THE INTERNET SURVIVAL GUIDE

for kids & teens

What you'll find in this guide:



Learn Your Surroundings



Build Your Survival Kit



Fact or cap?



Is it sus?



Your Biggest Threats



Emergency Response

⚠ WARNING

This guide was written for young people by, to put it politely, slightly less young people. It may contain outdated slang, deeply uncool references, and moderate to high levels of cringe.

Proceed at your own risk. Skibidi (or whatever).

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LEARN YOUR SURROUNDINGS

What do these mean?

Phishing: A fake email or message designed to trick you into clicking a link, sharing information, or sending money.

Scam: When somebody tries to trick you into giving them money, information, an account, or something else valuable.

Deepfake: AI-generated video, images, or audio that can make it look or sound like a real person said or did something they didn't.

Personal information: Stuff that can identify you, like your full name, school, address, phone number, birthday, or location.

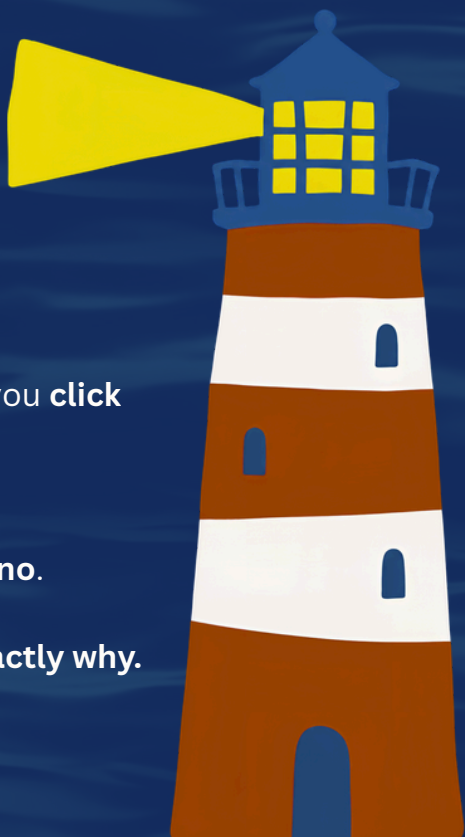
MFA: Multi-factor authentication. An extra security check when you log in, like a code or authentication app.

Know the red flags

Something might be sketchy if someone:

- 🚩 Asks for your **password or login code**.
- 🚩 Tells you to **keep your conversation secret**.
- 🚩 Starts asking lots of **personal questions**.
- 🚩 Offers free money, skins, followers, prizes, or game currency if you **click or log in**.
- 🚩 Pressures you to send **money, information, or photos quickly**.
- 🚩 Gets angry, threatening, or **makes you feel guilty when you say no**.

Anything is a red flag if it feels wrong, even if you can't explain exactly why.



BUILD YOUR SURVIVAL KIT

- [ ] **My passwords aren't all the same.**
  Use strong, different passwords for every account. One stolen password shouldn't unlock everything.

- [ ] **I've turned on MFA.**
  MFA adds another security check when you log in, making a stolen password much less useful.

- [ ] **I know who can see my stuff.**
  Check whether your accounts are public or private and who can see your posts, profile, and personal information.

- [ ] **I know who can see my location.**
  Check which apps and people have access to your location. You don't need to broadcast where you are 24/7.

- [ ] **My devices and apps are updated.**
  Updates often fix security weaknesses while also adding features and moving buttons for absolutely no reason.

- [ ] **I know how to block and report someone.**
  Know where the safety tools are on the games, apps, and platforms you use.

- [ ] **I have an adult I can talk to if something goes wrong.**
  This is the most important tool in your kit! Never feel scared or embarrassed to report a mistake.



WHO'S AN ADULT YOU TRUST?

Parents, caregivers, teachers, and other trusted adults might occasionally say things like "the TikToks" or ask what a Discord is. Try to forgive them.

They know more than you realize and can still help.



Parents, grandparents & other relatives



Librarian



Teacher



Coach



Nurse or doctor



Babysitter



Your friend's parents



Neighbor



Youth Group Leader



Who else can you trust?



Therapist

FACT OR CAP?

Think you know your stuff?
Decide whether each statement is FACT or CAP.

1. "If I have MFA turned on, my account is completely impossible to hack."

Circle one: **FACT** / **CAP**

2. "A message can come from my friend's real account without my friend actually sending it."

Circle one: **FACT** / **CAP**

3. "It's safe to give somebody a verification code if they already know my username."

Circle one: **FACT** / **CAP**

4. "People online aren't always the age or person they say they are."

Circle one: **FACT** / **CAP**

5. "If I've already messed up, hiding it is safer than telling an adult."

Circle one: **FACT** / **CAP**

Check your answers on page 9.

IS IT SUS?

Do you think the situation is safe, kinda sus, or very sus? Draw a line from each scenario to the appropriate label. *Check your answers on page 11.*

Your friend sends you a meme with absolutely no context at 11:47 p.m.

Your friend sends "OMG IS THIS YOU???" followed by a link asking you to log in.

Your parent texts from a new number asking you to buy $500 of gift cards immediately and not tell anyone.

Probably Fine

Kinda sus

Very sus

A stranger compliments your profile picture.

Your parent texts asking what you want for dinner.

Someone in your game offers you free currency if you give them your password.

Someone you've been gaming with asks what school you go to.

YOUR BIGGEST THREATS

🎮 FREE STUFF

The bait: Free skins, currency, followers, giveaways, or ridiculously cheap items.

The danger: Fake login pages can steal your account details, while downloads might contain malware.

Survival move: Stick to official stores and never give somebody your password or login code.

👤 FAKE FRIENDS

The bait: Somebody online is friendly, shares your interests, and seems to really understand you.

The danger: They start asking for personal information, secrecy, photos, money, or private conversations.

Survival move: Protect your personal information and tell a trusted adult if somebody makes you uncomfortable.

📸 PRIVATE PHOTOS

The bait: Somebody asks or pressures you to send an image you wouldn't want everyone seeing.

The danger: They could save it, share it, or threaten to share it unless you send more images or money.

Survival move: Don't give in to threats or send more. Save the evidence and tell a trusted adult immediately.



🔗 SKETCHY LINKS

The bait: "Is this you?" "You won!" "Your account is getting banned!" "Free Robux!"

The danger: Fake websites can steal your passwords or install something harmful.

Survival move: Don't use the link. Open the real app or website yourself and check there.

💬 BULLYING & HARASSMENT

The bait: Repeated nasty messages, humiliation, unwanted contact, threats, or somebody deliberately trying to upset or intimidate you.

The danger: Responding can make things escalate into repeated harassment, humiliation, threats, or unwanted contact.

Survival move: You don't have to fight back or handle it alone. Save evidence, block and report where appropriate, and tell somebody you trust.

🧠 THE ALGORITHM RABBIT HOLE

The bait: One interesting video becomes another, then another, then another. Suddenly it's 2 a.m. and your algorithm thinks this is your entire personality.

The danger: Algorithms can keep showing you upsetting, misleading, extreme, or unhealthy content because you've watched or interacted with similar posts.

Survival move: Pay attention to how your feed makes you feel. Block, mute, unfollow, and deliberately change what you interact with. Tell somebody if what you're seeing online is affecting your mental health by making you feel anxious, depressed, or not like yourself.

OH, CRAP.
I MADE A MISTAKE ONLINE.

Now what?

Clicked a sketchy link? Lost an account? Sent money? Shared something you regret? Is someone threatening you?
Remember: You should never get in trouble for asking for help!

STEP 1

Stop replying. Don't send more money, photos, information, passwords, or login codes, even if somebody threatens you or promises that doing it will make the problem go away.

STEP 2

Save the evidence. Keep usernames, messages, emails, and screenshots. This is particularly important if somebody is bullying, threatening, blackmailing, or harassing you.

STEP 3

Secure your accounts. Change affected passwords, turn on MFA, and log out of devices or sessions you don't recognize. If you used the same password elsewhere, change it there too.

STEP 4

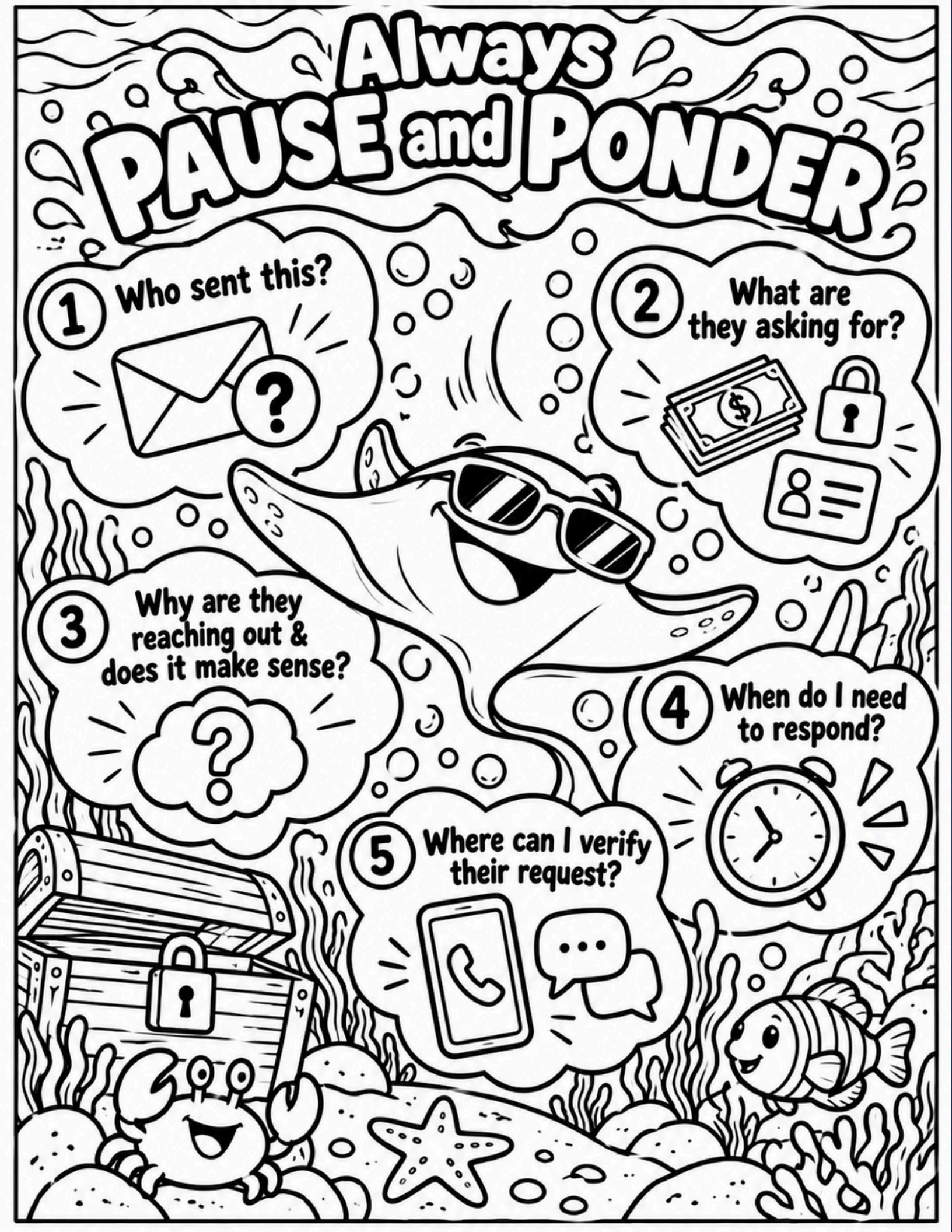
Block and report. Use the safety tools on the app, game, or platform where appropriate. But **save any evidence** you might need **before deleting conversations or blocking accounts.**

STEP 5

Get an adult involved.
Even if you're embarrassed.
Even if you broke a rule.
Even if you think they'll be annoyed.
Especially if somebody online has told you not to.

Getting help quickly is more important than pretending nothing happened.


STAY SAFE ONLINE


Always
PAUSE and PONDER
1 Who sent this?
2 What are they asking for?
3 Why are they reaching out & does it make sense?
4 When do I need to respond?
5 Where can I verify their request?

FACT OR CAP ANSWERS

1. "If I have MFA turned on, my account is completely impossible to hack."

CAP. MFA makes your account much safer, but you still need to protect your passwords and login codes.

2. "A message can come from my friend's real account without my friend actually sending it."

FACT. If their account gets hacked, somebody else could use it to message you.

3. "It's safe to give somebody a verification code if they already know my username."

CAP. That code might be the final thing they need to get into your account. Keep it to yourself.

4. "People online aren't always the age or person they say they are."

FACT. Names, photos, profiles, voices, and even videos can be faked.

5. "If I've already messed up, hiding it is safer than telling an adult."

BIG CAP. Telling somebody quickly gives you the best chance of fixing the problem. Making a mistake doesn't mean you have to deal with it alone.

IS IT SUS? ANSWERS

Your friend sends you a meme with absolutely no context at 11:47 p.m.

Standard friend behavior.

Your friend sends "OMG IS THIS YOU???" followed by a link asking you to log in.

Their account might have been hacked. Contact your friend another way before clicking the link.

Probably Fine

Kinda sus

Very sus

Your parent texts from a new number asking you to buy $500 of gift cards immediately and not tell anyone.

Contact them another way before doing anything. If it does turn out to be them, tell them to stop acting like a scammer.

A stranger compliments your profile picture.

A compliment isn't automatically dangerous. But strangers shouldn't have access to your posts. Update your privacy settings and unfriend them if necessary.

Someone in your game offers you free currency if you give them your password.

Nobody needs your password to give you something.

Someone you've been gaming with asks what school you go to.

You don't need to share identifying information with somebody you've only met online.

Your parent texts asking what you want for dinner.