10 Ways For Teens to Use the Internet Safely and Responsibly

1 Think before you post.

2 Respect other people online, avoid gossip.

3 Ask for permission before you meet online friends in-person.

4 Don't feed cyberbullies - block the sender, ignore mean messages, file a report with the website or police.

5 Speak up if you see someone getting bullied.

6 Clean up your profile, eliminate your page of everything too personal, embarrassing and illegal.

7 Use the privacy settings.

8 Monitor what others post about you.

9 Keep adults in the loop- tell them when you add new sites, new friends or see something suspicious or harmful.

10 Use your voice for good- use social media to do something productive for you or for a cause.