NetSmartz Workshop
A PROGRAM OF THE NATIONAL CENTER FOR MISSING & EXPLOITED CHILDREN

YOUR GUIDE TO SOCIAL NETWORKING

YES, I'M ON A SOCIAL NETWORKING SITE. WHAT'S THE BIG DEAL?

Adults sometimes freak out about social networking sites because they're constantly hearing stories about predators and privacy. You're probably there just to socialize with your friends, talk to people with similar interests, and share what's going on in your life. But plenty of teens have gotten into trouble on these sites by posting inappropriate pictures and comments, and meeting people in person they know nothing about except what's online.

SO, HOW CAN I BE SAFER?

Check, check, check! The most important thing you can do to protect yourself on these sites is to check your profile for anything too risky to post.

WHAT DO I LOOK FOR?

Sometimes looking through your entire profile can be annoying, especially with all of those privacy settings. Use this guide and check off each section when you're finished. That way, you won't miss anything.

5 Positive Things You Can Do On Social Networking Sites

1. **CREATE FAMILY PHOTO ALBUMS**
   What better to keep your distant relatives up-to-date on your activities?
2. **CHAMPION A CAUSE**
   From animal rights to bullying awareness, social networking sites are *the* place to go for social activists.
3. **JOIN A GROUP**
   Connect and discuss your interests with like-minded people.
4. **MARKET A TALENT**
   Stars are born every day online. No need to move to California to pursue that recording contract; with one hit video the producers will come to you!
5. **FIND A COLLEGE**
   Make an informed decision about where to go to school by chatting with current students and faculty.

Watch videos and play games at NSTeens.org

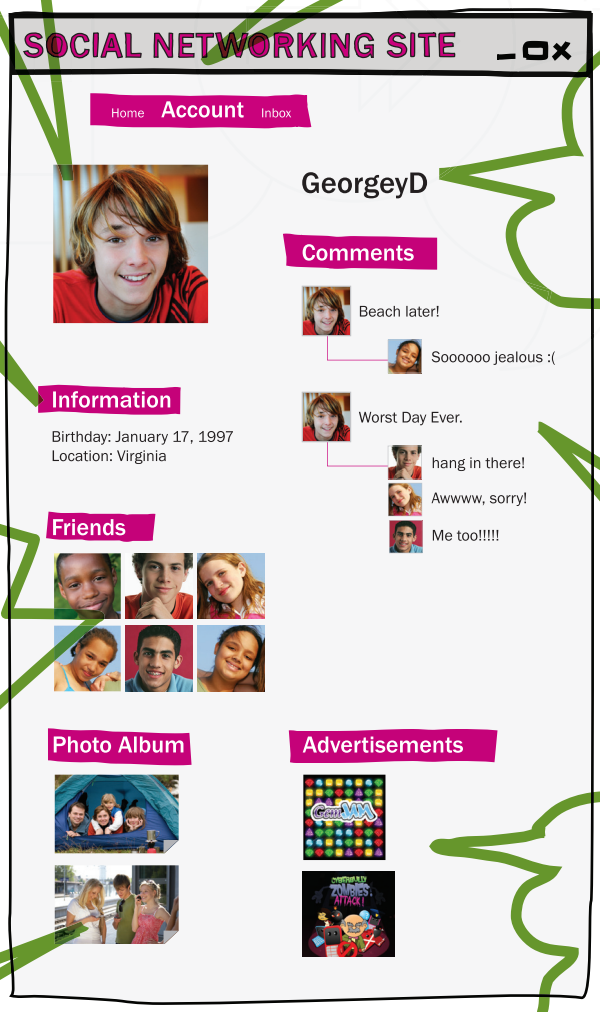
Copyright © 2010 National Center for Missing & Exploited Children. All rights reserved.

PROFILE PICTURE

Is there anything about your picture that could get you in trouble, like nudity, alcohol, or drugs? Remember, this picture will be public!

ACCOUNT/SETTINGS

This is where you'll adjust your privacy settings. Go through each option slowly. Always ask yourself – *what* is on my profile and *who* can see it?



INFORMATION/ ABOUT ME

What are you sharing about yourself? Delete anything that could be too much information, like where you live or go to school. You don't have to fill in every empty box!

USERNAME

This is either your real name or a nickname. Using a real name isn't bad; it just means you have to look more closely at your privacy settings and contacts.

COMMENTS/WALL

Delete any inappropriate comments, and don't forget to be careful what you post on others' pages, too.

FRIENDS/CONTACTS

This list may include people you only know online. Go through each friend and decide if you want to give them access to your page. Why do they *really* want to be your friend?

ADS/APPS

If you click on these or add them to your profile, you're allowing companies access to your personal information. Always read the fine print and decide what's OK to add and what's not.

PHOTOS/ALBUMS

What kinds of photos are you sharing? *Who* can see them? Don't post anything you could get in trouble for, like nudity, alcohol, or drugs.

Watch videos and play games at NSTeens.org

Copyright © 2010 National Center for Missing & Exploited Children. All rights reserved.