Beware of compromising private photos and videos

- Do NOT take private compromising photos. Somebody can copy, manipulate and distribute them for years on the Internet.
- Do NOT share photos or videos with unknown people and beware of those who are acquaintances and friends. They can stop being so.
- If somebody asks you to send them this kind of photos or videos, tell your parents.
- Never accept blackmail.
- Report any bullying situation.
- When you receive compromising private photos of others, tell an adult and delete them from your device.

DON'T DO TO OTHERS WHAT YOU WOULDN'T LIKE THEM TO DO TO YOU

MAKE A HEALTHY AND RESPONSIBLE USE OF IT

Logging off is a project from Fundación MAPFRE aimed at educating young people on the importance of acquiring the right habits for a healthy and responsible use of Information Technologies that leads to a good digital health and identification of risks and dangers of IT misuse.
HOW TO AVOID INTERNET MISUSE?

Protect your digital identity

- Keep your profile private in social networks so that only your friends can access your personal information.
- Do NOT show personal information (home address, phone number...) on the Internet.
- Be careful with your posts on the Internet. Remember that the Internet has a memory.

Use security methods

- Use safe and complicated passwords (at least 8 characters with upper and lower case letters, numbers, symbols and special characters).
- Cover your webcam when you are not using it and use it only with people you know.
- Install an antivirus in your electronic devices.
- Disconnect the GPS.

Think before clicking

- On the Internet there is inappropriate content for your age and illegal contents that, only by accessing them, you would be committing a crime.
- No matter the content, advise your parents.
- Check that the URL always starts with “https” and that it’s preceeded by a locker symbol.
- Check and verify the information. Not everything you find online is true.

Do not trust unknown people

- On the Internet not everybody is who they say they are, do NOT trust.
- Do NOT accept friend requests from unknown people.
- Do not be too curious, it can entail risks.

Stay safe in online games

- Do NOT provide with personal data and keep sessions in private mode.
- If you play online games, do NOT trust people who give you things for free or try to help you.
- Be specially careful with micropayment systems on games.

Check your apps

- Download apps ONLY from official sites.
- Do NOT trust free versions.
- Keep your apps updated.
- Check the apps’ permissions before downloading them and always tell your parents in advance.

Do not let your phone control your life

- If you notice that you need to be always online, you are becoming a tech addict and you have a problem.
- Make a difference between use, abuse and addiction.
- Ask for urgent help to your parents, teachers or tutors.
- Limit the time you spend online.
- Practice sports and other leisure activities different from the Internet.

Beware of traps on the Internet

- Do NOT trust bulk messages of unknown senders, they may be spam, misleading advertising or chain messages. Sending spam is illegal.
- Be careful with online communities. There are communities that discuss inappropriate or dangerous topics. If you notice something weird, report it to an adult.
- Do NOT participate in viral challenges that can be dangerous for you.

HOW TO AVOID DANGEROUS SITUATIONS?

CYBERBULLYING
To humiliate, assault, insult, isolate or blackmail a classmate intentionally and repeatedly through IT.

- In cyberbullying, the participants are the victim, the aggressor and the witnesses.
- The victim does not relax, no matter the time or the place.
- Cyberbullying expands quickly, it gets seen by more people and cannot be forgotten easily.
- The aggressor can be hidden behind a fake username.

Sexting: Sexual or erotic content footage (photos and/or videos) sent voluntarily through IT.

Sextortion: when somebody threatens another person to send out their compromising photos or videos with sexual content to somebody else or to the public.

Grooming: An adult that pretends to be a minor to become your friend and cheat on you to get something from you, usually with sexual purpose.