

Internet Safety Tips for Teens

1. Don't cave to pressure. Don't let friends or strangers talk you into doing something you wouldn't normally do.
2. Remember the golden rule. It's easy to say things online you wouldn't say in person. Treat others as you wish to be treated.
3. Think about what you share. Sharing inappropriate photos, details, or passwords is never a good idea, even if it's with friends.
4. Avoid in-person meetings. However tempting it may be, meeting up with a stranger is a bad idea. If you must meet, first tell a trusted adult, plan to meet in public, and never go alone.
5. Don't compare yourself to others. People usually only post happy things and avoid posting negative thoughts or unflattering photos. Don't assume others have better lives than you based on what they post online.
6. If you or someone you know ever feel unsafe online, don't be afraid to tell a trusted adult or call us at 515-573-2323 or 911 in case of emergency.



Parents: Be aware of what social media sites your kids are using!