PROTECT YOUR PERSONAL INFORMATION

THINK BEFORE YOU SHARE

YOUR OWN STUFF

Remember that anything you share could end up being seen by people you didn't want to send it to.

Don't share things when you're feeling angry, happy, or excited: calm down first.

Be aware that if somebody asks you to share something you are not comfortable with; you have the right to say no.

OTHER PEOPLE'S STUFF

If you don't know for sure that someone wants you to share a picture or video of them, ask them if it's okay.

If something makes a person look bad or could hurt them if it got around, don't pass it on.

FIXING THINGS IF THEY GO WRONG

If you're unhappy about something being shared, ask the people you sent it to not to pass it on or ask the person who posted it to take it down.

Remember – you're not alone! You can always talk to an adult you trust or a help-line to get advice and support.

IT'S GOOD TO SHARE.

But if you share something online you shouldn't, you can hurt someone – or yourself. So you need to think before you share.

For more information visit:

mediasmarts.ca

Facebook Family Safety Center
facebook.com/safety

DOWNLOAD THE COMPLETE **THINK BEFORE YOU SHARE GUIDE** AT:

http://fb.me/thinkbeforeyoushare
http://www.getcybersafe.gc.ca

MediaSmarts

facebook

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Protect Your Personal Information

Know the four (4) Rules of Online Safety.

Rule#1: Tell a trusted adult if you see anything that makes you feel scared, or confused.

Rule#2: Ask a trusted adult before sharing any information (name, school).

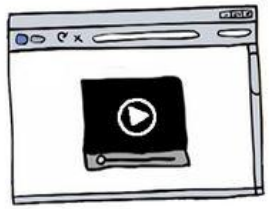
Rule#3: Don't meet face-to-face with anyone from the Internet.

Rule#4: Always use good netiquette, being polite and respecting people online, don't be rude or mean.

RESOURCES

Educators

http://www.netsafeutah.org/educators/educator_videos.html



Videos

Stay Safe

Communication

School Resources

Get Help

Sites for Kids/Teens

Teens

http://www.netsafeutah.org/teens/index.html

Videos

Stay Safe

Get Help

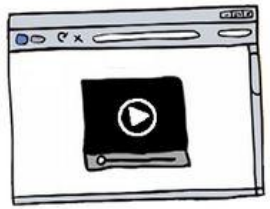
Places to Visit

Games

netsafeutah
www.netsafeutah.org

Parents

http://www.netsafeutah.org/parents/index.html



Videos

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Parent Resources

Sites for Kids/Teens

Tips PARENTS

Learn the basics of Internet safety

Children use a variety of online services, and each of these services can have different safety concerns. However, there are some basic tips which you can employ no matter how your children use the Internet.

- Keep the computer in a high-traffic area of your home.
- Establish limits for which online sites children may visit and for how long.
- Remember that Internet technology can be mobile, so make sure to monitor cell phones, gaming devices, and laptops.
- Surf the Internet with your children and let them show you what they like to do online.
- Know who is connecting with your children online and set rules for social networking, instant messaging, e-mailing, online gaming, and using webcams.
- Continually dialogue with your children about online safety.

Discussion Starters

Start a discussion with your child

- What are your favorite things to do online?
- What is personal information? Why should you keep it private?
- What could you do to be safer online?
- What would you do if anyone online asked to meet you face-to-face?
- Besides me, who do you feel that you can talk to if you are in a scary or uncomfortable situation?

REPORT AN INCIDENT!

Get Help

http://www.netsafeutah.org/kids/kids_get_help.html

Report an Incident

- Utah Internet Crimes Against Children Task Force
  Office: 801-281-1211
  Email: utahicac@utah.gov

- CyberTipline
  Tipline: 1-800-843-5678
  Learn about and report child sexual exploitation 24 hours a day, 7 days a week through this site by the National Center for Missing and Exploited Children.

- Reporting Online Trouble
  Learn how to tell the difference between online annoyances and online dangers "and what to do about them" with this website from GetNetWise.

- Utah Division of Child and Family Services
  If you suspect abuse or neglect, call the Child Abuse/Neglect Hotline at 855-323-3237. If there is an emergency, call 9-1-1 or local police.

Support Groups and Counseling

- Valley Mental Health
  Info & Appointments: 888-949-4VMH (4864)
  Mental Health Services: 801-270-6550
  Community Treatment Program (CTP): 801-743-1720

- Family Advocacy Services
  The National Center for Missing & Exploited Children's (NCMEC) Family Advocacy Division offers resources for families, law enforcement, social service agencies and other mental health agencies to help child victims and their families get the support they need.

- **School Counselor, Pediatrician and Other Resources**
  Your school counselor or health care provider can provide support and help you find resources.

SITES FOR KIDS & TEENS

Sites for Kids and Teens

We feel the following sites are high quality, safe and great places to encourage your kids and teens to visit.

Kids

- Great Sites for Kids
  A compilation of kid friendly web sites put together by the American Library Association.

- NetSmartzKids
  NetSmartz Kids - teaching children what to watch out for online with fun, interactive games and activities.

- PBS Kids
  PBS Kids Online, home of your favorite PBS Kids characters with thousands of pages of learning and fun to explore. Play over 100 games, hear your favorite theme songs, and read interactive stories.

- K-2 Grades Student Interactives
  Great sites that are appropriate for kids in kindergarten to second grade. They will love to visit and play at these sites and may even learn something along the way.

- 3-6 Grades Student Interactives
  Great sites that are appropriate for kids in third to sixth grade. They will love to visit and play at these sites and may even learn something along the way.

- K-12 Students
  Designed for K-12 student this site provides valuable resources such as a learning search, student interactives, and image and video resources for class projects.

- Pioneer, Utah's Online Library
  Homework help, encyclopedias, and other learning resources. Ask your teacher for a username and password.

- Wiggi World
  Interactive web site that teaches children and their parents what to do and not do while using the Internet.

Places to Visit

- **NSTeens**
  Games and videos help teens be smart about the Internet with this site from the National Center for Missing and Exploited Children.

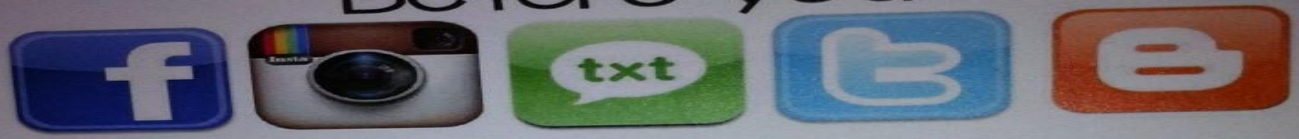
- **SchoolTipline**
  Many Utah schools accept anonymous tips from students who want to report cyberbullying and other problems using this service. If your school is one of them, have your password handy, click the link, type in the name of your school and submit your tip.

- **7-12 Grades Student Interactivies**
  Teens Grade 7 through 12 can find online games and interactive on numerous topics including Science, Health, the Arts and more.

- **UEN's K-12 Student Center**
  Easily find learning resources such as search tools, homework help, interactives for all grade levels and digital materials for class projects.

- **Pioneer, Utah's Online Library**
  Utah students can access homework help, digital encyclopedias and other learning resources with a user name and password from their teacher.

Before you



T Is it True?

H Is it Helpful?

I Is it Inspiring?

N Is it Necessary?

K Is it Kind?

STAY