

Stay Smart, Stay Safe Online

Ten habits to help you enjoy the internet, protect yourself and look out for your friends.

Ten habits for life online

1. **Lock it down.** Set your accounts to private and use strong, different passwords.
2. **Keep personal info personal.** Don't post your phone number, school, address or location.
3. **Think before you post.** Screenshots last forever, even on "disappearing" apps.
4. **Not everyone is who they say they are.** Be careful with new online friends who move fast or ask for secrets.
5. **Never send nudes.** Once an image is sent, you lose control of it. Anyone who pressures you is not a friend.
6. **Too good to be true? It is.** Free data, free coins, easy money and job offers are often scams.
7. **Never share codes or PINs.** Not with anyone, ever, including "customer care".
8. **Be kind.** Don't join in with bullying, and don't share embarrassing photos of others.
9. **Check before you share.** Fake news and deepfakes spread fast. Pause and check the source.
10. **Take breaks.** Switch off at night and make time for friends, sport and rest offline.

If something goes wrong

- It's not your fault, and you are not in trouble.
- **Block and report** the person or post on the app.
- **Screenshot** the messages before you block, if you can.
- **Tell an adult you trust:** a parent, guardian, teacher or counsellor.
- Call the **CyberClinic Helpline on 267**. It's confidential.