

Did you know that most Canadian youth will own a cellphone by the time they are in Grade 7? It's more important than ever to know how to safely use and care for that phone!

PHONE SAFETY

SOCIAL MEDIA

Social media apps like Instagram or Snapchat go hand in hand with smart phones. They usually come pre-loaded on the device. Here are some things to keep in mind when using your phone.

KNOW YOUR APPS AND YOUR RIGHTS.

Many apps are only for users who are at least 13 years old. Be aware that sharing content might mean giving away the rights to that content.

TURN OFF YOUR LOCATION SETTINGS.

Many apps will track where you are and post when you visit places. Keep your location safe and turn off location tagging.

STAY PRIVATE!

Don't publicly share your number or where you live. Set your apps to private so you can control who you allow to see your profile.

CHANGE YOUR PASSWORDS REGULARLY.

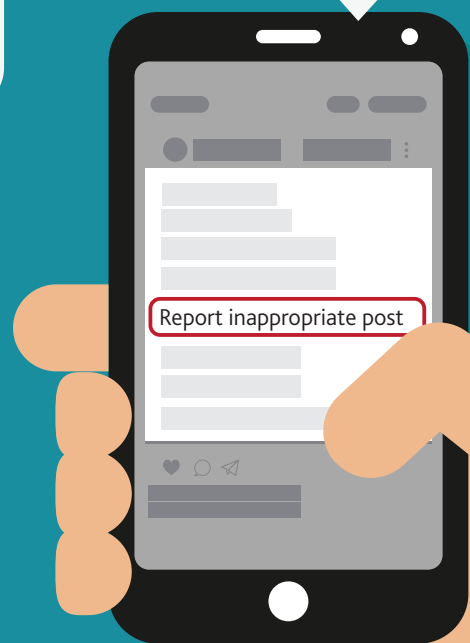
Don't use the same password more than once.

THINK BEFORE YOU POST.

Once you put a photo online it becomes impossible to control who sees it. Apps like Snapchat will advertise that the image disappears, but it is never fully deleted and can be captured as a screenshot.

RECOGNIZE CYBERBULLYING AND KNOW HOW TO REPORT IT.

Most apps have strict cyberbullying rules and ways for you to report issues.



SAFE USE

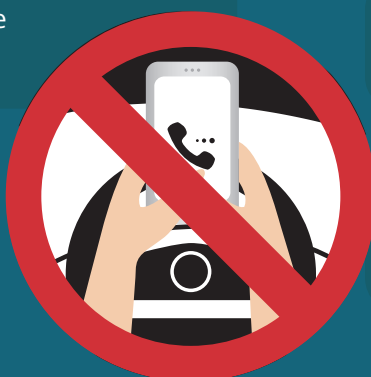
A phone can save a life in an emergency, but it isn't very useful if it doesn't work. Consider these tips to keep your phone in good condition.

Use a protective case. A good case can save your phone if you happen to drop it, and can help to keep your phone dry.

Install a phone tracker app. This will help you locate your phone if it is lost or stolen. Some apps can also give you the ability to wipe your phone remotely.

Go hands-free. Connect your phone to your car and use voice controls. Don't text and drive! If you're a passenger, help the driver to focus on the road. Offer to hold the driver's phone.

Keep your phone updated. The latest software is usually the most secure and reliable.



Add emergency numbers to your contacts. Include personal contacts like your parents, as well as phone numbers for your school and family doctor.

Keep your phone charged. Bring a backup battery charger for emergency situations.

Lock your phone. Use a password or thumb print so no one else can access your phone.

Clean your phone regularly. #germs #gross Use disinfectant wipes to clean your device. Keep it shiny!

Don't let your phone distract you. Whether you're riding a bike or walking down a street, keep your head up and your phone down.

