

HOW TO STAY SAFE ONLINE

With so much happening online, it's important to understand how to keep yourself or your student protected. Use these tips to stay smart and safe while online.

FOR MORE RESOURCES, TIPS AND OTHER INFO, VISIT [PCSB.ORG/MENTALWELLNESS](https://www.pcsb.org/mentalwellness)

SAFETY BY THE NUMBERS

54%

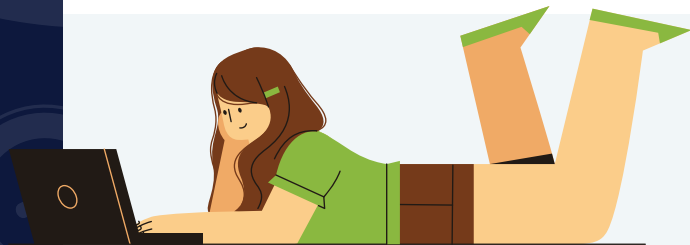
of teens have received unwanted texts or spam

95%

of teens have access to a smartphone

**MORE THAN
50%**

of the teens who report playing video games said they have made new friends online



FOR STUDENTS:

1

Never give out personal information (age, address, etc)

2

Take care with what you share

3

Be kind online

4

Check your browser's privacy settings

5

Know how to report posts on social media

6

Keep your passwords safe

7

Never meet anyone in person you've only met online

8

Never open or respond to emails from an unknown person

9

If you see anything online that you don't like or you find upsetting, tell someone you trust

10

Use a neutral username