



ONLINE SAFETY TIPS

For Middle School Students

Being online helps you connect with friends — but it can also bring pressure and risk. You deserve support, not stress.

★ REMEMBER

- ✓ Not everyone online is who they say they are
- ✓ Pressure is a warning sign
- ✓ You're never expected to handle online problems alone

👁️ WATCH FOR SIGNS

- 🤔 Being asked to keep secrets
- 👏 Pressure to respond quickly
- 📷 Requests for pictures or videos
- 😡 Someone getting upset when you say "no"
- 💥 Messages that make you feel nervous, uncomfortable, or confused

⚠️ GETTING HELP

You can talk to a:

- 👤 Parent or caregiver
- 👩 Teacher, counselor, or school staff
- 🏠 Safe Place® | TXT 4 HELP adult

🔍 DID YOU KNOW?

Many online problems start in group chats, not private messages. Someone might:

- 👉 Joke in a group chat
- 👉 Message you privately later or ask you to keep things just between you
- 👉 Say "you're different from the others"

When conversations move quickly from public to private, risk can increase.

🎓 SMART HABITS

- 👍 Keep personal information private
- 👍 Don't share passwords or images
- 👍 Trust how your body feels — discomfort is a signal
- 👍 Screenshot messages that feel wrong and tell an adult

Asking for help is a smart choice — not a mistake.