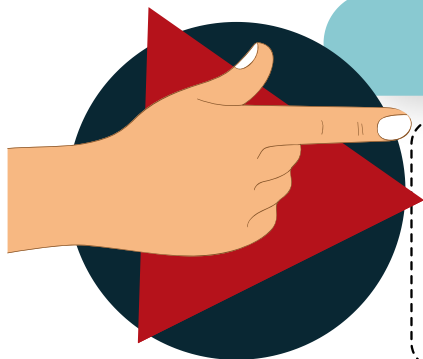


# Rules for the Digital World

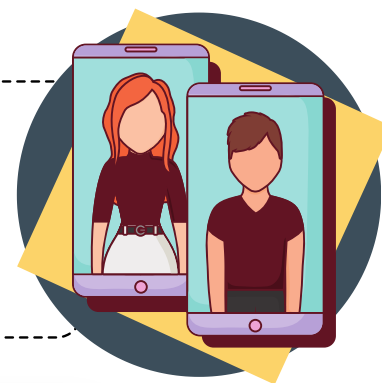


## RULE #1: YOU ARE IN CONTROL

You are in control of the content you watch and create. Always be mindful of how you use online platforms. Practice healthy boundaries through privacy settings and blocking followers that make you feel uncomfortable.

## RULE #2: YOU CAN SAY "NO"

When someone online makes you feel uncomfortable remember you have the power to say "No." You don't owe anyone anything. Go with your gut and trust your instincts.



## RULE #3: YOU ARE NOT ALONE

Don't let anyone make you feel isolated. If you have experienced a situation that made you feel uncomfortable online, chances are someone else has experienced it too. Don't be afraid to ask for help from a safe person in your life.



## RULE #4: YOU NEED A SAFETY PLAN!

Think of 3-5 safe people in your life that you can go to if you start to feel uncomfortable online. These safe people can be parents, mentors, friends, and teachers. Telling someone you trust is always the first step to safety.

