internet or cell service provider.
6. I will talk with my parents so that we can set up rules for going online. We will decide upon the time of day that I can be online, the length of time I can be online, and appropriate Web sites I can visit. I will not access unapproved Web sites without their permission.
7. I will not give out my Internet password to anyone (even my best friends) other than my parents.
8. I will check with my parents before downloading or installing or (even or doing anything that) could possibly hurt our computer or jeopardize my family's privacy.
9. I will be a good netizen and will not do anything that hurts other people or is against the law.
10. I will help my parents understand how to have fun and learn things online and teach them things about the Internet, computers and other technology.

Signed:

Kid/Teen

Parent/Guardian 1

Parent/Guardian 2

For more information or help about cyberbullying, please contact WHO@KTD for help.



- Sign the Pledge!
- <http://haltabusektd.org/docs/safetypledgeK&T.pdf>

Have fun & stay safe!



Resources:

<http://aplatformforgood.org/>

[https://www.abcya.com/games/cyber five internet safety](https://www.abcya.com/games/cyber-five-internet-safety)

<https://www.betterinternetforkids.eu/>

<https://www.connectsafely.org/>

<http://haltabusektd.org/>

<https://saferinternet.org.uk/>

<https://www.stompoutbullying.org/get-help/about-bullying-and-cyberbullying/>

<https://www.stopbullying.gov/>