

The internet is an amazing tool and a great way to learn and find things to do, games to play, or even just videos of cute animals to watch! However, there are some things you should be doing to protect yourself from anyone online who might want to upset you, hurt you or steal from you.

If you're already doing all these things already, you can help your fellow Ninjas get setup for safety!

## PASSWORDS

Have good passwords, that you can remember, keep them secret and safe. Your password is like the key to a safe, or a house—it's a lot easier to break in with it than without it!

Most sites have rules for how long your password should be, different letters and numbers should be in it, etc, but some good general rules to follow are:

1. Longer passwords are stronger. Pick passwords with 10 or more characters. Avoid using your username or the website name in them.
2. The fewer places you use a particular password, the better—that way if someone does find it out, they can only get in a few places.
3. The password to your main email address should **never** be used anywhere else. If someone can get in there, they can reset all your other passwords!

You can use a **password manager**, like **LastPass**, which will let you save very long and secure passwords. You only need to remember your password for the password manager itself!

You can also use **two factor authentication** on important websites, if they have it, so someone can't sign in unless they have your phone.



Check out the Online Safety Checklist at <http://dojo.soy/safe>



## SHARING & SOCIAL MEDIA

You should be careful sharing information, video or pictures online that could be used to find, hurt, embarrass or upset you, now or in the future. Consider:

- Can this information be used to find me, or my school?
- Is this someone who I haven't met face-to-face?
- Are they using a new account that they have never mentioned to me before?
- Could what I'm sharing be used, now or in the future to embarrass, or hurt me?

If the answer to any of these is "yes" then you probably shouldn't share it!

**On any website, you should make sure you have your privacy settings setup properly, and check them regularly! Your parent/guardian can help you do this.**

## VIRUSES AND MALWARE

Your computer can become infected with dangerous software by visiting infected websites, or downloading infected files, games, videos etc.

You should protect yourself both by being careful about what parts of the internet you visit, as well as by having an anti-virus program (**Avast** is a good free choice) installed and running at all times!

## DO YOUR PART

You have a part to play in making the internet a better, safer, place for other people! Don't insult or bully people, that's uncool. Be inclusive, and generally awesome, with everyone.

**Finally, remember: If you're ever upset or worried by anything you see, or do, or someone says to you or anyone else online, you can *always* tell an adult you trust.**

