No matter your age, you should always use caution when surfing the Internet. Never share personal information without getting your parents’ permission. The Connecticut State Police Internet Crimes Against Children Task Force recommend that you follow these tips for staying safe online.

**Do not provide the following information on the Internet:**

- Your real, full name, date of birth or age.
- Your address or phone number.
- Your parents’ names or where they work.
- The location of your school or your teacher’s full name.
- Your photograph.
- Any information about your parents, including credit card numbers.

**Tell your parents:**

- If someone has e-mailed you offensive pictures or any other material that makes you uncomfortable.
- When someone is insisting on meeting you in person. Tell your Internet pen pal that your parents do not allow you to meet people with whom you have corresponded via e-mail.
- If you get yourself into a situation where you lied about your age and you are in trouble. Don’t get in any deeper. Stop and tell your parents or a trusted adult.

**Use precautions on the Internet:**

- When using a screen name, an e-mail address or an instant message, do not use your real name. It is best to select a combination of letters and numbers that do not identify you.
- Do not use suggestive names such as “badgirl” or “itchin4trouble.” They can lead to trouble and to dangerous situations.
- No one under the age of 12 is allowed to post a personal profile. Do not make yourself appear older than you really are.
- Do not send or display photos of yourself without asking your parents’ permission.
- When you go into a chatroom, remember that you do not know the true identity or age of anyone there.

**Practical tips:**

- Don’t spend your entire school vacation, summer or weekends online. Balance your virtual life with your real life.
- Some people you contact online may not be who they say they are. They may be adults who want to hurt children. Use extreme caution.

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