

## POINTS ON INTERNET USE THAT YOU AND YOUR PARENTS SHOULD AGREE TO

**I WILL PROTECT MY REPUTATION AND PRIVACY.**  
I will not give my personal information to someone I do not know, and I will not post anything on my profile that I would not want my parents, teachers, or future employers to see.

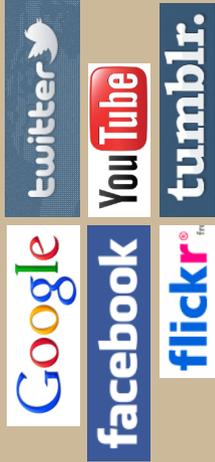
**I WILL DEMONSTRATE MATURITY.**  
I agree to use the internet responsibly and not hurt anyone. I will be mindful of how much media I consume and will balance it with other activities in my life.

**I WILL THINK FIRST.**  
I know that not everything I read and see is true and I will think about whether a source or person is credible. I will recognise that my safety and well-being is more important than anything else.

**IN EXCHANGE, MY PARENTS AGREE TO:**  
Be open-minded about the media that I love and recognise that it is a big part of my life. Allow me to make some mistakes and help me learn from them. Before saying 'No' talk about what worries them and why. Respect my privacy and talk to me if they have concerns.

## FACEBOOK AND SOCIAL MEDIA

- Prospective employers and colleges have access to the same sites you do.
- Your profile and social media like Facebook forums are public spaces. Do not post anything you would not want the world to know.
- People are not always who they say they are. Be careful about adding strangers to your friend list.
- Do not post anything that would embarrass you later. For example, naughty pictures of you and your friends at a party may not reflect well with admissions advisors at colleges you are applying to, or to prospective employers.



Observe the age limitations for engaging on social media sites like Facebook. These guidelines protect young children from potential harm.



A GUIDE FOR THE  
YOUTH OF BHUTAN

# INTERNET SAFETY



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BHUTAN CENTRE  
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## WHAT IS THE INTERNET

The Internet is an amazing community that brings the world to your fingertips. You can find information about anything you are curious about. you can perform research, get homework help, communicate with your friends, download music, watch movies...the possibilities are virtually limitless! As with any powerful tool, there comes a certain amount of responsibility. There are dangers online that you need to watch out for. As long as you use smart cyber-strategies, you will have a safe Internet experience.

## PROTECT YOUR INFORMATION, RESPECT OTHERS, AND ACT RESPONSIBLY

### KEEP YOUR PERSONAL INFORMATION TO YOURSELF:

Your personal information has a lot of value to those who want to misuse it, so guard it carefully. This means your first and last name, phone number, home and email addresses, age, school, passwords, photos, even feelings-- especially those of loneliness and sadness. Sexual predators tend to target emotionally vulnerable users and may try to take advantage of you through false reassurance.

### TREAT OTHERS THE WAY YOU WOULD LIKE TO BE TREATED:

Never say anything to anyone online that you would not say to his or her face! Do not log on to a friend's computer or online accounts to do harm or pretend to be them. Also, do not share personal details of friends and family members online without their permission.

## VIRUS PROTECTION TIPS

To reduce the risk of infection you should:

1. Have a virus checking software package installed on your computer.
2. Avoid downloading and installing free programs or files whose origin is not clear.
3. Do not open questionable sites that have a lot of ads and fake chats that open up.
4. Only accept email attachments from trusted correspondents and only if they explain the attachment in the message.

## BEWARE OF CYBERBULLIES!

“Cyberbullying is the use of modern communication technologies to embarrass, humiliate, threaten, or intimidate an individual in the attempt to gain power and control over them.” The effects of cyberbullying are not limited to hurt feelings. Research suggests that victims of cyber-bullying respond much like traditional bullying victims in terms of negative emotions, such as feeling sad, anxious, and having lower self esteem. If you are being cyberbullied, block and do not respond to the bully, and contact an adult.

