

November 2011

INTERNET

Internet Safety
Strategies &
Suggestions
for Teens
Affected by
FASD.



Staying safe on the
internet!

WHEN SURFING THE INTERNET HERE ARE SOME TIPS TO KEEP YOU OUT OF HARMS WAY.....

- 1 - Limit your contacts to only people you really know. This means friends, relatives, co-workers. NOT people you've "met" online.
- 2 - Never give anyone your personal information. This means no full name, phone numbers, names of family members, home address, banking information, passwords, etc.
- 3 - Try not to post pictures of yourself where the back ground makes it obvious where you are - this keeps internet predators from finding out where you like to hang out!
- 4 - Never agree to meet someone you've met on the internet, you never know who they really are! Keep your online friends in the virtual world!
- 5 - Ignore.Block.Tell - Ignore mean or threatening messages, Block the sender & tell a trusted adult who can help report them.
- 6 - Don't answer questions online that make you feel uncomfortable. For example - Don't flirt or talk about sex with someone online if you wouldn't do it face to face.
- 7 - Make sure your Facebook page is blocked, so only your friends can access your information. Have a friend make sure your privacy settings are very high.
- 8 - If you purchase an item from a web site, like Kijiji you should make plans to meet up at a public location to make payment for your safety. You can also let someone know where you're going to meet up with the person for further precaution or safety.
- 9 - Use a gender neutral nickname when entering chatrooms.
- 10 - Don't enter contests, buy or accept gifts without discussing it first with your parents or guardians. Especially if it involves someone coming to your home.
- 11 - Always be courteous online. Don't send emails that may hurt others or be against the law.
- 12 - Keep your computer in a public area so that if you have any problems your parents/guardian/older friend can help you out!