

Internet Safety and Security

Importance of Internet Safety

Computers, tablets, and cell phones are main components to your educational and social life.

Uses: communication, research, homework, reading, businesses, social networking, online shopping, financial business, cameras/video, GPS, gaming, dating, news/weather, etc.

Computer Security

1. Never leave your laptop/tablet/cell phone unattended in a public space
2. Keep a clean, updated machine
 - a. Update your operating system
 - b. Do a security scan to prevent viruses
 - c. Do not download unknown programs/ emails
3. Connect to Wi-Fi that is secure
4. Create a strong password: www.passwordmeter.com
5. **There is no such thing as 'private' online.** You should take many steps to protect yourself online, but you should never assume that there isn't always some potential for your information to be accessed.

Digital Citizen Online Ethics

1. Keep your personal information PERSONAL! Be careful giving out your full name, address, phone number, passwords, your plans, photos that reveal too much information.
2. Before you post think why you should post it.
3. Bullying online can result in disciplinary action and harsh consequences.

Internet Addiction Disorder

1. Physical discomfort or medical problems get in the way of normal life activities.
2. Lack of time spent with friends and family.
3. Not everything can be downloaded or experienced online. Don't forget to experience real life!

