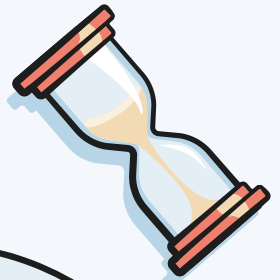
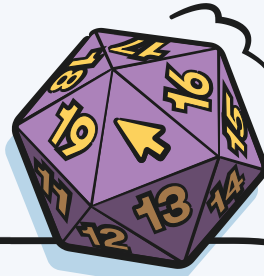


FOLLOW THE PATH TO Digital Citizenship



**S
T
A
R
T**

CREATE
usernames
without using any
personal details.

**REVIEW AND
REMOVE**
old posts featuring
sensitive personal
information.

TOGGLE PRIVATE
on all digital
accounts to limit
public access to
your information.

SCHEDULE
reviews of
privacy settings
for all of your
digital accounts.



BE YOURSELF
and share your
unique talents
and views to
your online
community.

FIND online
rolemodels who
do a good job of
being positive,
kind, and helpful.

CONVERT
your in-person
boundaries for
online encounters.

IDENTIFY values
and traits that
you want to apply
both online and
in real life.



FOSTER online
friendships with
values that align
with your offline
friendships.

ADDRESS online
drama responsibly.
Remember you can
always walk away
and/or seek help.

AVOID contact
with strangers
online similarly to
how you would in
real life.



REACH OUT
for help if
anything online
makes you feel
scared or
uneasy.



SET GOALS for
online activities
that meaningfully
enrich your life
offline.

MANAGE TIME
spent online with
time spent offline
to find a healthy
balance.

**USE BLOCK
AND REPORT**
features on apps
to alert for
bad actors.

**CHALLENGE
YOURSELF**
to spend less
time online
each week.



**DISCONNECT AT
NIGHT** and set up
devices to charge
at bedtime for
better sleep.

**You've
got
this!**

