

# INTERNET AND SOCIAL MEDIA HOW TO STAY SAFE

- **DON'T TALK TO STRANGERS**

- Use same rules and common sense that you would use in real life
- Do not open attachments from anyone that you do not know

- **TURN OFF GPS SYSTEM SO NOBODY CAN TRACK YOU**

- **VERIFY:**

- Anyone can pretend to be someone else online
- Make sure you are talking to people you know

- **STICK WITH WHAT YOU KNOW:**

- Use only well-known websites and services for downloading music, games, or movies

- **NOTHING YOU DO ONLINE IS PRIVATE:**

- Do not send pictures of yourself that you want to remain private
- Apps that say they delete content, like Snapchat, can be recorded

- **ALL CONTENT IS HACKABLE:**

- Keep your computer safe from hackers by:
  - Turning off your devices when you are not using them
    - Turning off your webcam when you are not using it
    - Keeping your computer's firewall turned on
    - Setting app and social networking privacy settings to strictest levels
    - Installing and updating antivirus software and antispysware technology
    - Keeping your computer's operating system up to date
  - Using passwords that are not easy for someone to figure out use random words and
    - Mix letters, numbers, symbols (exclamation points, stars, etc.)
    - Mix uppercase and lowercase letters
    - Don't use the same password for every site or service

**IF YOU THINK THAT YOU HAVE BEEN TRICKED OR HACKED BY A CYBERCRIMINAL, ASK FOR HELP! TELL YOUR PARENT OR A TRUSTED ADULT.**