

5 RULES TO SAFELY BENEFIT FROM THE INTERNET

1 T-SHIRT RULE

Care for your **PRIVACY** ONLINE: Do not post anything online that you would **not wear on your T-shirt.**



2 FIND YOUR CHATBUDI

Choose a trusted adult (teacher, parent, coach, counsellor) to talk to about all the fun stuff you do online and about anything that is worrying you.



3 5 TO 1 RULE

Think about how you use your time! You should spend **5 hours offline for every 1 hour online.**



5:1



4 REAL ≠ VIRTUAL FRIENDS

Keep in mind that: a) if you have not met someone in real life you should **be careful what you share**; b) People can pretend to be someone else on the internet - this is called **catfishing**; c) You cannot **trust** who someone is if you only know them from the internet; d) If you feel uncomfortable or concerned about a message you receive online always **TAKE ACTION! Talk to your CHATBUDI.**



5 CYBERBULLYING → STOP - BLOCK - TELL

If someone is bothering you online (like bullying you) or if you witness someone else being bothered (or bullied) you immediately must: **STOP** talking to the aggressors - **BLOCK** them - **TELL** your CHATBUDI

