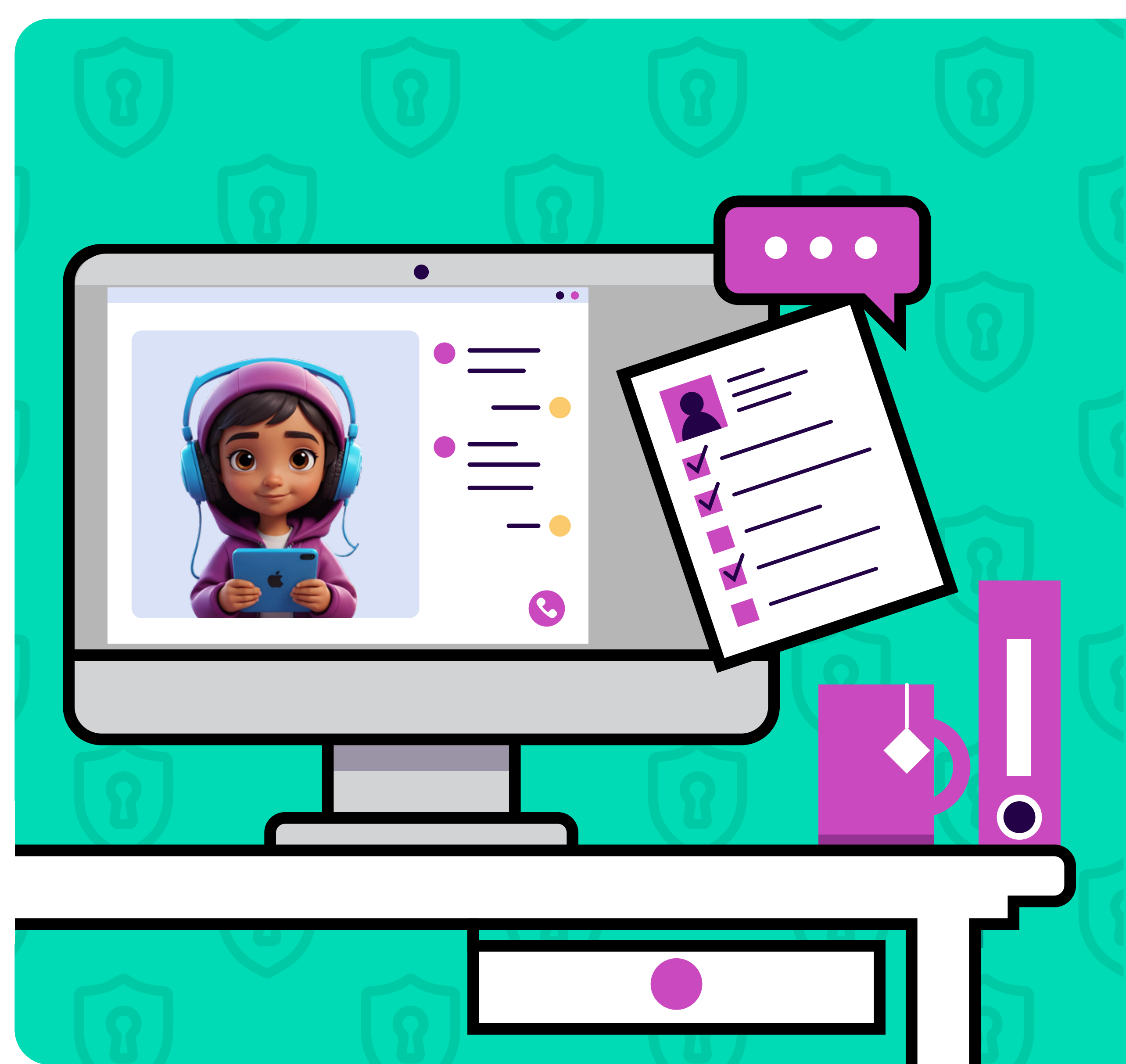




Staying Safe Online

Protecting Your Personal Information

Going online is exciting, but it also comes with risks. Some people might try to take advantage of you, steal your personal information, or harass you. Here's how to stay bright and safe.

What is Personal Information?

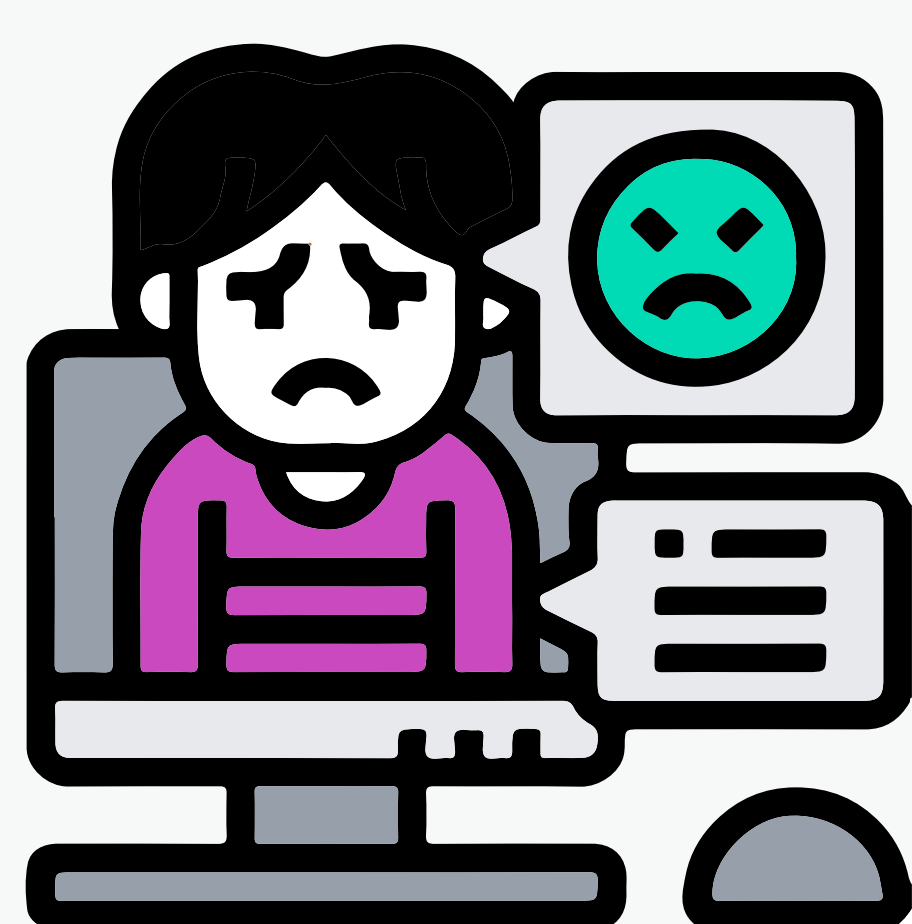
Understanding personal information is the first step in protecting yourself online.



Personal information includes your full name, address, phone number, email, birthdate, and school name. ⁽¹⁾

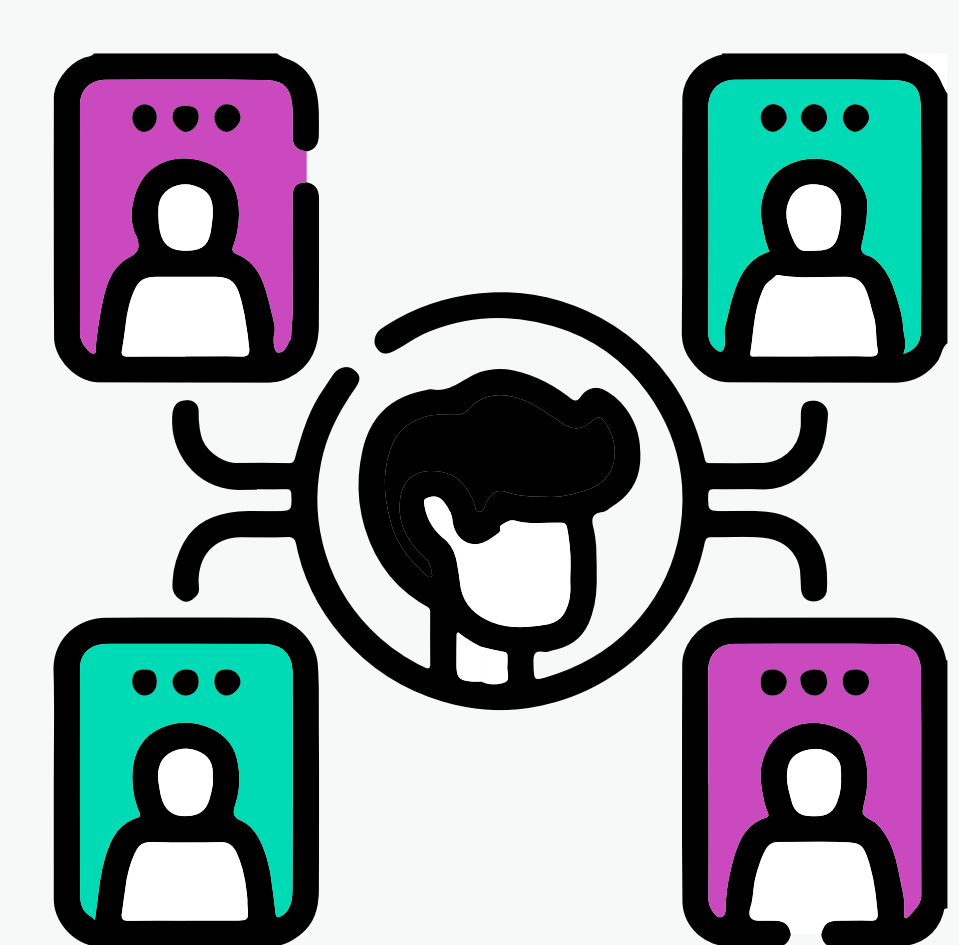
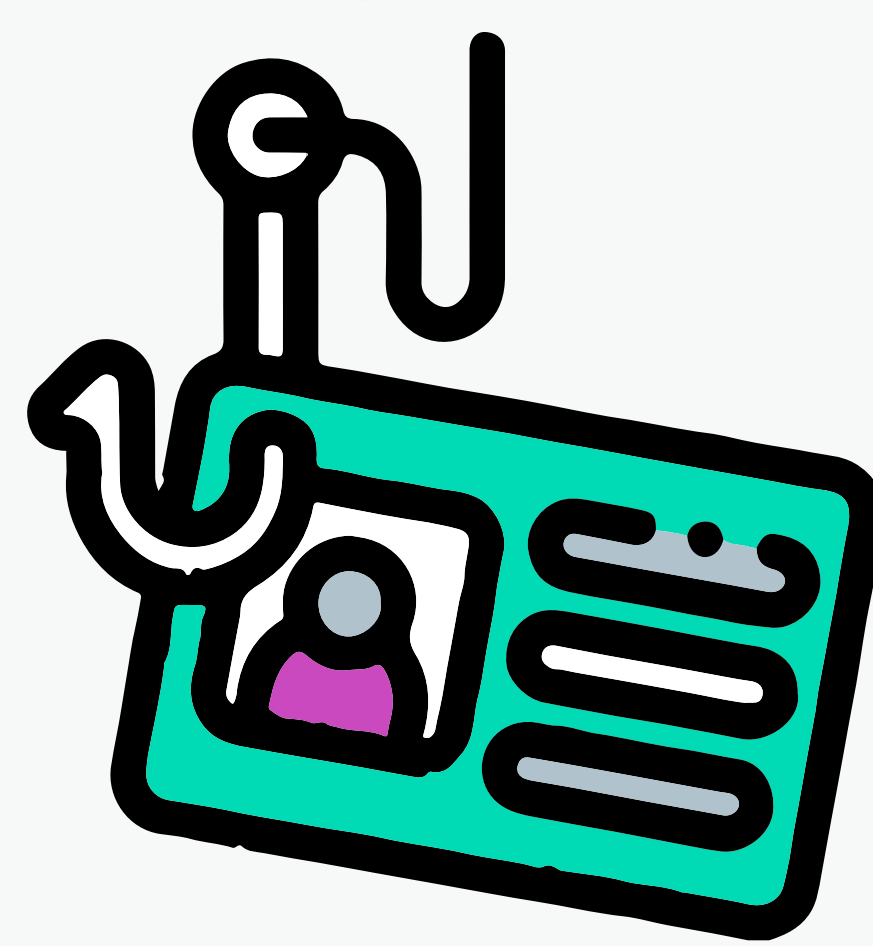
Photos, videos, and your interests and hobbies can also reveal personal details. ⁽¹⁾

Risks of Sharing Personal Information ⁽²⁾



Cyberbullies and online predators can use personal information to harass, bully, or exploit you.

Identity theft is a severe risk when sensitive details like your Personal identification number or financial information are exposed.



Sharing personal information publicly can lead to reputation damage and privacy invasion.

Tips for Protecting Personal Information ⁽³⁾



When online, remain as **anonymous** as possible.



Use a **nickname** different from your screen name.

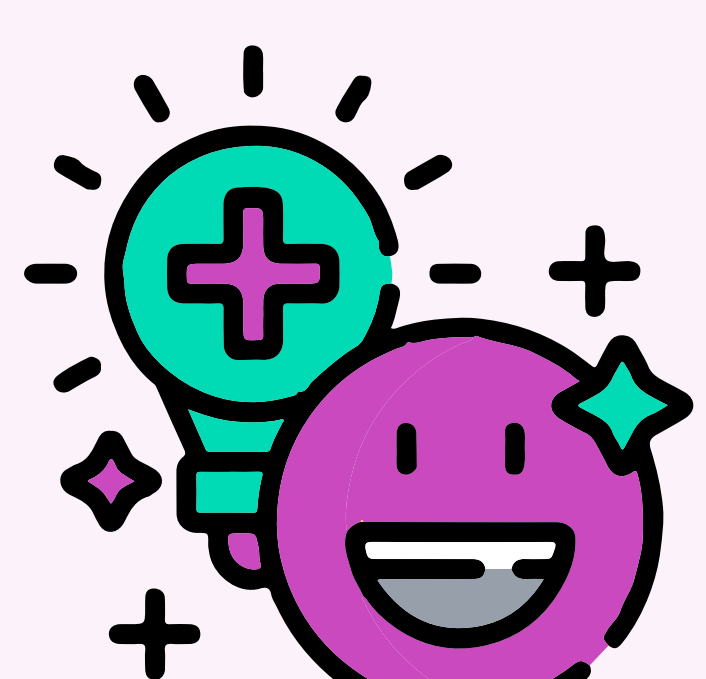


Avoid revealing **personal details** in conversations.



Think before you share

Be cautious about what you post online and who you share it with.



Use privacy settings

Adjust privacy settings on social media platforms to control who can see your information.



Keep passwords strong

Use unique passwords for each account and avoid sharing them with anyone.



Be skeptical

Don't trust strangers online, and be wary of requests for personal information.

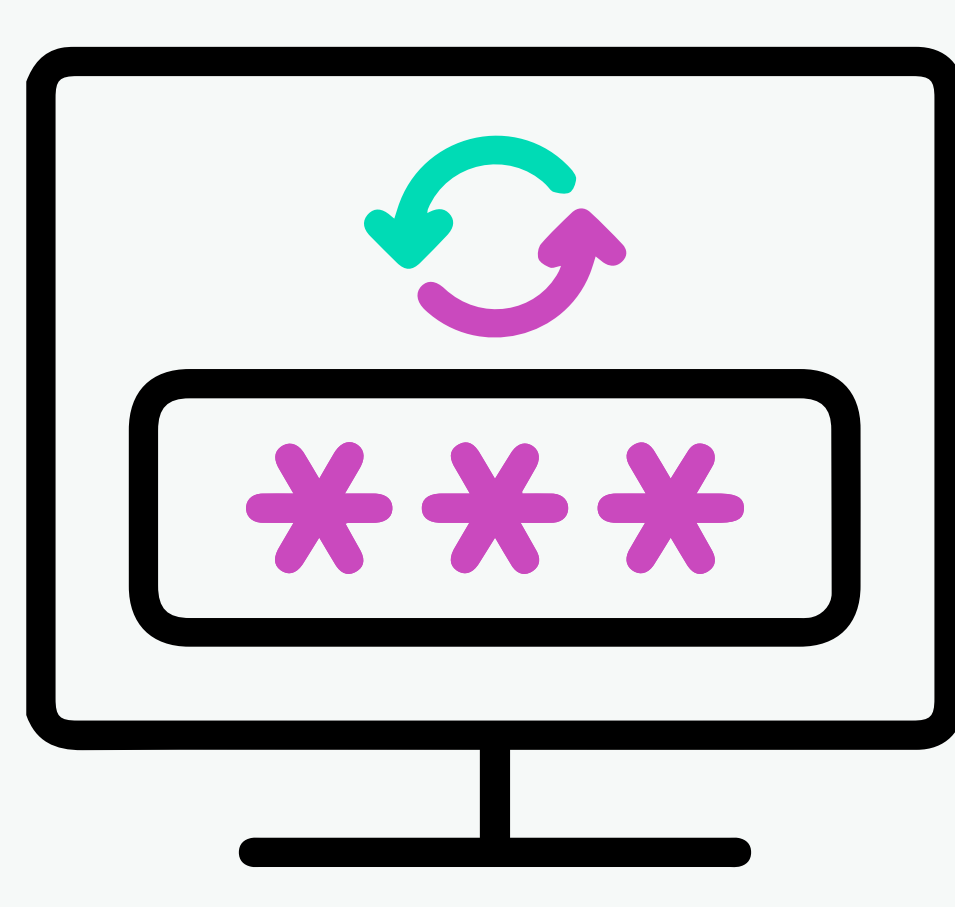


What to Do if Your Personal Information is Compromised ⁽⁴⁾



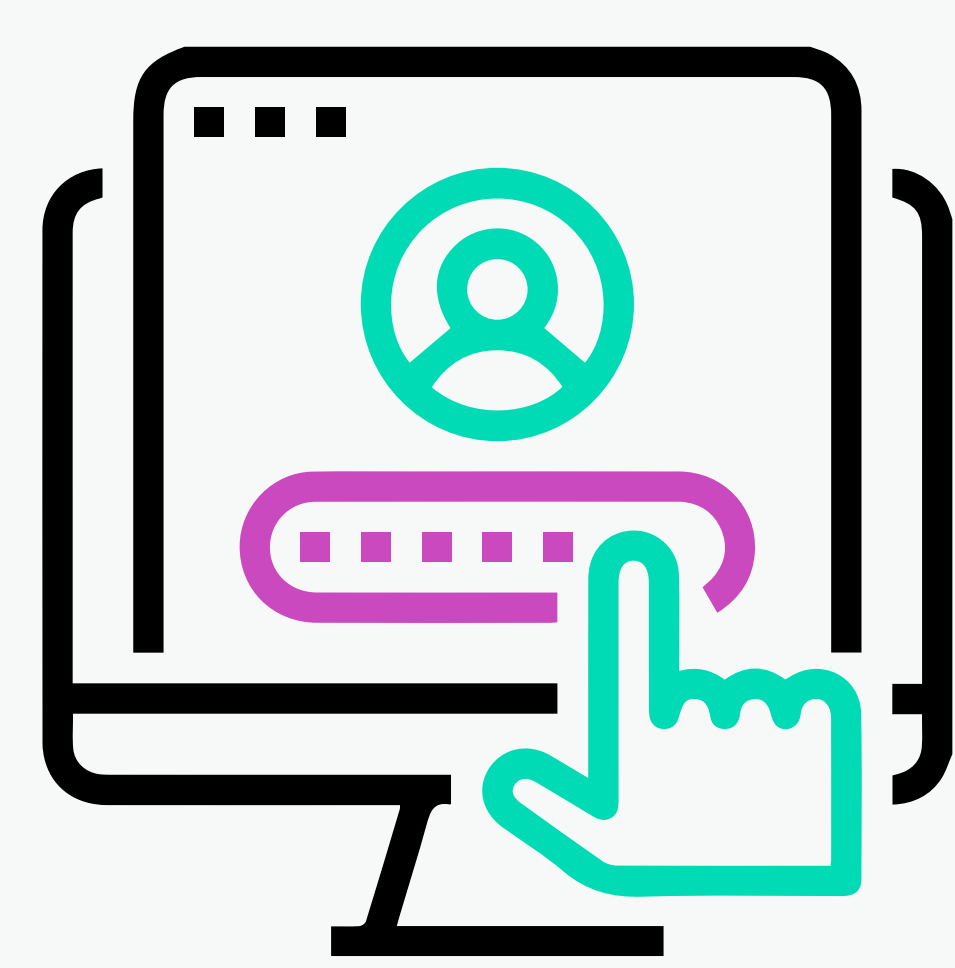
Report it

Notify a trusted adult or authority figure if you suspect your personal information has been compromised.



Change passwords

If a password is compromised, change it immediately to prevent unauthorized access.



Monitor accounts

Regularly check your accounts for unusual activity and report any suspicious behavior.

Always Remember!

By understanding personal information, recognizing the risks of sharing it, and implementing proactive measures to protect it, preteens and teens can safeguard themselves against cyber threats. Remember, staying safe online is a shared responsibility; together, we can create a safer digital environment for everyone.

Citations

- (1) <https://kidshealth.org/en/teens/internet-safety.html>
- (2) <https://mediasmarts.ca/tipsheet/internet-safety-tips-age-8-10>
- (3) <https://kidshealth.org/en/parents/social-media-smarts.html>
- (4) <https://mediasmarts.ca/tipsheet/internet-safety-tips-age-14-17>