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 aquaintances and friends. They can stop being so.
- → If somebody asks you to **send** them this type of photos and videos, tell your parents.
- → Never accept blackmail.
- → Report any bullying situation.





MAKE A HEALTHY AND RESPONSIBLE USE OF IT



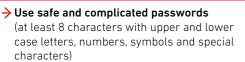
HOW TO **AVOID INTERNET**MISUSE?

Protect your digital identity



- → Keep your profile private on social networks so that only your friends can see your 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.

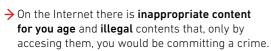
Use security methods





- → Cover your webcam when you are not using it and use it only with people you know.
- → Install an antivirus in your electronical devices.
- → Disconnect the GPS.

Think before clicking





→ Check that the **URL** always starts with "https" and that it's preceded by a locker symbol.

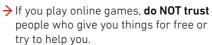
Do not trust unknown people

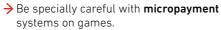


- → On the Internet not everybody is who they say they are, do NOT trust.
- → Do NOT accept friend requests from unknown people.
- → Do NOT be too curious, it can entail risks.

Stay safe in online games







Check your apps



- → Download apps ONLY from official sites.
- → Do NOT trust **free** versions.
- → Keep your apps updated.

Do not let your phone control your life



- If you notice that you need to be always online, you are actually 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.
- → Be careful with online communities. There are communities that discuss inappropriate or dangerous topics. If you notice something weird, report it to an adult.

HOW TO AVOID DANGEROUS SITUATIONS?

CYBERBULLYING

To humiliate, assault, insult, isolate o 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 agressor can be hidden behind a fake username.





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