

Internet-Related Safety Tips for Teens

1. Don't give out personal information about yourself, your family situation, your school, your telephone number, or your address.
2. If you become aware of the sharing, using, or viewing of child pornography online, immediately report this to the National Center for Missing & Exploited Children at 1-800-843-5678.
3. When in chatrooms, remember that not everyone may be who they say they are. For example a person who says "she" is a 14-year-old girl from New York may really be a 42-year-old man from California.
4. If someone harasses you online, says anything inappropriate, or does anything that makes you feel uncomfortable, contact your Internet service provider.
5. Know that there are rules many Internet Service Providers (ISP) have about online behavior. If you disobey an ISP's rules, your ISP may penalize you by disabling your account.
6. A friend you meet online may not be the best person to talk to if you are having problems at home, with your friends, or at school. If you can't find an adult in your school, church, club, or neighborhood to talk to, Covenant House is a good place to call at 1-800-999-9999.
8. If you are thinking about running away, a friend from online may not be the best person to talk to. If there is no adult in your community you can find to talk to, call the National Runaway Switchboard at 1-800-621-4000. Although some of your online friends may seem to really listen to you, the Switchboard will be able to give you honest, useful answers to some of your questions about what to do when you are depressed, abused, or thinking about running away.

Student 24 Hour Hotlines

Teen Lifeline	602-248-TEEN
Impact 24-hour Crisis Hot Line	480-784-1500
Teens Talking to Teens	480-461-8888