Before you do anything on your computer or your phone... STOP!

Think about what you are seeing, hearing or doing. What you are being asked to do? How does it make you feel?

If you feel a bit yukky, or you're not sure about someone or something... Watch out! This could mean DANGER!

Before you click or dial, there are some important things for you to do

STOP

Ask yourself if something is weird or creepy. Is someone trying to trick you or get your personal information? Could this hurt you or someone else?

Everyone likes to feel safe, in real life or in cyberspace. If you don't like someone or something, just stop and don't answer. How about telling someone?

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Remember: Some people lie about who they are.

In cyberspace, it is easy to tell lies and lots of people get sucked in. They think new people they meet online are friends, when they are really still strangers. Even after weeks of talking, there is still a lot you don't know. Be careful.

If you're worried you can talk to an adult you trust.

Things you send on the Internet are there forever.

Once pictures or messages are out in cyberspace, you can't get them back. So if you send something about yourself or other people, it stays there forever.

You could tell your parent, caregiver, grandparent, teacher, friend's parent, school librarian — or even the Internet Safety Group! Lots of people want to help keep you safe. Remember, everyone has the right to feel safe!