



Transition Newsletter

Feb 2026



"Don't believe everything you read on the Internet just because there's a picture with a quote next to it."

—Abraham Lincoln



RESOURCE HIGHLIGHT



NetSmartz is an interactive online safety education program created by the National Center for Missing & Exploited Children. It provides age-appropriate videos, games, activities, and resources designed to teach children, teens, parents, and educators how to recognize online risks — like cyberbullying, online predators, and privacy issues — and make safer choices on- and offline.

NetSmartz.org

This is informational only. DHS is neither supporting nor endorsing. Please determine for yourself if you wish to use it and proceed accordingly.

Tips for Internet Safety

Technology can be a great tool, but you **MUST** be careful online. Bad choices online can cause serious problems.

✔ DO

- Do be kind and respectful in all online conversations.
- Do protect your personal information (full name, address, phone number, school).
- Do use privacy settings on social media and apps.
- Do talk to a trusted adult about people you meet online.
- Do trust your feelings—if something feels wrong, it probably is.
- Do block and report anyone who makes you feel uncomfortable.
- Do think before you send messages or pictures.
- Do keep online relationships appropriate and safe.

✘ DON'T

- Don't share personal or private information.
- Don't send pictures you wouldn't want others to see.
- Don't feel pressured to send messages, photos, or videos.
- Don't meet someone in real life without a trusted adult's permission.
- Don't accept friend requests from people you don't know in real life.
- Don't believe everything people say online—they may not be honest.
- Don't stay silent if someone is being mean, threatening, or sexual.
- Don't share someone else's private messages or pictures.

🗨️ REMEMBER

- You have the right to feel safe online!
- Healthy relationships—online or in real life—are based on respect, honesty, and boundaries!
- Asking for help is smart, not weak!



Beware of Online Relationship Scams

contact me



Name:

Phone:

Email:

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▶ Be Careful If Someone:

- Asks for **money or gift cards**
- Says you must act **right now** or something bad will happen
- Promises **free money** or anything that seems too good to be true
- Asks for **passwords, codes, or personal information**
- Pretends to be a **friend, celebrity, teacher, or company**
- Wants to move the chat to a **private app** right away
- Gets angry or pushy when you say **NO**

✅ What To Do

- **Stop and think** before you click or respond.
- **Do not send money or gift cards** to anyone online.
- **Do not share** passwords or personal information.
- **Do not click** on strange links.
- **Block and report** the person or message.
- **Tell a trusted adult** right away.

✗ What NOT To Do

- Don't believe messages just because they look real.
- **Don't keep secrets** for someone online.
- Don't feel embarrassed—**scams can happen to anyone.**
- **Don't try to fix it alone.**

🗣️ Remember

- If it feels **too good to be true**, it probably is.
- Real companies and adults **do not ask for gift cards.**
- Asking for help is the **smart choice!**



Beware of Online Employment Scams

▶ Warning Signs

Be careful if a “job”:

- Promises **easy money**
- Pays **a lot** for very little work
- Asks for **money to start**
- Asks for your **Social Security number** or **bank info**
- Says **“act now”**
- Will not meet or talk by video
- Uses bad spelling or strange messages.

✗ Never Do This

- **Don't pay** money to apply or get a job.
- **Don't share** your personal information.
- **Don't click** strange links.
- **Don't keep the job a secret.**

✅ What To Do

- **Stop and think.**
- **Ask a trusted adult** before applying.
- **Check the company** with an adult.
- **Block and report** the message.

Real jobs and real friends never ask for money! If something sounds too good to be true, it probably is! Stop... Think... Ask for help!