

## Tips for Staying Safe Online while connected

### 1. Protect your identity.

Your passwords are the only thing standing between you and a lot of potential trouble. Fourteen percent of teens say that they've had their online identities stolen by someone else. So even if you can't imagine a friend using your account to do something nasty, keep your password private. Pick something other people can't easily guess. Avoid obvious things like your birthday or your pet's name.

Another way to protect your identity—and your safety—is to be careful about what you share online or in texts.

Sexual predators are expert at poking around social networking sites like FaceBook to find new targets. Avoid posting detailed personal information like your full name, phone number, address, or school name, and don't post details about where you are going or what you are doing.

### 2. Know who you're "talking" to.

Let's face it, there's no way to be sure WHO you're talking to on the Web. Passwords get stolen, friends "borrow" each other's accounts, and people just plain lie.

Six out of ten teens say they've chatted online with someone who was probably lying about who they were, and 7 out of 10 say they've gotten messages from people they didn't know, including requests for personal information.

Be smart and be safe. Never agree to an inperson meeting with someone you only know through the Internet. It can be dangerous and even deadly.

### 3. Think before you send.

Think about the consequences before you send a picture or an insulting message. Think about some of the places the message could end up. How would you feel if everyone at school saw it? What would your friends and family think?

Keep in mind that the message or image could end up anywhere, and that you won't be able to take it back.

### 4. Be true to yourself.

More than half of teen girls (and about one in five boys) say that they've felt pressured to "sext" a girlfriend or boyfriend. Keep in mind that NO ONE has the right to force you to do anything sexual

*Taken from [www.nctsn.com](http://www.nctsn.com)*