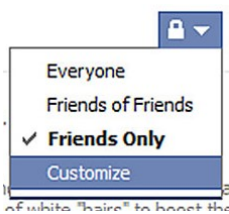


1 Stranger Danger: Don't give out personal information, share photos, or talk to anyone you don't know on the internet. You never know who is really "behind the screen." Always tell a trusted adult if you receive messages or images from someone you don't know.



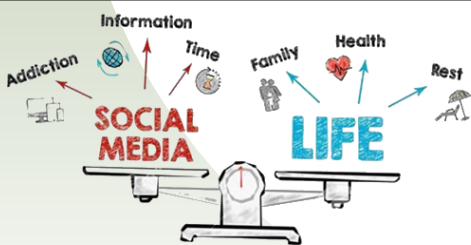
3 Check your privacy settings: Make sure you take the time to choose "private" settings in your social media accounts.



letters, numbers and symbols. Do not share your passwords, even with your closest friends.

4 Create strong passwords: Keeping your accounts safe starts with secure passwords that include using capital

7 Social media isn't the full story: Studies have shown that social media can affect how teens feel about themselves. It is really important to remember that the content shared on social media is only part of someone's story, not the whole picture. Despite how it may seem on the outside, nobody is perfect or has a perfect life. These studies have also shown an increase in Anxiety and Depression due to excessive social media use.



motivation, and even interpersonal skills developed when connecting with people in real life. Make sure you are balancing "online life" and real life.

Social Media

ONLINE SAFETY TIPS AND USAGE GUIDELINES

2 Posting is permanent: After something is posted online, anyone can download, save and share it. Just because you deleted it, doesn't mean it was removed from the internet. Think twice before you post something, future employers may be able to search and find content that you have posted in the past.



5 SPAM: Never open links or attachments from an unknown sender. If something looks fishy, it probably is! Clicking unknown links or attachments can unleash a computer virus, which allows someone to steal your personal information.

NEVER NEVER NEVER
Do:
• click unknown links
• post your email everywhere
• open attachments

Do:
• delete all spam
• keep your email private
• use a fake email



6 Be respectful of others: It may be easy to type something that you wouldn't normally say to someone in person, but remember, there is a real person on the other side of that screen. Be polite and respectful to others online. Cyber-bullying is a REAL issue, and there are consequences for it.

BE KIND ONLINE



8 Block or report content: Learn how to block or report content- this may include cyber-bullying or inappropriate content.



As always, please reach out to the Thunderbolt Counseling Office if you need additional support, we are here for you! Contact us by phone 928-854-7477 or email.

7th - Ms. Tarr, Elizabeth.tarr@lhusd.org
8th - Ms. Clark, Michele.clark@lhusd.org

counselors' **CORNER**