

KNOW2PROTECT®

TOP 10 TIPS2PROTECT FOR TEENS



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 is who they say they are online.
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.

