



# CHAMP'S Do's & Don'ts when using the Internet



- ~ Never give anyone your personal information ANYWHERE online unless you have your parent's or guardian's permission. This includes your name, address, phone number and any information about your family or school.
- ~ Don't include in your e-mail address personal information including any part of your name, address, school or your interests.
- ~ Never post or send a picture of yourself or family online.
- ~ Always tell your parents or guardian about the websites you are visiting. You may want to show them how much fun you are having on those sites.
- ~ Don't open any e-mails or attachments from strangers.
- ~ Tell an adult if something online makes you feel scared or confused.
- ~ Never agree to meet someone whom you only know from talking online.
- ~ Don't click on messages that offer you free software like music, games, or screensavers.
- ~ Use the Internet for school projects to find lots of great information. Just make sure that the websites are approved by your Mom, Dad, guardian or teacher.
- ~ Make sure that you are always doing your homework YOURSELF. Don't copy information directly from the Internet and say you wrote it! That's dishonest!

**AND ALWAYS REMEMBER.....** Spending too much time on the computer can be unhealthy. Don't forget about spending time with your friends and family and doing other activities you enjoy!

Thanks and have fun! CHAMP



WOOF!