



# Internet Safety Tips

Many people fall prey to human traffickers through online encounters. Knowing how to guard yourself on social media, chat rooms, and other digital spaces is key to stopping human trafficking. Just as we learn to be safe in the real world, it's equally vital to be cautious and aware of who we interact with and what we share online. Simple steps, like regularly checking your privacy settings and being wary of sharing personal information, can make a significant difference in your safety.

## Don't share personal information

Personal Information includes: Things like your full name, address, phone number, or exact birthday (including the year), and more. Remember that most people we are talking to online are strangers. You don't know what their intentions are or if they are truly presenting to be who they claim. Your close friends and family will most likely already know your personal information through being an active and potentially trusted person in your life.



## Keep to Safe Spaces

Sketchy, predatory, and illegal places exist online just as they do in the real world. Be cautious and trust your instincts – if something feels off, it probably is.



## Prioritize your Comfort and Safety

Almost all sites and apps have options to block and/or report accounts that make you feel uncomfortable. Take advantage of these features without hesitation. If someone is making you feel unsafe, chances are they are making others feel the same too. Blocking/ reporting these accounts can protect you and others.



## Not Worth the Risk

Only share personal/sensitive pictures and information with people you already know and trust. If you have any doubt, err on the side of safety and not share the content. Remember what is shared on the internet can be there forever.

## Protect Your Privacy

Protecting your privacy online isn't just a choice—it's a necessity. One of the simplest, yet most effective steps is switching your social media accounts to private. This means you're in control, deciding who can view your posts, photos, and personal details. It's like keeping your front door locked; only invited guests can come in. Remember, the internet is vast, but your personal space in it doesn't have to be public. Being cautious isn't being paranoid—it's being smart and safe. Always think before sharing, and prioritize your digital privacy just as you would in the real world.

