

# 10

## Ways For Teens to Use the Internet

1

**THINK** before you post

2

**RESPECT** other People Online, avoid gossip

3

**ASK** for permission before you meet online friends in-person

4

**DON'T** feed cyberbullies- block the sender, ignore mean messages, file a report with the website or police

5

**SPEAK** up if you see someone being bullied online

6

**CLEAN** up your profile, eliminate your page of everything too personal, embarrassing and illegal

7

**USE** the privacy settings

8

**MONITOR** what others post about you

9

**KEEP** adults in the loop- tell them when you add new sites, new friends or see something suspicious or harmful

10

**USE** your voice for good- use social media to do something productive for you or for a cause