



Handbook of cyber safety tips for Teens:

1. Use strong and unique passwords for all of your accounts and devices. Avoid using personal information like your name or birthdate, and consider using a password manager to help you keep track of your passwords.
2. Be cautious about sharing personal information online, including your address, phone number, and other identifying details.
3. Be aware of the potential risks of meeting someone in person whom you have only met online. If you do decide to meet someone in person, make sure to do so in a public place and let a trusted adult know where you will be.
4. Think carefully before you post anything online. Once something is posted online, it can be difficult to remove and may be seen by a wide audience.
5. Be respectful and kind to others online. Cyberbullying and other forms of online harassment can have serious consequences, both for the person being targeted and for the person doing the harassing.
6. Protect your privacy by adjusting your social media privacy settings. Make sure that only your friends can see your posts and personal information.
7. Use caution when downloading apps and games. Make sure to read reviews and do some research before downloading anything, as some apps may contain malware or other security risks.
8. Be aware of phishing scams and other online threats. If you receive an email or message from an unfamiliar sender, do not click on any links or download any attachments.
9. If you encounter anything online that makes you feel uncomfortable or unsafe, tell a trusted adult immediately.
10. Take breaks from screens and spend time offline. It is important to balance your online and offline activities for your physical and mental well-being.