

Appropriate online behavior, including interacting with other individuals on social networking websites, chat rooms, and cyberbullying awareness and response
(adapted from NetSmartz Workshop materials)

Here are some examples of risky online behaviors:

- Sending mean or rude messages.
- Sharing inappropriate pictures through online posts or text messages.
- Talking online about adult subjects, like sex.
- Visiting adult sites.

An online predator who is trying to “groom” you might:

- Flatter you.
- Send you gifts, like cellphones or bus tickets.
- Discuss adult subjects, like sex.
- Ask you to keep secrets, such as not telling anyone about the relationship.
- Turn you against your family and friends - Predators want you to depend on them.
- Share or ask for revealing images.
- Blackmail you - If you’ve shared revealing images or secrets with predators, they may threaten to make them public unless you send more. You should never give in. Instead, tell an adult you trust immediately so they can help report it to law enforcement.

If someone online sends you an inappropriate request or you think that it’s an online predator, here are some steps you can take:

- Don’t engage them – Refuse to talk about sex, and don’t accept or share sexual images.
- Block them or unfriend them.
- Don’t meet them offline.
- Tell an adult you trust.

Do not share the following information on social networking profiles, chat rooms, or online posts:

- Home and school addresses, or the addresses of places where you like to hang out.
- Financial information, like credit card numbers.
- Passwords.
- Home and cellphone numbers.
- Schedules.
- Social security numbers.

Sexting is one way that some teens share inappropriate information. Sexting is the sharing of nude or suggestive pictures and videos through text messages. Although only 4% of teens are sexting, stories about it have been all over the news. You may even know people who have been asked to do it. Teens who get involved with sexting are usually:

- Joking around with friends.
- In a relationship, where a girlfriend or boyfriend asks for a photo.
- Flirting or trying to impress a crush.

Once a sexting picture or video gets out of your hands, it is out of your control. Fortunately, you can choose to stay in control before it ever gets to that point.

- Don’t take images of yourself that you wouldn’t want everyone to see.
- Don’t forward anyone else’s picture or video.

- Imagine how betrayed you'd feel if this happened to you.
- Don't ask or pressure anyone to share an image. Many teens send sexts because they've been asked to by a boyfriend, girlfriend or crush. But you shouldn't ask anyone to take this kind of risk, especially if it's someone you care about.
- Talk to a trusted adult if you receive a revealing image, are being pressured into sending one or have sent one.

Cyberbullying is the use of technology to harass someone. Some examples are:

- Creating a hate group about someone.
- Posting mean comments online.
- Photoshopping someone's photo to embarrass them.
- Recording and posting fight videos.
- Spreading rumors and gossip through text messages.
- Stealing someone's identity to create a fake profile.

Some of these things may seem more like jokes or pranks than bullying to you. But even if you did not intend to hurt someone's feelings, it can still be cyberbullying.

If you are being cyberbullied, it may feel like there's nothing you can do, but that isn't true. Here are some steps you can take:

- Don't respond - That could make things worse.
- Block the bully - Check out what options the websites and your cellphone provider have for blocking other users.
- Save the evidence - You can take and save screenshots.
- Set up new accounts - Make sure that only people you trust can contact you.
- Make a report - Many websites have terms of service which prohibit cyberbullying and will remove offensive posts.
- Talk to an adult you trust.

Some teens don't want to tell an adult if they're being cyberbullied. They may worry they'll be told to stay offline or think that an adult can't help. But adults can be very helpful in dealing with cyberbullying. They can:

- Help you set up new accounts, especially if you need a new cellphone number.
- Talk to your school - If a classmate is bullying you, your teachers and other school administrators may be able to help.
- Work with law enforcement - If the bullies are threatening to harm you, have your trusted adult report it to law enforcement immediately.
- Offer support - Sometimes it just helps to know that someone is on your side and available if you need to talk.

You must understand that all electronic communication leaves a digital trail.

The Truth about Snapchat

Despite Snapchat's previous claims that photos cannot be restored, Richard Hickman of Decipher Forensics found that it was possible to pull Snapchat photos from the data of the device used to take them. Rather than truly deleting photos, the Snapchat software affixes the extension .NONMEDIA to the file, which is stored in the memory of the device. While this method does make the media unviewable, to see it again one simply has to extract the file from the device and remove the .NONMEDIA from the name. A simple Google search proves that this is easy as pie.