

KNOW2PROTECT®

TOP 10 TIPS2PROTECT

for Teens



You have the power to make smart choices online. These tips help you stay in control, protect your privacy and avoid online exploitation and abuse – while connecting to the people and things that matter. These are your tools to stay safe and confident online.

- 1 Set all apps, games, social media accounts and devices to private.
- 2 Turn off location data services on social media and all apps, except the ones your family uses to keep track of where you are. Talk to a trusted adult about which apps need location services and which don't.
- 3 Remember, anything posted online can be found later, even if it's deleted. After it's sent, you can't take it back.
- 4 Don't believe that everyone is who they say they are online.
- 5 Know who is on your friend lists. Remove strangers. Only accept friends you know in real life.
- 6 Never leave a game to chat on a different platform with someone you don't know.
- 7 Don't respond to messages or requests from people you don't know.
- 8 If something happens that makes you feel uncomfortable or you feel like something's just not right, tell an adult you trust, such as a parent, relative, teacher, or family friend.
- 9 **Do not** delete messages or images. Save usernames, screenshots and images as evidence.
- 10 Don't panic. You're not alone. There are many ways you can get help.