

Online Safety Starts with You



A Kid's Guide to Online Privacy

This fact sheet provides online safety tips for children ages 9–13 to encourage responsible online behavior and is to be used in conjunction with parental supervision.

Hello, Digital Buddies!

The internet is a great way to connect with friends across the globe, play online video games, learn about interesting topics, and more! But it is important to stay safe online while having fun surfing the web.



Here are the ABCs of Online Safety:



Do not share any personal information online without your parent's permission. Personal information includes things like your name, phone number, email, and home address.



If you wouldn't say it in person and face-to-face, don't say it online.



Never share your passwords with your friends or anyone else.



Make sure you ask a parent before downloading any files or software onto your computer.



Set your profiles to private and only accept friend requests from people you know. Ask a parent if you need help finding your privacy settings!



If you receive any mean or suspicious messages, do not respond. Let a parent know immediately!



Think before you post! If there is any question about whether a picture is ok to post, ask a parent first. And remember, once it is posted it cannot be deleted as social media sites keep copies of all your data—including your posts and pictures!



These rules also apply to texting, direct messaging, and any other social media platform on your phone!

More Information

For more information, visit www.va.gov/privacy or email us at privacyservice@va.gov.



About VA Privacy Service

Launched in 2002 by the U.S. Department of Veterans Affairs (VA), VA Privacy Service is responsible for overseeing and directing the development of VA's privacy program strategic plan and for establishing short- and long-range plans for the privacy program. Its mission is to preserve and protect the personally identifiable information of Veterans and their beneficiaries and VA employees by promoting a culture of privacy awareness and maintaining the trust of those VA serves.

