7 Tips to Stay Safe Online



CHANGE PRIVACY SETTINGS

so your information is only seen by family and friends. Only accept friend requests from people you know.

DO NOT SHARE PERSONAL PHOTOS, VIDEOS, OR INFORMATION

because images and content can remain online permanently. Never share images or videos you wouldn't want seen by your family, teachers, or a stranger.



NEVER SEND MONEY

to someone online unless you are expecting the request.

(Government agencies, including the police, Social Security, USCIS, etc. will NOT ask for money by phone, text, or social media.)



NEVER MEET UP

with someone in person who you have only met online.



BLOCK ANY ONLINE AGGRESSORS

so they cannot contact you anymore or see your information.



about any online abuse so they can help you. You can also text "THORN" to 741741 to talk to a trained counselor.

REPORT ONLINE EXPLOITATION by talking to an adult and calling 9-1-1 to file a police report.



CENTER FOR ADJUSTMENT, RESILIENCE & RECOVERY

