

## Other People Online

**There are no guarantees about how others may describe themselves in cyberspace.** Unknown adults will

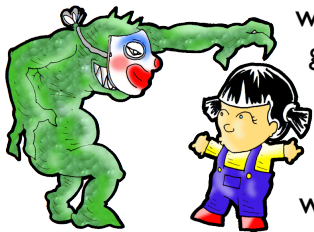
sometimes talk to kids they find online and offer to be their friend. These adults may want to lure children into manipulative relationships. Some start sexual conversations, send pornographic images, or attempt to meet in person. If you are approached by a stranger online making "too good to be true" offers, talk to your parents or other safe adult and ask them what to do. Also, make sure to look out for you and your friends' younger brothers and sisters. Remind them to be careful, and help them make smart choices.



## Meeting Face-to-Face

Many young people have gone missing or have been harmed when they've met chat-room buddies face-to-face. If you arrange to meet someone, **DON'T GO ALONE!**

Take a friend, tell someone where you are going, and have confirmed contact information for who you are going to meet. Make sure



your parents and friends have a way to trace you if you go missing during a meeting with an online friend. Be Safe Online!

**Online Tips:** Social network sites; It's easy to set up a profile online with an assumed name. Change it just a little. For example you can switch the "i" in your name to a "1" or switch an "o" to a zero. Tell your friends and family that you don't want your full name on a profile and why and give them your made-up profile name.



### Emergency Contact Websites:

- <http://www.kidshelpphone.ca>
- <http://www.cybertip.ca>
- <http://www.missingkids.com>

### Some Internet Safety Websites:

- <http://www.childnet.int.org>
- <http://www.netSMARTkids.org>
- <http://www.zoeandmolly.ca/>
- <http://www.2smrt4u.com/>
- <http://www.commonssense101.org/>
- <http://www.cybertip.ca>
- <http://deal.org>
- <http://www.cybersmart.org>

### Homework Help Websites:

- <http://www.factmonster.com/>
- <http://www.homeworkspot.com/>
- <http://www.brainpop.com/>
- <http://www.bobsedulinks.com>

The Safe OnLine Outreach Society  
604.615.7899  
[info@safeonlineoutreach.com](mailto:info@safeonlineoutreach.com)  
[www.safeonlineoutreach.com](http://www.safeonlineoutreach.com)



# UR Life OnLine

## A Guide for Grades 5-7

Should I go meet someone I met online?

How do I set up usernames?

What about cyberbullying?



Is it risky to post videos?

What are the pix you post saying about you?

When you go online, you have to make decisions about your user names, account settings and how much information you post on your profiles. You also have to decide who you want to be and how you want to act in online social settings. This booklet might offer you more questions than answers, but it's a good place to start.

## User Names

Online user-names say a lot about you. They can reveal your age, your sex, your location, your interests and your attitude. Experimenting with identity is normal, and being online provide chances to assume different identities and roles in different social groups. But when you pick a username or create a profile, be careful. If your user name is "sexySK8gr194@hotmail.com" for example, others could figure out that you are a girl, born in 1994, who likes boarding (or skateboarding) and is experimenting with sex. This is too much information to post.



### User Names vs. Offline Identities

Many say if you get questions seem to ask you to do two different things: be honest and be ethical in cyberspace, but don't tell anyone any personal information about yourself. Somehow you do need to do both! It's a good idea NOT to use your full legal name, home address, postal code or day you were born. Instead, create an identity that you only use online and remember to write it down somewhere!

### Keep Your User Names and Passwords Private!

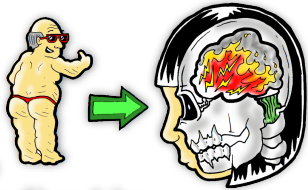
Remember, your BFF needs to know them! Sharing user names and passwords has been disastrous for some youth. Your BFF might not always be your friend and if s/he has your information they could use your MSN or Facebook profile. This situation is best avoided by not sharing your usernames and passwords with anyone (except your parents) and by having different usernames and passwords for each online account. That way if someone does use your information they only have access to one of your accounts (MSN, email, Facebook etc.)



### Identity Theft

Other people could take over your online accounts and pretend to be you. They could insult your friends, post altered pictures of you and spread rumours and it would look like you had said all that stuff. If someone takes over your accounts find someone you can trust to tell.

### Look After Your Eyes!



You have to be your own filter. Like seeing your principal in a speedo or your parents having sex, some images stay in your mind longer than you'd like. Some images online may be so abusive or violent that they can be traumatic to view. **Be your own filter and stay away from abusive, violent or graphic images on the Web.**

## Sending or Posting your Photo...

Once posted to the Web, text messages, profiles, pictures or video footage of you cannot be 'recovered'. Before you pose in front of a webcam, or post pictures from your latest slumber party, think about how long that image will be around, and who else would or could use those images in ways you don't want. **Nothing you post online is private and it is online permanently.** The pictures you upload when you are in elementary school will still be online when you apply for your first job and may affect your chances of getting some money. Remember anytime you are online you are adding to a 'digital reputation' that will follow you for the rest of your life.

## Cyberbullying

Just like at school, arguments happen online. And when they do, some people say or do things they wouldn't do to your face. They might forget that not only are they being hurtful but that there are very 'real' consequences for what happens online.

### Real Relationships

Have you thought about your online relationships? Is the way you treat others online different from the way you treat them offline? If so, why? Have you been hurt by something online someone else has posted?

### Real Feelings

Whatever you do online, make sure you've thought about the impacts and responses to your actions, and be prepared to take responsibility for what you do.



### Cyberbullying is being mean online..

But more than that, threatening, spreading rumours or stealing information could result in criminal charges or school suspensions.

**Online Tip:** Use a junk e-mail account to register for internet sites and create another account to use with our close friends and family. That way if you need to get rid of an account that has been hacked into, you will have another one ready to use.

The Safe OnLine Outreach Society  
604.615.7899

[info@safeonlineoutreach.com](mailto:info@safeonlineoutreach.com)  
[www.safeonlineoutreach.com](http://www.safeonlineoutreach.com)