

# Living in a Digital World: What You Do Stays With You

## Know the Laws!

Everything online has an owner, so before you listen, watch, or download:

\*Is the video, song, or image copy righted?

\*Is a purchase required?

\*Do you need to credit the creator?

**Remember:** If you take something that doesn't belong to you it is a crime and you could be arrested and face severe fines or jail time!

## Think Before You Type!

Everything you do online can be traced back to you so before you post or visit a site ask yourself:

\*Are your actions appropriate?

\*Would you share your actions with your parents or teachers?

\*Could what you post hurt you or someone else?

**Remember:** Even if something is deleted the data stays on the computer forever!

## Check in with Your Body and Brain!

Learn how to self-regulate the time you spend in the digital world by asking yourself:

\*Do you get angry or feel lost when you can't go online?

\*Do you spend more time using social media than actually talking with your friends?

\*Are you starting to get headaches, back-aches or feel eye pains when you use the computer?

**Remember:** You can become addicted to things in the digital world and too much time there can damage your body!

