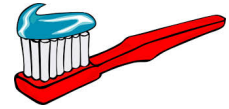# Protect Yourself Online

* Have a good **strong password** (CAPITALS, lowercase, &*^%$£" and 298315764) & keep it private. Treat it like your toothbrush (do not share it with friends & change it regularly)

* Know your **privacy setting** for each online account –Check them regularly as they can change.

* Only accept people as '**friends/followers**' if you **know and trust them in real life**. Remember anyone you accept as a friend/follower, you invite them into your life!!!!

* **Before you post** images/videos/information online or send them through your phone/tablet ask yourself "could this image/video/information be used to":

    o   Make fun of me??

    o   Get me into trouble???

    o   Or does it give away too much personal information???

If you answer yes to any of these then **do not send it** because once you hit send you lose control over that image/information and can never fully get it back.

* Certain sites online can be full of hate. Protect your own mental health by **avoiding sites that cause you pain and upset**. Instead use sites that you enjoy, which have better safety measures and reporting features.

* **Only share your number/username with friends** you trust and never put your phone number online. This way you can protect yourself against unwanted texts and prank calls. **Block** people that send you unwanted messages or prank call.

* **Respect your friends** –do not tag them in pictures that will affect them or post content online that will hurt them.

* Finally, think before you post or hit send. **Count to 10** and ask yourself "if this information became public, how would it affect me? And how would it affect others?