

ON THE LOOSE

A GUIDE TO LIFE ONLINE FOR POST-SECONDARY STUDENTS



SUPPORTED BY

Shaw)



Now that you are a post-secondary student, whether you're still at home or off on your own for the first time, you have a lot more freedom than you used to and that affects your online life too. This guide will help you get off on the right foot with tips on how to deal with the ways that your classes and relationships have changed and new challenges like managing your money and taking care of yourself when there's nobody looking over your shoulder. We'll also help you spot potential problems with tips and solutions for staying on top of things before they get out of control.

The guide is divided into four sections:

1

SURVIVING SCHOOL

Addressing new challenges when using the Internet for research in college or university.

2

LET'S TALK ABOUT MONEY

Ways to be a smart shopper and how to protect yourself and your computer.

3

OTHER PEOPLE PROBLEMS

Managing your online relationships – with friends and more-than-friends.

4

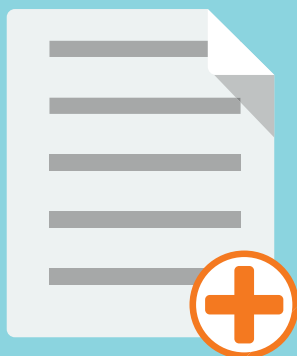
TAKING CARE OF YOURSELF

Ways to take care of yourself when you're dealing with stress, harassment, and other issues that can come with being online. Additionally, controlling your online profile.



1 SURVIVING SCHOOL

You're not in high school anymore – there's nobody holding your hand, looking over your shoulder, and bugging you to get your work done. That's great, but it can be tricky too. To do well in college and university you need to be an *independent, critical thinker* and understand *academic ethics and honesty*. Here's how this looks when it comes to online stuff:



PLAGIARISM

Universities take plagiarism *way* more seriously than a lot of high schools do: even a minor case of plagiarism can make you fail a course, get you put on academic probation, or even expelled. You might have picked up some bad habits when you were researching high school papers that will get you in real trouble now.

[“The Plagiarism Spectrum”](#) describes these different kinds of plagiarism.

- *Cloning*: handing in work entirely copied from (or written by) someone else
- *Find and Replace*: copying work but changing some words or phrases
- *Control-C*: mixing your work with copied work, and not giving credit and proper citations
- *Hybrid*: mixing your work with copied work, only giving citations for some of the copied work
- *Remixing*: rewriting someone else's work in your own words and stitching it together so it looks original
- *Mash-Up*: mixing different unattributed sources and presenting them as your own work
- *Recycling*: re-using *your own* work and presenting it as new
- *404 Error*: making up quotes or research and citing them to sources that don't exist

Some of these you might not recognize as cheating, but they can all get you in trouble.

CITATION

You probably learned how to cite regular sources in high school or in an intro course. (If you haven't, you'd better: find out if your profs want you to use MLA or APA style and look up a citation guide.) What you might not have learned is **how to cite online sources**. The blog Teachbytes put together this great table that shows how to correctly cite different online sources in both formats:

Source: Rao, Aditi. "How to Cite Social Media: MLA & APA Formats." *Teachbytes*. April 9 2013. Web. Accessed July 8, 2016.

	MLA	APA
 BLOG POST	Lastname, Firstname. "Title of the Blog Post Entry." <i>Blog Title</i> . Publisher. Date posted. Web. Date accessed.	Lastname, Firstname. (Year, Month Date.) Title of the Blog Post Entry. [Web log post]. Retrieved from http://www.thewebsite.com
 ONLINE VIDEO	Title of Video. Date of Publication of Video. Website Name. Web. Date Accessed.	Lastname, Firstinitial. (Year, Month Day). Title of Video [Video file]. Retrieved from http://www.website.com/specificURL
 TWEET	Lastname, Firstname (Username). "Enter the tweet message here." Date posted, time viewed. Tweet.	Username. (Year, Month Day). Enter the tweet message here. [Twitter post]. Retrieved from http://www.twitter.com
 FACEBOOK POST	Lastname, Firstname. "Enter Facebook post here." Facebook. Date Posted. [Date accessed. <web address>]	Username. (Year, Month Day.) Enter the Facebook post here. [Facebook update]. Retrieved from http://www.facebook.com
 EMAIL	Lastname, Firstname. "Subject of Message." Message to Recipient's Name. Date of Message. Email.	<i>In text citation only</i> (personal communication, Month Day, Year)

Did you know?

Employers say they want new hires to know how and where to find information online (without much guidance) and how to use a search strategy that goes beyond Google and finding an answer on the first page of search results.

RESEARCH AND AUTHENTICATION

Doing research in university or college can feel a lot like getting dropped into the deep end of the pool. If you're lucky, you learned in high school how to do effective searches online and recognize unreliable sources. (If you didn't, check out our guide [Your Connected Life](#) to get started.) Now you're in a whole new world of searching databases, not just Google, and learning to read between the lines to spot things like bias.

Research skills aren't only important for getting through university: employers who've hired recent graduates rank being able to obtain and process information as *the number four top skill* they're looking for, ahead of job-specific technical knowledge, skill with software, and writing ability.



TIPS FOR RESEARCH

Get started early. Don't assume that you know everything you need to! A study found that for first-year university students, *not* putting things off was one of the keys to having a good experience doing research.

Go beyond Google. Tools like Google Scholar may be misleading because they can make you think that anything you find using them is "scholarly". Get to know the specific databases for your subject and learn how to use them instead.

Ask a librarian for guidance.

Librarians don't just re-shelve books: they're there to help you get better at doing research and know exactly what your profs are looking for.

It's okay to start with Wikipedia (but don't stop there).

Wikipedia articles aren't generally a legitimate source for university-level research. Also, while many Wikipedia articles link to more reliable sources, you can't assume that the list of sources is a good overview of the field or don't reflect a particular point of view.

Learn to recognize bias. Most academic work isn't *trying* to be neutral or objective: at the very least it's testing a theory that the writer hopes is true, and is often making an argument that the writer wants you to believe. Usually, it's not too hard to recognize a writer's point of view. What's more challenging is if sources present themselves as scholarly – but may actually be representing corporations, crackpots, or even hate groups.

Make a point of identifying your own bias. We all tend to give more weight to things that confirm what we already believe. This can be even worse because of the online "filter effect," which makes it possible to only ever see sources that we agree with. Always seek out opposing arguments and evidence.

Find out who's paying for the site.

Check the "About" page or do a [WHOIS](#) search to see who has registered the site.



Research the writer or organization.

See what other people are saying about them. You can also [do a citation search](#) in a database that covers that subject to see if anyone else is citing them as a source.

Look for "loaded" arguments.

While it's normal for academic writing to have a point of view, watch out for pieces that use emotionally loaded language or powerful images rather than a logical argument. Watch particularly for writing that tries to scare you or to dehumanize a particular group.



2

LET'S TALK ABOUT MONEY

For a lot of people, college or university is the first time they really have to handle money on their own. Even if you're living in residence and don't have to worry about paying rent or buying your food, you might have just gotten your first credit card. Either way, you need to start thinking about money – how to control how much you spend, how to avoid getting ripped off by scams, and how what you're doing now will help you make money after you've finished school.



Did you know?

More than a quarter of university-aged people think they won't be targeted by online scammers – but more than **half** have been a target!

SCAMMERS AND HACKERS

You may think you're not interesting or important enough to be a target of online crime – but scammers spread their nets wide: there are no fish too small to be worth catching!

One of the most common ways people get hooked by scams is through email or texts. Watch out for messages asking for money or personal information; **offering** you money, a prize, or anything else that seems “too good to be true”, from a company you haven't done business with; or asking you to **click a link** in the message.

Another thing to watch out for is **identity theft**. This can range from someone pretending to be you on social networks to using your credit card, bank account, or social insurance number. Any of these can really make your life difficult!

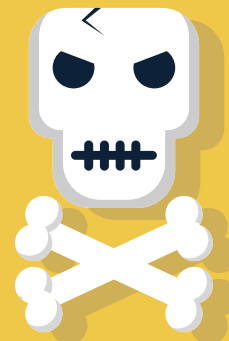
TIPS TO AVOID IDENTITY THEFT

- Use **unique passwords** for all your different accounts. If you have trouble remembering them, a **password manager** can help.
- Set up **two-factor authentication** so that a password isn't enough to log in. Make sure you have a **back-up number or email address** in case you lose your phone.
- While you're at it, **secure your phone** with a strong password.
- **Update your browser** when you're prompted to. Using an unsecure browser can make everything else you do useless.

THE HIGH COST OF “FREE”

We get it. Nobody likes to pay for anything they don't have to, and we're used to getting stuff online for free. But there are some good reasons why you should think about paying. For one: scammers and cybercriminals know that you love free stuff too! There are a lot of websites that look totally legit and feature free streaming or downloading of popular TV shows, games, movies, and music. These can rip off your data, infect your devices, and even turn them into zombies that host malware to spread to other computers.

Even when it's legit, if you're not paying for something with money you're paying some other way: with your attention (by seeing ads), with your personal information (so they can target you and your friends with ads more effectively), or both. There's not necessarily anything wrong with that **so long as you understand the deal**. Consider using an adblocker and think about how you can keep a lid on how much of your info you share.



Did you know?

Adding the word “free” to a search for ringtones makes it three times more likely that you'll end up on a malicious site!

TIPS FOR READING ONLINE POLICIES

- When you sign up for a free service, make sure you check out the terms of service and the privacy policy so you know what you're agreeing to.
- Ask yourself these questions before clicking on that “I Agree” button (it might spare you a lot of grief down the line!):
 - Do they clearly explain the main purpose of this privacy policy or terms of use?
 - Do they say **what data they will be collecting** (either from what you share with them or by tracking what you do)?
 - Do they explain **how any personal information they collect will be used**?
 - Do they tell you **if they share your personal information with others**? If they do, who do they share it with?
 - Do they explain how the site **uses cookies and other tracking technologies** to track you?
 - Do they explain what they **do with your information when they no longer need it** or if you close your account?
 - Do they explain **what steps you can take if you have a complaint**?
 - Do they explain **how they protect your information** from being seen by people who shouldn't see it, whether it stays with them or when it is shared with another company?
 - Do they identify the **person or people responsible for the policy** and tell you how to contact them? If they do, what information do they give?
 - Do they explain **how you will be notified if their terms or policies change**? Are you given enough time to find out what is being changed and discuss this with other users before deciding whether to continue to use the service under the new terms?

Free **games** have to make money too. They do it by nudging you to make **in-game purchases** so you can skip the boring parts or compete with other players. If you play free games, you can limit your spending by deciding ahead of time how much you're willing to spend and **buy a gift card** for that amount in the game.

Another thing that can start out free and wind up costing a lot is **online gambling**. Three quarters of young gamblers in Canada started out playing on “just for fun” sites before moving on to the real thing. Many kids start gambling on sites that don't use money. These sites can give you a false idea of how likely you are to win and make it look like there's no cost to gambling.



Did you know?

Free-to-play games can cost you five times as much as a paid game over the long run!

TIPS FOR ONLINE GAMBLING SITES

It's best to **stay off gambling sites altogether**, but if you (or any of your friends) have already started you can limit the risks by taking these steps:

- Decide **ahead of time** how much you're willing to spend **and stick to it**.
- **Keep track** of how often you play and how much you spend, so you can tell how much you're playing and how much you really win and lose.
- Remember that **the house always wins in the end**. Gambling is entertainment you pay for, not a way to make money.
- Don't gamble when you're **sad, bored, worried, or angry**, and **don't drink or use drugs** when gambling.
- If people in your life tell you they're worried about your gambling, **listen to them**. You can get help at the [Center for Addiction and Mental Health's Problem Gambling Page](#) or from [Kids Help Phone](#).

(Source: [Center for Addiction and Mental Health](#))

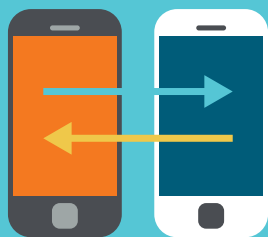
PROTECTING YOUR MONEY

If you just moved out, you're probably banking, paying bills, and buying stuff online for the first time. If this is the case, you need to take some steps to protect your cash.

TIPS FOR SAFE ONLINE COMMERCE

- Don't shop or do banking **on unsecure public networks (i.e. no password required)**, like at a coffee shop or your school library. Unsecure networks make it super-easy for hackers to get your info.
- Only shop at sites that **have a web address starting with "https"** and that **have a lock icon in the address bar**. Those both mean that the data they send and receive is **encrypted**, which makes it harder for your info to be stolen.
- Do all your online shopping with **a credit card**. Credit card companies limit how much money you can lose if somebody gets your info.





3

OTHER PEOPLE PROBLEMS

Spending time with people is a big part of school – whether it’s people you just met or old friends. While texts and social networks are a great way to make plans, keep in touch, and hang out when you don’t have time to meet in person, they can also cause problems, so here are a few tips to help keep things from blowing up.

FRIENDS OR FRENEMIES?

Cyberbullying can be a bigger problem now than it was in high school because unless a situation becomes serious, professors and administrators don’t have a responsibility to get involved. A lot of the time, the bullies are people that we think of as friends. The first few weeks or months of university can be super intense, and the friendships we make during that time can be intense too. And if you live in res, you spend almost all your time with the same people and may have a roommate that you didn’t choose.

It’s easy to get pulled into drama like gossiping about people and excluding them. Phones and social networks now let you talk behind someone’s back right in front of them, not to mention spreading embarrassing photos. Remember that these things **are bullying**, even if it’s a friend doing them, and don’t let yourself get roped into helping them do it to someone else either.

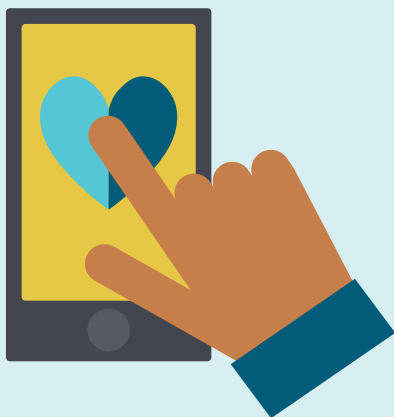
TIPS TO DEAL WITH ONLINE BULLYING

- **Take it offline:**
 - If one of your friends is fighting with or bullying another friend, you don’t have to publicly pick sides: **one of the most effective ways of dealing with bullying** – online or offline – **is to comfort the person being bullied in private.**
 - It’s easier to start fights when you’re talking online, because we don’t see and hear a lot of the things that let us know how other people are feeling, like their body language and tone of voice.
 - If you get mad at a friend, **try talking to them in person** instead of online. If you need help cooling down, try thinking through your situation as though you were talking to someone else, like “Jane, you need to calm down. Sarah’s your friend and wouldn’t do something mean to you on purpose.” (This technique is also a great way to calm yourself down when you’re nervous too, like before a big exam!)
- **Take time to cool down:** Don’t text with your friends during a fight: studies show that while talking about a conflict usually helps cool you down, **texting** about it **actually makes you angrier.**

Did you know?

1 in 5 university students have been cyberbullied.





MORE THAN FRIENDS

It's not just friendships that can be intense. Whether you have a brand-new relationship, are trying to keep a long-distance one going, or are looking to meet someone new online, technology can make romance more complicated.

ONLINE DATING

It can be hard to meet new people and you may feel left out when all your friends start pairing up. There are sites and apps to help you meet people but you need to know what you're doing.

TIPS FOR ONLINE DATING

- If you're using a dating website, **use one that has encryption** (look for a web address that starts with **https** instead of just **http** and a padlock in the address bar.)
- **Create a new email address**, using a free web service like Hotmail or Gmail, to create your account. Don't link it to any of your existing email accounts.
- Read the site or app's **Terms of Service and Privacy Policy** (see "The High Cost of 'Free'" for tips on how to make sense of these.) Make sure that **all your data is deleted** after you close your account and that it's **clearly stated who else can see it** while your account is active.
- Check out your **privacy settings** to make sure you're only sharing the information you want.
- **Don't share personal info or photos** until you're totally comfortable with it.
- If you decide to meet someone in person, **always have your first date in a public place** and avoid drinking alcohol. Tell a friend or family member about the date and give them a link to your date's profile.
- Trust your instincts. If you don't feel comfortable about someone for any reason, **end or cancel the date**.

CUTTING THE TIES

- **Breaking up** can be hard to do, especially when you're connected to your ex through social media. Studies show that stalking exes on social networks makes it harder to get over the end of a relationship, but cutting them out of your online life doesn't work either. Instead, **being "just friends" on social media** seems to make you feel better sooner.
- One important bit of housekeeping when you break up with someone is to **change the passwords and security questions** on all your accounts. Security questions are usually taken from things that a boyfriend or girlfriend might have learned while you were dating – your first pet's name, for example – so play it safe and switch to something new.



Did you know?

A third of boys and almost half of girls have had to deal with online relationship abuse from a partner.



Did you know?

Studies show that talking to others about negative online experiences like sexism can help you feel better about it.

WHEN DATING GOES BAD

Because we're used to being connected all the time online, it may be harder to recognize **cyberstalking** and **controlling behaviour**. Everything from **verbal abuse**, threatening **harm or embarrassment**, **reading private texts or emails**, **spying or monitoring** on digital devices, or expecting a partner to **check in** constantly are all forms of abuse. Sometimes abusive partners will use the **GPS** in your devices to keep tabs on you without you even knowing. It's important to know that these things are **never okay!**



TIPS FOR DEALING WITH ABUSIVE RELATIONSHIPS

- If you think that you are in an unhealthy relationship, **it's important to get help**: talk to friends, parents, a campus women's centre, or a counseling service like [Kids Help Phone](#).
- If someone keeps harassing you, **tell them to stop** – if you feel it's safe to. If they keep doing it, check out the "Harassment" section below for tips on what to do next.
- After leaving an abusive relationship, make sure that the **GPS on all your devices is turned off** by default (you can always turn it back on briefly if you need it) and uninstall any apps that your ex-partners might use to track you.
- If you are the abuser, **get help from a counselor or a helpline**. A lot of people who abuse their partners can learn ways to control their anger and have healthier relationships.
- If you think a friend is getting involved in an unhealthy relationship – as a victim, an abuser, or both – **talk to them about it**. Call people out when they say or do things that make it seem like relationship violence is okay or like someone "deserved" to be a victim.

ONLINE HARASSMENT

If someone is **harassing you** online – whether it's your boyfriend/girlfriend, a classmate, or someone you don't know – it can be hugely stressful, but there are things you can do about it. Harassment by strangers is common in multiplayer games and many people (especially women) experience it in social media or on public online forums.

TIPS FOR DEALING WITH ONLINE HARASSMENT

- If you are being harassed, the first thing is to **recognize how it makes you feel**: it's tempting to be tough and act like it doesn't affect you, but over time this can make it hurt a lot more. Instead, **turn to your friends, your family, or a counselor for support**. If you can't or don't want to talk to a university counselor, see the "Getting Help" section for other options.
- Harassment doesn't have to be aimed directly at you to hurt. **Hate speech** based on racism, sexism, and other forms of prejudice can happen anywhere, from online games to your favourite social network. Most large social networks have **safety centers** with specific tips on how to deal with harassment on their platforms:
 - [Facebook](#)
 - [Twitter](#)
 - [Instagram](#)
 - [Snapchat](#)
- You can **block the harasser** from contacting you – but it's important not to let harassment cut you off from your online life.
- Whether you block them or not, make sure to **gather evidence**: save texts and emails, and take screenshots of anything that might disappear later (see www.take-a-screenshot.org for how to do this). You should do this even if blocking the harasser seems to have worked, in case it happens again. Keep track of the evidence using these headings:
 1. **Date**: when it happened.
 2. **What happened**: be as clear and specific as possible, like "He sent four texts threatening to hurt me: [quote texts]".
 3. **Evidence that it happened**: texts, emails, screenshots, etc. **Make backup copies** in several places.
 4. **Who you think did it**: say who you think was responsible for each incident and why.
 5. **Evidence they did it**: the reasons why you believe it was this person. Some may be obvious (their name on an email) while others require a bit more detective work (references to something that happened in a game session you were both in).
 6. **Evidence still needed**: if you don't feel you have enough evidence, write what you need here.

(Source: [Without My Consent](#))

- Use the evidence you have collected to report to the platform(s) where the harassment is happening and/or the police. Harassment becomes a criminal matter if **you're threatened with violence or made to feel unsafe**, if they're **threatening to harm or embarrass you** if you don't do something for them, or if they have **shared intimate images of you without your consent**. You can **contact the police** or your college or university's **legal services** (sometimes called "legal assistance" or "legal clinic") for help.
- Most platforms will also remove hate content if it's reported to them, and you can also report it to the [Stop Racism and Hate Collective](#) by emailing info@stopracism.ca.
- If the content is **advocating violence against an identifiable group** you can report it to the police. Ask to speak to someone who specializes in handling hate crimes when calling to report an incident.





Did you know?

Half of first-year university students who've sent sexts say they were pressured or coerced to send them – and those people were three times more likely to say that it had ended badly.

SEXTING

Sexting can be part of a healthy relationship when both people have consented to it, but it can also become abusive if one partner **pressures** the other to send sexts when they don't want to, or even **forces** them through threats of violence or embarrassment. This could include threatening to spread earlier sexts or emotional blackmail such as "You'd do it if you really loved me" or "I'll break up with you if you don't".

Sending sexts of yourself to someone who doesn't want them isn't acceptable either.

In Canada, **sharing intimate images of someone without their consent** is a crime, and the courts have the power to **have photos taken down** as well as to lay charges against the person who shared or posted them. **Contact the police** or your university's **legal services** (sometimes called "legal assistance" or "legal clinic").

When you **see** embarrassing or sexual material being spread around, **don't be part of the abuse** by forwarding or sharing it. Just because someone **sent** a sexual photo doesn't mean it's okay to share or spread it.

TIPS FOR GETTING A SEXT TAKEN DOWN

If a sext you sent (or that was taken of you, with or without your consent) gets made public, there are things you can do to get things under control.

Most social networks have policies against unwanted sharing of sexts, so you can ask to have it taken down:

- [Facebook](#)
- [Instagram](#)
- [Reddit email](#)
- [Snapchat](#)
- [Tumblr](#)
- [Twitter](#)

Make sure to say that the photo(s) **violate(s) the site's terms of service** in your report.



4

TAKING CARE OF YOURSELF

Now that you're on your own and nobody is setting your curfew or watching over your shoulder, it's exciting – but it also means that now it's up to you to look after yourself. Besides the risks of all-nighters and eating Pop-Tarts three meals a day, digital devices can cause problems with your mental and physical health.



Did you know?

Almost half of young people say they've altered photos they posted to make it look like they were having more fun.

I'M NOT AS HAPPY AS I LOOK (SOCIAL MEDIA ENVY)

Sometimes we forget that our social network feeds aren't reality. Just like movie directors, we all pick and choose exactly the moments and images that communicate the story we want to tell. Seeing your friends' feeds full of nothing but fun and good times can make you wonder why your life doesn't measure up. Most of the time, however, your friends aren't having any more fun than you are. But it can be really stressful when your online self is having more fun than you are, especially if something that was supposed to be cool and exciting – like going to university – is turning out to be a lot less fun than you expected.

The best way to deal with social media envy is to remember that while it looks like your friends are having way more fun, they're only sharing the best events and photos too, so don't compare your day-to-day life with the highlights of theirs. It helps to be honest: you may feel like people expect you to only share positive things, but people are actually happier – and get more emotional support from others – when they **talk openly about their ups and downs** online.



Did you know?

One third of users feel less satisfied with their lives after spending time on their social networks.

A lot of people worry that they'll miss something important if they turn off their phones. Even if you're having fun, trying to keep up with everything your friends are doing can be really stressful.

TIPS FOR CONQUERING “FEAR OF MISSING OUT”

- Be where you are, when you are. **When you’re doing something fun, enjoy it.** Don’t worry about getting pictures of it or worrying about what other people will think of it.
- Accept that you can’t be there for everything – even virtually. Trying to keep tabs on everything will just stress you out.
- When you’re not using your devices, **turn off your notifications.** You can’t relax when your phone is always pinging or buzzing, or even when you’re expecting it to.
- Log out of all your social networks and **turn your phone totally off at bedtime.** Not only will you be better rested, but there’s no chance of “sleep-texting” something silly or embarrassing!
- Schedule time when you’re awake for **not using social media.** Research has shown that even ten minutes of “unitasking” – doing things like going for a walk, exercising, or spending time with a friend – can do a lot to relieve stress.
- When you’re with your friends, challenge them to a game of **“phone stack”**: everyone puts their phones (or any other digital device) in a pile. Whoever can last longest without picking theirs up wins!

Staying in touch with friends isn’t the only thing that can keep us glued to our screens. Now that nobody’s watching over you, it’s also easy to spend way too much time playing games, watching videos, or just hanging out online. But just like you need to resist the temptation to eat nothing but junk food, it’s important to learn to limit your screen time.



Did you know?

Students who multitask the most are most likely to do poorly in school, and multitasking has been linked to depression and anxiety.

TIPS FOR HEALTHY SCREEN-LIFE BALANCE

- There’s a strong connection between more time spent with screens and gaining weight, so cutting down on screens is a good way to **avoid the “freshman fifteen”** – supposedly the amount of weight first year students typically gain.
- Time spent with screens is time taken from school work. Decide before you start how much time you’re going to spend gaming or watching videos, keeping in mind how much work and reading you have to do. **You can use a timer or calendar app** to remind you when it’s time to stop.
- Try **not to try to multitask** with screens, especially in class. Our brains really can only do one thing at a time: when you do more, you’re actually switching between tasks, which make you more tired and less efficient. Instead, take a break at least once every 90 minutes. When you do, don’t switch from one screen to another: it’s important to really give your brain a rest by doing something physical and relaxing, like cooking or going out for a walk.
- To **really** restore your energy, you need to get a good night’s sleep every night – okay, **most** nights. Spending four or more hours a day on screens makes it almost fifty percent harder to fall asleep at night. Using screens in the hour before you go to bed makes it harder to get to sleep, so set yourself a **“digital curfew”** at least an hour before going to bed. (And don’t think that you can catch up on your sleep on the weekend; it’s not really possible to make up for lost sleep in the short term.)

PORN: LET'S GET REAL

Moving away from home means more privacy, and that means more freedom. If you're using that freedom to watch porn, here are some things to keep in mind:

Porn isn't real. That may seem obvious, but studies have found that watching porn can affect our ideas about relationships, about men and women, about sexuality and sexual orientation, and about consent and rape. It's best to think of porn as **pro wrestling with sex**: the people in it are performers, carefully selected and paid for what they do.

Porn isn't sex education. Whether you got sex education in high school or not, porn isn't a good substitute: it ignores or glosses over a lot of important parts of sex and relationships, like getting consent (women in porn almost always respond positively to men's advances), birth control and STDs, female arousal and orgasm, and emotional connections and

complications. For better sex education, check out sites like Sexetc and SexualityandU.

Porn isn't an instruction manual.

Sex in porn isn't much like real sex – it's staged to be easier to film and to follow a "script" that hasn't changed in decades, showing sex as a very limited "McDonald's menu." You may or may not be aroused by the different things you see in porn, but you shouldn't pressure your partner to do them. It's okay if you like things that are different from what's in porn, or in different ways from how they're shown in porn, or if you don't like some of them at all, and you have a right to say no if a partner is pressuring you to do any of them.



Porn can be habit-forming. Two thirds of teenagers think that porn can be addictive, and almost one in ten worry about how much they use it. Studies also suggest that the more porn you watch, the more it affects how you view sex, gender roles, and relationships.



Did you know?

One in ten Canadian students worry that they can't quit gaming without help.

THE GAMES WE PLAY

Video games are one of the hardest things to keep control of, because they're designed to keep you playing: every time you think about quitting – or even taking a break – there's another weapon to find, a new level to explore, a guild member who needs your help. For most people, the general advice about screen time in this guide will be enough to keep your game time from getting in the way of school or the rest of your life, but a small number need more help.

TIPS FOR CONTROLLING VIDEO GAME PLAYING

If you think your video game playing is becoming hard to control, ask yourself these questions:

- Is gaming affecting my **relationships** with my family and friends?
- Is it affecting my **grades** and school work?
- Do you get **anxious** at the idea of not gaming?
- Do you get **upset** if something keeps you from playing?
- Have you let your **personal hygiene** or living space go because of gaming (for example, not showering for days at a time)?

If you answered "yes" to a few of those, you should think about getting help from a counselor through student services. If you can't or don't want to talk to a counselor, see the "Getting Help with Your Health" section for other options.

GETTING HELP WITH YOUR HEALTH

The first months away from home can be very isolating or lonely, since you may be away from your usual sources of support like family and friends. But these years are when a lot of us need support the most. If you are experiencing problems, it's important to get help and not try to deal with everything alone.

Luckily, the Internet and networked devices give us **new ways to get help** too. Online communities can be a valuable source of support, but keep in mind that most of the people online are **not professionals**, so don't look there for specific advice on important issues. As well, some online communities **normalize unhealthy behaviour** like anorexia. If you want to turn to an online community for support, find one that's **moderated** and has **some professionals participating**, and use it to **supplement professional help**, not to replace it.

TIPS FOR FINDING HELP WITH YOUR HEALTH

- For urgent or ongoing problems, [Kids Help Phone](#) operates an anonymous chat line that can be accessed through the website or through an app. They guarantee that its app doesn't track or identify you in any way.
- Some resources focus on specific groups of people and problems, such as [Man Therapy](#), which is aimed at getting men to overcome their reluctance to ask for help, and online services that deal specifically with online harassment, like [Crash Override](#) and [HeartMob](#), which provide support and advice for targets of harassment.
- There are a number of ways to **help your friends** online too: Facebook has a [tool](#) that lets you reach out to friends you're worried about and connects them to other resources for support. And if you're comfortable doing it, **talking in person** is almost always the best way to show someone you care about them.



Did you know?

One in four people develop a mental health disorder between the age of 15 and 25.

PLANNING AHEAD: YOUR ONLINE PROFILE

Graduation may feel like it's a **long** way away, but what you do now – not to mention what you **post** now – can do a lot to **help you find a job you want** or **make it harder**. These days a lot of employers say they check people out online when they're thinking about offering them a job.



TIPS FOR BUILDING A POSITIVE ONLINE PROFILE

- **Think before you post.** You probably know this already, but it's worth repeating: party pictures and uncensored opinions can get you into trouble. It's worth doing a search for yourself, both with a search engine and on any social networks you use, to see what your online profile looks like already.
- **Don't be silent.** While it's good not to post anything negative, employers can be suspicious if you don't have any online presence. Also, if you don't have an account on the major social networks, you may not know when, for example, one of your friends posts a photo of you that you wouldn't want shared. You should also consider getting started on professional social networks like LinkedIn.
- **Stand out from the crowd.** Every class, hobby and interest can help make you look creative, organized, hardworking, and dedicated – some can even prepare you for the job(s) you want to have. You can use online resources like fan art communities, video sharing sites, and even online games to **develop your skills and make contacts in your field** before you get out into the job market. Make sure that your online profile includes any **teams and clubs you belong to, creative projects, volunteer work, and academic achievements and prizes**.

USEFUL LINKS

“The Plagiarism Spectrum”	http://www.ed.ac.uk/files/atoms/files/10-types-of-plagiarism.pdf	p. 4
Whois Search	https://www.whois.net/	p. 6
Citation Search	http://www.open.ac.uk/library/help-and-support/how-do-i-do-a-citation-search	p. 6
Problem Gambling Institute of Ontario	http://www.problemgambling.ca/gambling-help/HomePage.aspx	p. 9
Kids Help Phone	http://www.kidshelpphone.ca/teens/home/splash.aspx	p. 9, 12, 18
Facebook Safety Centre	https://www.facebook.com/safety	p. 13
Twitter Safety Centre	https://about.twitter.com/safety	p. 13
Instagram Safety Centre	https://help.instagram.com/285881641526716/	p. 13
Snapchat Safety Centre	https://www.snapchat.com/safety	p. 13
Screenshots	http://www.take-a-screenshot.org/	p. 13
Stop Racism and Hate Canada	http://www.stopracism.ca/	p. 13
Reporting Abuse on Facebook	https://www.facebook.com/help/189722821075378	p. 14
Reporting Abuse on Instagram	https://help.instagram.com/192435014247952?ref=related	p. 14
Reporting Abuse on Reddit Email	contact@reddit.com	p. 14
Reporting Abuse on Snapchat	https://support.snapchat.com/en-US/i-need-help	p. 14
Reporting Abuse on Tumblr	https://www.tumblr.com/abuse/privacy	p. 14
Reporting Abuse on Twitter	https://support.twitter.com/articles/20069937#	p. 14
Sexetc	http://sexetc.org/	p. 17
SexualityandU	http://www.sexualityandu.ca/	p. 17
Man Therapy	http://mantherapy.org/	p. 18
Crash Override Network	http://www.crashoverridenetwork.com/	p. 18
Heart Mob	https://iheartmob.org/	p. 18



CANADA'S CENTRE
FOR DIGITAL AND
MEDIA LITERACY

205 Catherine Street
Suite 100
Ottawa, ON
K2P 1C3

1-800-896-3342

Charitable Registration No:
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