

# CYBER SAFETY

## Dos and Don'ts

Let's create an online culture that is safe, accessible, and user positive through rights-based education.



### DOS

- ✓ Get parental permission before giving out personal information.
- ✓ Take someone with you if meeting someone you met on line for the first time.
- ✓ Let someone be aware of the time of meeting and also the name and address of the meeting place.
- ✓ Respect the privacy and feelings of others. Use respectful language on the Internet.

### DON'TS

- ✗ Use usernames that reveal anything about you.
- ✗ Open email or files from person(s) you do not know.
- ✗ Go in person to meet someone you only know online, unless you have your parents' permission.
- ✗ Use insults based a person's race, sex, disability, sexual orientation or religion.

- ✓ If you are worried there is a sexual picture or video of you online, consider telling an adult whom you trust or using a resource like Kids Help.
- ✓ Report criminal offences, such as threats, assaults and sexual exploitation to the local police detachment.
- ✓ Keep track of the bullying and tell a trusted adult, or confidential resource if you are a victim of cyberbullying.

- ✗ Take a picture/video of someone else who is under 18, showing sexual parts of their body that is intended to be sexually exciting, without their consent.
- ✗ Share any picture/video of a person who is under 18, showing sexual parts of their body that is intended to be sexually exciting.
- ✗ Trick someone into revealing personal or embarrassing information and sending it to others

- ✓ Report online bullying to the social media site and block the person.
- ✓ Use your cellphone for positive uses such as fostering social interaction skills, and as a safety net when there is an emergency.
- ✓ Digital detox retreats can be effective for you and your friends. Take some time to unplug and reconnect with your environment.

- ✗ Freedom of speech does not give you the right to post racist comments online.
- ✗ Access another person's email or social network accounts without their permission. This is an offence (invasion of privacy).
- ✗ It is against the law to talk on handheld phones and text while driving.

## RESOURCES

**Kids Help Phone:** 1-800-668-6868 (text, phone calls) or online at [kidshelpphone.ca](http://kidshelpphone.ca)

**SPVM Cyberbullying Resource:** [spvm.qc.ca/en/Jeunesse/Cyberbullying](http://spvm.qc.ca/en/Jeunesse/Cyberbullying)

**Cybertip:** [www.cybertip.ca/app/en/](http://www.cybertip.ca/app/en/)

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