

# CKNW KIDS' FUND PINK SHIRT DAY

## CYBER SAFETY STRATEGIES FOR ONLINE & MOBILE SAFETY



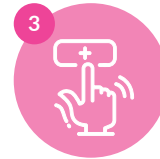
1

Use an online nickname that doesn't provide clues to your real identity.



2

Don't open emails from strangers.



3

Don't accept friend invites from strangers.



4

Don't share your personal information (name, family members' names, school, friends' names, age, address, phone number, etc.) with anyone you don't know.



5

Change your passwords regularly, especially if you think someone else might have them. Don't share your passwords, even with friends.



6

Remember to log out of social networking sites like Facebook when you leave a computer.



7

If someone you meet online asks to meet you in person, tell a parent, teacher, or other trusted adult.



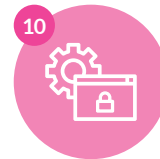
8

Never post or forward naked photos of yourself or anyone else.



9

Always use the privacy features of social media sites.



10

Don't share cell phone numbers or email addresses with people you do not know.

### IF YOU KNOW SOMEONE WHO IS BEING BULLIED ONLINE:

- When you see someone being bullied online, stand up for them.
- Write down or save what you see and when you see it.
- Help the person being bullied understand that they don't deserve to be bullied. You could do this by phoning them, sending them a private message, email or text, or by speaking with them at school.
- Don't encourage bullying behaviour by participating in a bullying conversation thread or, "liking" or forwarding a hurtful comment.

### IF YOU ARE **BEING BULLIED**

- Don't try to reason or communicate with the person who is bullying you.
- Use the "block" feature to prevent the person from contacting you again.
- Tell a trusted adult or contact the Kids Help Phone web site.
- Save any messages you receive as evidence.



Information provided by  
[redcross.ca/respecteducation](http://redcross.ca/respecteducation)  
Preventing Bullying