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## THINGS TO REMEMBER ON-OR OFFLINE

Before posting anything, is it...

- T** True - Are you telling the truth?
- H** Helpful - Is this helping you?
- I** Inspiring - Does this inspire people?
- N** Necessary - Do you NEED to do it?
- K** Kind - Is it nice to that person?

Remember to be...

- S**afe - Are you doing it with caution?
- M**eeting - Do you know who you're meeting?
- A**ccepting - Is this a person to accept?
- R**eliable - Are they reliable?
- T**elling - Did you tell the adult you are uncomfortable?

And it will be as easy as...

- A**lways
- B**e
- C**autious

## CYBER-BULLYING

- Cyber-bullying happens online, and sometimes you wouldn't even know if you were made fun of.
- It happens when someone ~~bully~~ bullies you online. This is why people sometimes laugh at you at school.
- If you know someone who cyber-bullies a friend or person you know, tell an adult about it.

## TALKING ONLINE

- This normally happens when kids or teens are playing online. A message pops up and they go read it. Most of the time its a friend.
- What if it was a stranger this time? Kids/teens get influenced by them and eventually ask to meet up.
- NEVER** meet up with someone you don't know. They might kidnap you and take you away.

## DO THE RIGHT THING

- Some good tips to remind yourself online are ...
  - Never tell your name, age, address, etc.
  - Do not send pictures of yourself
  - Don't meet up with strangers
- If someone is being cyber-bullied, tell someone you can trust. Examples would be adults, teens over 13, peers, etc. You can change the person doing cyber bullying as well.
- Some people, the first time they do something bad online, think its funny. It's not. Before I do something, I always ask myself if it is beneficial to me or the person ~~to~~ it features. Hopefully, people will ask themselves before doing something online.

**TREP 2018 Safety Poster Competition Finalist**  
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