

# About Online Safety

Protecting yourself online is one of the most important things you can do.



## Contact

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<https://kidshealth.org/en/teens/internet-safety.html>

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## Kids Health

Promoting Internet  
Safety

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## Safety Stats

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**27%**

Percentage of children 7 - 17 years old that have encountered harmful content online.

**41%**

Percentage of people who have experienced at least one negative outcome due to their online presence.

**95%**

Percentage of 3 - 4 year-olds that access to the Internet for an average of 8 hours per day.

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## Primary Online Dangers For Teens

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1. Cyberbullying
2. Sexually explicit content
3. Misinformation
4. Fake News
5. Harmful user-generated content



## Quick Tips

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#1

### Report

Know how to report posts.

#2

### Password

Keep your passwords safe.

#3

### Privacy

Never reveal personal information.

#4

### Settings

Check your privacy settings.