



Online + AI Safety for Teens



Simple rules. Real risks. Smart habits.

1 Lock your accounts



Use strong passwords and turn on MFA.

2 Think before you tap



Be careful with links, QR codes, fake giveaways, and urgent messages.

3 Protect your money



Never share card details, one-time codes, or send money to someone you only know online.

4 Guard your identity



Keep your address, school, schedule, documents, and live location private.

5 Watch for manipulation



Pressure, secrecy, flirting, threats, or "move to another app" are red flags.

6 AI is useful — not always true



Check important facts and never paste private information into random AI tools.

7 Deepfakes are real



Photos, screenshots, voice notes, and "proof" can be faked.

8 If something goes wrong



Screenshot, block, report, and tell a trusted adult.

Common red flags: urgency • secrecy • pressure • threats • gift cards • crypto

PAUSE • VERIFY • ASK FOR HELP



Based on public guidance from CDE, CISA, FBI, NCMEC and UNICEF.

