

Stay Safe Online

How to use social media responsibly:

- Think twice before posting anything - if you wouldn't say it, don't post it. If you don't want your friends, peers, family members, teachers, or future bosses to see something, don't put it on the internet because it could harm current and future offline relationships and opportunities!
- Never post images or recordings of others online (real or altered) without their permission. Get consent before taking a photo of someone AND before posting it online.
- Don't impersonate others. Creating fake profiles of others or hacking their social media accounts is actually a **criminal offence**. It's called fraud.
- If you see or hear about something illegal, or someone is being harassed, tell an adult you trust. At camp you can tell your cabin leader, a community resource volunteer, the Camp Director or a UBC staff member.

How to look out for your privacy:

- Online posts leave a trail and may be permanently available to anyone who looks for it, even if you delete it. Make sure you only share images and words that you are 100% sure you want others to see. Consider how embarrassed you might be in 5 years if a future employer finds an inappropriate photo of you online.
- Check your privacy settings so you know exactly who will see what you share! The recommended privacy setting is 'private' – this will allow people you know and trust to see what you share, not the general public.
- Avoid posting personal information like your exact birthday, phone number, address, credit card information or social insurance number.
- Sometimes turning off your location or GPS is a good idea too.
- Change your passwords regularly.

How to have healthy online relationships:

- It's easy to misunderstand online messages or texts. Touch base in person or on the phone!
- Only accept friend requests from people you know and trust in real life. Also, only send friend requests to people you know and trust offline.
- Any photo, video, or image showing someone **under eighteen** engaged in a sexual activity (such as posing naked) is against the law. It is child pornography, **even if the person in the image is consenting**. It is illegal to create it or distribute it.
- Harassing others by following (or "stalking") them online, sending them unwanted messages, telling them to commit suicide, or making them feel unsafe in any way is also **against the law**.