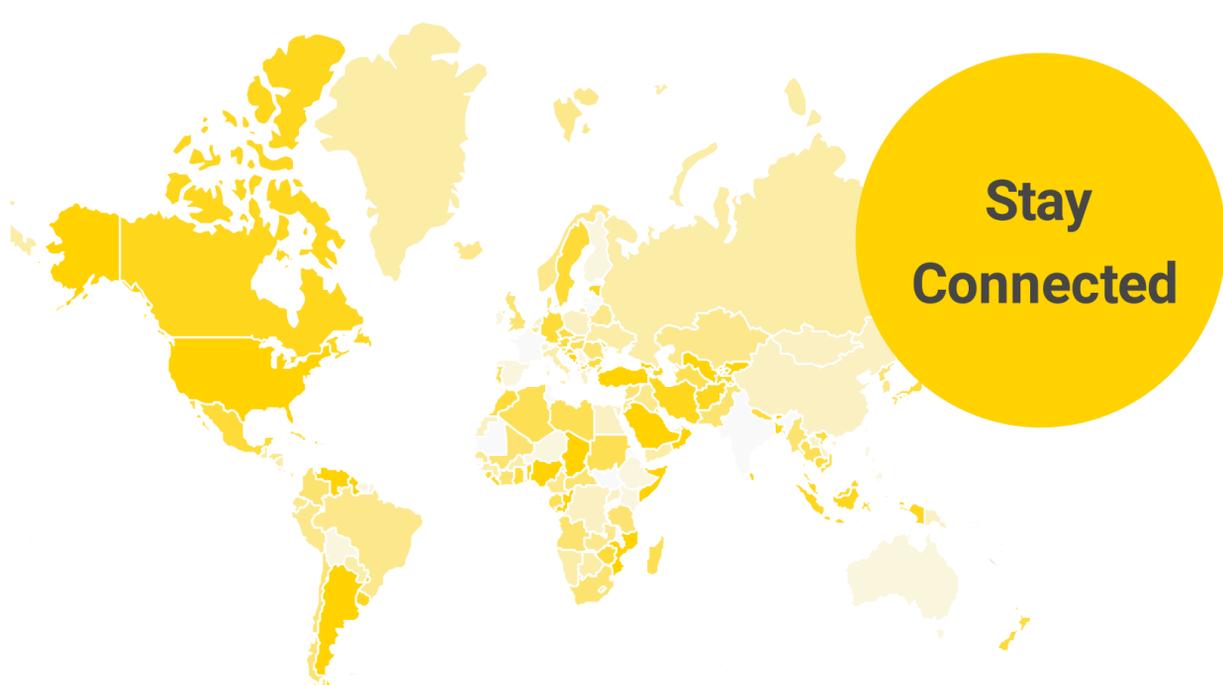




PAF Online Safety Guide

World Wide Web

The internet is truly a world wide web. The possibilities are endless, which is why it is important that we cover a few safety tips so that you can begin your program in a safe and positive manner.



Personal Information

Never give out your personal information to someone you do not know. Do not give out your host family's information without their permission. This includes their email, address, phone number, names or place of employment.



Messages

When you receive a message that makes you feel uncomfortable, do not respond – Immediately shut off your monitor or close your laptop and talk to a parent or trusted adult.



Privacy

The internet is not private! Use the internet in a positive manner that is respectful and courteous to others. Do not share or post anything that you do not want your parents/host/Pan Atlantic to see.



The Golden Rule

If you wouldn't do it in real life, you shouldn't do it online. Use critical thinking. Ask yourself, "Who posted this? Why?" and when you post yourself ask, "Why am I posting this? Who will see it? Could it be misunderstood?"



Trust your gut

This means to trust the way you feel inside, emotionally. If you are feeling uncomfortable with the way someone is speaking to you, talk to a trusted adult about how you are feeling. Someone may tell you that is just part of the culture in the USA, but no cultural norm should ever make you feel unsafe. They might just be saying that it is cultural to convince you it is normal when it is not. Always remove yourself from a situation like this immediately and talk to someone you trust. You can feel safe to call our emergency number at any time of day. (866-227-5335)



Trust PAF Staff

Your Area Representative and Regional Director are there to support you throughout your program. If you ever need to speak with someone immediately you can get in touch with your Area Representative or Regional Director as well as Pan Atlantic 24/7 staff (1-866-227-5335)

