

Tips for Students

Internet Safety

Now that you are spending more time on your computers while you are remote learning, it is important to know about how to keep yourself safe.

Talk to Parents or Trusted Adults

If you see anything that makes you feel uncomfortable, sad or unsure, talk to you or a trusted adult. If you don't feel comfortable talking, there are helplines such as
<https://www.yourlifeyourvoice.org/Pages/home.aspx>

Friends

You should only add people you know as "friends" online. Never arrange to meet with an online friend without permission. People can pretend to be anyone online.



Sharing Information or Photos

Do not send personal information, videos or photos of yourself to anyone, whether you know them or not. Once information is virtual, it be shared anywhere to anyone.

Privacy

YAPPY is an acronym for information you should NOT share online.
Your full name
Address
Phone number
Passwords
Your plans and birthday

Reputation and Manners

Never publish anything you wouldn't want your family, teachers or future employers to see. Always treat others the way you would want to be treated. Ask yourself: Would you say that to someone's face? Could someone take your message the wrong way?



BUREAU OF STUDENT WELLNESS

NH Department of Education