

Cyber Wellness

10 Commandments for teenagers to use the internet safely and responsibly

1. Think before you post.
2. Respect other people online, avoid gossip.
3. Ask for permission from your parents before you meet online friends in-person.
4. Don't feed cyberbullies – block the sender, ignore rude messages, inform your teacher or parent or trusted adult.
5. Speak up if you see and know that someone is being bullied.
6. Clean up your profile, eliminate your page of everything too personal, embarrassing and illegal.
7. Use privacy settings.
8. Monitor what others post about you.
9. Keep adults in the loop – tell them when you add new sites, new friends or see something suspicious or harmful.
10. Use your voice for good – use social media to do something productive for you or for a cause.



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