



Kaleidoscope Counseling, PLLC

Seeing you. Supporting you. Empowering you.

STAYING SAFE ONLINE

The internet can help you learn, connect, and have fun.
It's important to protect your privacy, your feelings,
and your well-being.



SMART ONLINE HABITS



PROTECT YOUR PRIVACY

Don't share personal information
like your address, school,
passwords, or phone number.



THINK BEFORE YOU POST

What you post today can
stay online forever. Be kind
to yourself and others.



BE CAREFUL WHAT YOU CLICK

Avoid suspicious links and pop-ups.
They could lead to scams or
harmful sites.



BE KIND ONLINE

Treat others how you want
to be treated. Kind words
build a better online world.



TAKE BREAKS

Step away, stretch, and take care
of your mental health. It's okay
to unplug sometimes.

RED FLAGS: GET HELP IF...



- Someone online asks for private photos or personal info.
- You feel scared, pressured, or uncomfortable.
- You're being bullied, threatened, or harassed.
- Something doesn't feel right.



YOU ARE NOT ALONE.

It's okay to talk to a trusted adult if something
happens online. You deserve to feel safe,
respected, and supported.



MY ONLINE SAFETY PLAN

Who are trusted adults you can talk to?

1. _____ 2. _____

What can you do if something makes you feel uncomfortable online?

A reminder to myself: _____

I matter. My safety matters. 



You are not alone.

We're here to support you on your journey
toward clarity, healing, and meaningful change.



SCAN TO LEARN
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in person & virtual



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