

# INTERNET SAFETY RULES

Middle School   ■   High School

**1**  
I WILL  
THINK  
BEFORE  
I POST.

I agree not to post information and images that could put me at risk, embarrass me, or damage my future, such as

- » cell & home phone numbers
- » home address
- » sexual messages
- » inappropriate pictures and videos

**2**  
I WILL  
RESPECT  
OTHER  
PEOPLE  
ONLINE.

I will not

- » post anything rude, offensive, or threatening
- » send or forward images and information that might embarrass, hurt, or harass someone
- » take anyone's personal information and use it to damage his or her reputation

**3**  
I WILL BE  
CAREFUL WHEN  
MEETING  
ONLINE FRIENDS  
IN PERSON.

I agree to

- » ask my parent or guardian's permission
- » have a parent or guardian accompany me
- » meet in a public place

**4**  
I WILL  
PROTECT  
MYSELF  
ONLINE.

If someone makes me feel uncomfortable or if someone is rude or offensive, I will

- » not respond
- » save the evidence
- » tell my parent, guardian, or another trusted adult
- » report to the website, cell phone company, cybertipline.com, or the police

**NetSmartz Workshop**  
A PROGRAM OF THE  
NATIONAL CENTER FOR MISSING & EXPLOITED CHILDREN

SIGNED \_\_\_\_\_

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Watch videos and play games at [NSTeens.org](http://NSTeens.org)

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