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#DIGITAL
BOUNDARIES



TIPS2PROTECT

Before you dive into endless hours of online fun, you need to know how to stay safe online. From scrolling through social media to online gaming, Know2Protect has you covered.

- 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 online is who they say they are.
- 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.