

## After the SOLOS Presentation Continue the Conversation in the Classroom...

### For Teachers:

- ★ Talk to your students about who the trusted people are in their life that they turn to for help and who they can talk to about uncomfortable online experiences..
- ★ Do your best NOT to freak out if/when your students come to you with an issue.
- ★ Go online yourself. Check out popular sites. Ask your students to walk you through the websites that they visit.
- ★ Be clear about classroom and school expectations and rules around online behavior.
- ★ Know the resources and be able to provide them to your students.

### For Students:

- ★ Don't shut your parents out. Nobody cares about you more. Take this hand out home and talk with them about the SOLOS presentation that you saw today.
- ★ Don't let your peers influence your better judgment.
- ★ Listen to your gut!
- ★ Know who you can turn to and ask for help. Role model for others.



### Reminders For Everyone:

- ★ Don't post, send or text sexual images of yourself to anyone. Tell youth not to let anyone make sexual pictures of them; Don't take, or let others take sexual pictures of you.
- ★ Be careful about how much personal information you share.
- ★ Be aware of what is in your "Shared" folder.
- ★ Never share your passwords and usernames.
- ★ Don't use the same password for everything that you do and change passwords regularly.
- ★ Have different email addresses for different uses.
- ★ Cover your webcam when it's not in use.
- ★ Choose applications wisely
- ★ Use privacy settings. Use your privacy settings where possible
- ★ Know when NOT to talk online.
- ★ If you have problems, delete your account and start a new one.
- ★ Know how to capture online threats or problems.
- ★ "Google" yourself! Include your city in the search.

**SUGGESTED LINKS from SOLOS****\*Online Safety**

- \*Safe OnLine Outreach Society [www.safeonlineoutreach.com](http://www.safeonlineoutreach.com)
- \* Common Sense Media [www.common sense media.org](http://www.common sense media.org)
- \*Childnet [www.childnet-int.org](http://www.childnet-int.org)
- \*Media Awareness [www.media-awareness.ca](http://www.media-awareness.ca)

**\*Some Interesting Links:**

- \*Google Scholar [www.google scholar.com](http://www.google scholar.com)
- \*Ted TV [www.ted.com/](http://www.ted.com/)
- \*iTunes U Access through iTunes Store
- \*Teacher Tube [www.teachertube.com/](http://www.teachertube.com/)
- \*Videos - [www.youtube.com/](http://www.youtube.com/)
- \*Free Hugs - [www.youtube.com/watch?v=vr3x\\_RRjdd4](http://www.youtube.com/watch?v=vr3x_RRjdd4)
- \*Netlingo [www.netlingo.com](http://www.netlingo.com)
- \*Technorati [www.technorati.com](http://www.technorati.com)
- \*Blogger [www.blogger.com](http://www.blogger.com)

**\*Recommended Links:**

- \*youthinbc [www.youthinbc.com](http://www.youthinbc.com)
- \*Kids Help Phone [www.kidshelpphone.ca](http://www.kidshelpphone.ca)
- \*sexuality and u [www.sexualityandu.ca](http://www.sexualityandu.ca)
- \*won't get weird [www.wontgetweird.com](http://www.wontgetweird.com)
- \*Go Ask Alice [www.goaskalice.columbia.edu](http://www.goaskalice.columbia.edu)
- \*Cool Nurse [www.coolnurse.com](http://www.coolnurse.com)
- \*Suicide... <http://www.metanoia.org/suicide>
- \*Not Even Once [www.notevenonce.com](http://www.notevenonce.com)
- \*Cybersmart Curriculum [www.cybersmart.org](http://www.cybersmart.org)
- \*Snopes.com [www.snopes.com](http://www.snopes.com)

**\*Online Support:**

- \*Healthy Places [www.healthyplace.com](http://www.healthyplace.com)
- \*Online Addiction [www.netaddiction.com](http://www.netaddiction.com)
- \*Eating Disorder Recovery [www.eatingdisorderrecovery.com](http://www.eatingdisorderrecovery.com)
- \*Centre of Addictions Research BC [www.carbc.ca](http://www.carbc.ca)
- \*A Safer Space [www.asafer.space.com](http://www.asafer.space.com)

**\*Places to report concerns:**

- \*NCMEC [www.missingkids.com](http://www.missingkids.com)
- \*Cybertip.ca [www.cybertip.ca](http://www.cybertip.ca)
- \*Online Addiction [www.netaddiction.com](http://www.netaddiction.com)