



Teens & Technology

What you need to know

TO DO, OR NOT TO DO? ONLINE DO'S & DON'TS

- >>> DO be careful of what you share
- > DON'T pressure or bully, encourage that type of behavior or be a bystander
- > DON'T request, copy or forward inappropriate content
- >>> DO report or talk to an adult anytime you feel uncomfortable... trust your gut
- >>> DO remember that anyone you meet online is a stranger
- > DON'T have conversations online that you wouldn't have face to face

10 THINGS YOU SHOULD KNOW ABOUT SOCIAL NETWORKING

- 1 *Nothing online is TOTALLY private*
- 2 WHAT YOU POST CAN LAST A LONG TIME
- 3 If you don't want everyone to see it, don't post it
- 4 Jokes can get you into trouble
- 5 Never pretend to be someone else
- 6 People you meet online really are still strangers
- 7 Don't give out personal information
- 8 *Keep your passwords private*
- 9 If someone bullies or harasses you online, report it
- 10 STOP AND THINK BEFORE YOU SEND



Brought to you by **The Council on Chemical Abuse**

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THINK BEFORE YOU ACT... QUESTIONS TO ASK YOURSELF

- > Who might I hurt?
- > Do I like what this says about me?
- > Could this get me into trouble? At home? At school? With the law?
- > How could this impact my future?
- > Would the adults in my life think this is appropriate?

WAYS TO SAY NO!

Simple: "No." or "No, thanks."

Tell it Like it Is: "No! I don't text stuff like that!"

Give an Excuse: "No...I can't right now. I've got to go."

The Big Stall: "No, maybe later."

Change the Subject: Say no and start talking about something else. "No, thanks. Hey, did you see that video on YouTube?"

Broken Record: After each request, repeat "no" over and over, or do variations on your "no" response. "No, thanks." "No." "No, I'm not doing that."

Walk Away: Say "no" and stop texting or chatting. Go offline for a period of time.

The Cold Shoulder: Ignore the other person.

Avoid the Situation: Stay away from contact with any person who would pressure you and/or block a person who is likely to pressure you.

POP QUIZ!

ARE YOU ADDICTED? SIGNS & SYMPTOMS OF COMPUTER/INTERNET/GAMING/ONLINE GAMBLING ADDICTION

ADOPTED FROM DR. HILARIE CASH, PHD.

CHECK THE BOX FOR EACH STATEMENT THAT APPLIES TO YOU

- Increasing amounts of time spent on computer and internet activities
- Failed attempts to control behavior
- Heightened sense of euphoria while involved in computer and internet activities
- Craving more time on the computer and internet
- Spending more money on online activities than desired
- Neglecting friends and family
- Feeling restless when not engaged in the activity
- Being dishonest with others
- Lying or stealing to continue gaming/gambling
- Computer use interfering with job/school performance
- Feeling guilty, ashamed, anxious or depressed as a result of behavior
- Changes in sleep patterns
- Physical changes such as weight gain or loss, backaches, headaches, carpal tunnel syndrome
- Withdrawing from other pleasurable activities

(3-4 YES RESPONSES SUGGEST ABUSE; 5 OR MORE SUGGEST ADDICTION)



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