

# Technology Checklist



## Are You Being Safe Online? *A 7-Step Safety Guide For Students Of All Ages*

- Keep online profiles simple, and don't reveal too much. Develop a screen name instead of using your real name to protect your identity when online, eg: cat\_girl06 or likesfido21.
- Take advantage of your Internet provider's parental-control features—this can restrict the sites that can be accessed, keep spyware off your computer, and prevent pop-ups that hamper loading time.
- Change the preferences on IM apps to contacts-only or invite-only—that way, only messages from people in the contact list will appear, and no strangers will be able to contact you.
- When surfing around, only follow links from trusted sites or ones recommended by friends.
- Limit online time. Balance is important in life, so log off from time to time to explore off line interests and hobbies.
- Remember that what you do online doesn't get erased and can be found by others. Don't post anything that you wouldn't want someone else to read.
- Always act online as though someone might be watching!