# LifeSmarts
## Learn it. Live it.

# Staying Safe From Online Harm

## Key Points

### ONLINE SPACES AREN'T ALWAYS SAFE
Cyberbullying, scams, and harmful content can appear anywhere, even on trusted platforms, so staying alert is important.

### YOUR DIGITAL FOOTPRINT LASTS A LONG TIME
What you post, share, or say online can follow you for years, affecting friendships, school, and even job opportunities later.

### YOU HAVE TOOLS TO PROTECT YOURSELF
Privacy settings, reporting features, and knowing when to block or mute can help you take control of your online experience and stay safe.

## Core Concepts

### COMMON ONLINE RISKS
Cyberbullying, identity theft, phishing scams, harmful challenges, and exposure to unsafe or hateful content are risks everyone faces online.

### SETTING BOUNDARIES AND PRIVACY CONTROLS
Choosing who can see your posts, limiting location sharing, and reviewing app permissions reduce the chances of harm or unwanted contact.

### WHEN TO REPORT OR BLOCK
Most platforms let you report harmful behavior or block users. Using these tools early can stop problems from escalating.

### AVOIDING SOCIAL ENGINEERING TRAPS
Scammers often pretend to be friends, companies, or authority figures to trick you into sharing information or clicking harmful links.

### KNOWING WHERE TO GET HELP
Trusted adults, school counselors, helplines, or platform safety centers can provide support if you face online harassment or threats.

### BALANCING SCREEN TIME AND MENTAL HEALTH
Spending too much time online, especially on harmful or toxic content, can impact well-being. Setting limits and taking breaks keeps you healthier.

## Additional Resources

**Childhelp - Speak Up Be Safe**
Prevention education program teaching children and teens how to identify and respond to unsafe situations, including online harm
https://bit.ly/45JvL8z

**Meta – Youth Online Safety**
Overview of Meta's tools, policies, and resources designed to empower teens to protect their well-being and stay safe online
https://bit.ly/4ouYgOA

**StopBullying.gov – Online Bullying**
Federal resource explaining what cyberbullying is, how to recognize it, and ways to prevent it
https://bit.ly/3UiTBBL

**YouTube - Real World Example**
How a predator targeted a young boy on Roblox
https://bit.ly/3UpvL7n

## Listen to the Podcast

SCAN ME!

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# Explore and Explain

1. How can privacy settings help you control who sees your information and activity online?

2. Why is it important to recognize and report harmful or inappropriate behavior on digital platforms?

3. How can scammers use social engineering to trick people into sharing personal information?

4. What habits can help you protect both your safety and your mental health when using social media?

*Learning how to stay safe online helps you protect your personal information, avoid harmful situations, and keep your digital life healthy.*

## Staying Safe Online

# Acronyms

**CSAM**
Child Sexual Abuse Material

**FOSI**
Family Online Safety Institute

**ICAC**
Internet Crimes Against Children

**NCMEC**
National Center for Missing and Exploited Children

**LifeSmarts**
*Learn it. Live it.*

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# Vocabulary

**BOUNDARY TESTING**
Pushing someone's limits to see what they'll allow; often an early warning sign of manipulation

**CATFISHING**
Pretending to be someone else online to deceive, manipulate, or exploit others

**COERCION**
Pressuring or threatening someone into doing something against their will

**CONSENT**
Clear, voluntary agreement; can be manipulated or ignored in online abuse situations

**DIGITAL BLACKMAIL**
Threatening to share private images or information unless demands are met

**EXPLOITATION**
Taking advantage of someone's trust or vulnerability for personal gain

**GROOMING**
Building trust with someone, often a minor, for the purpose of future abuse

**RED FLAG BEHAVIOR**
Early warning signs—like secrecy, flattery, or isolating someone—that something might be unsafe

**TARGETING**
Picking someone based on their behavior or traits to manipulate, exploit, or harm

**TRUST BUILDING**
Gaining someone's confidence, often with hidden intentions to use or hurt them