

Navigating a Digital World: Tips for Youth (en Español)



iStock

Tweens and teens spend a lot of time using technology, much of it positive, but it can move into cyberbullying and other online mean behavior. Below are tips young people can use in their digital lives to help them have a positive online experience and effectively respond to negative online behavior and cyberbullying.

Download the PDF (English or Spanish) above for the complete resource.

Before going online...

- Set guidelines.
- Limit electronic use.

- Consider what it means to be responsible online.
- Understand digital behavior.

While online...

- Be respectful of others.
- Be a positive role model.
- Engage in respectful dialogue
- Don't confide in people you don't know.
- Never meet a stranger without parental approval.
- Maintain privacy and safeguard security information.
- Be cautious of messages from strangers.
- Keep electronics in view at ALL times.

What can I do if I *experience* Cyberbullying?

- Don't respond.
- Act as an ally.
- Communicate issues with a trusted adult.
- Report behavior/incidents.
- Ask for assistance in reporting.
- Stop and reject communication.
- Log off!