10 Tips for staying safe online

1. Talk with your parents/guardians, or a safe person about the apps you are using and the people you are connecting with; agree on boundaries, and even write them down.

2. Only accept friend requests from people you know in real life. Don't accept requests or online gifts from strangers.

3. Know who to talk to if you need support. This can be a parent or a trusted adult. If you are worried about how a parent will react, you can text our confidential line anytime at (604)-866-6779.

4. Remember that online friends are not necessarily who they say they are. Anyone you do not know from real life is still a stranger – you can't be sure they are someone you can trust.

5. Don't switch platforms when chatting with someone (this includes adding gaming friends to social media). When you switch platforms like this, the person you are talking to can see much more information about you – including some things you may not want to share. Someone asking you to switch platforms may be trying to get more personal information about you.

6. Know which types of information should not be shared (e.g. age, location, personal information, pictures). Avoid sharing personal information online, on any platform.

7. Never accept online gifts, such as money, gift cards, cheat codes, or admin codes from online friends.

8. Never meet an online friend in person without a parent or other safe adult present.

9. Create a safety plan. Write down what to do if someone asks you to send sexual images, or sends sexual images to you. This may include:
   - Stopping engaging in the conversation
   - Telling a caregiver or other trusted adult
   - Defining who is a trusted adult
   - Reporting and blocking the person who is making you feel unsafe.

10. If you notice this happening to a friend or someone you know, have a conversation with them. If you are worried, reach out to a safe adult who can help. It's important to take care of ourselves and others.