

Online Profile Tips

Use these tips to choose information that is safe to share on the Internet.

Category	Writing Tips
Name	For online profiles, never give your full name. Be sure the name you choose is appropriate for people who will see the information.
Birthday	You should not share your age or full birthdate online. If you want, it is usually safe to post the day and month you were born (for instance, October 23). Think about the people who will see the information and decide what is safe to include.
Employment	You can share general information about any job you might have. For instance, you might list babysitting or lawn care. You can also list your job title (such as sales clerk or server). To be safe, do not give the address of your place of employment.
Biggest Fear	For each of these profile items, think about the people who will read your profile. Remember that others will read your answers, so never share information that you wouldn't want the general public to read. Share only information that is safe for the Internet. Don't include specific addresses or names that a reader might use to locate you. For instance, say that your favorite sport is varsity soccer, but don't mention a specific school or other group.
Most Embarrassing Moment	
Proudest Accomplishment	
Most Surprising Fact	
Favorite Activities/Hobbies	
Favorite Sports	
Role Model(s)/Inspiration(s)	
Favorite Movie(s)	As you choose your favorites, remember to select details that you can share with everyone on the Internet. Anyone—including other teens, your family members, and your employer or teachers— can read your answers. Be sure that you choose answers that you'd say if someone asked you for your favorite in a face-to-face conversation. If it's too embarrassing to say to someone, you should not include it in your profile.
Favorite Book(s)	
Favorite CD(s)	
Favorite Group(s)/Singer(s)	
Favorite TV Show	
Favorite Food(s)	
Favorite Store	
Twenty Random Facts	List miscellaneous details and facts that you want to share with other people. Think of the facts as random thoughts and/or items that you claim bragging rights to. Again, be sure that the items you list are information that you're willing to share with your readers. As you choose your favorites, remember to select details that you can share with everyone on the Internet. Anyone—including other teens, your family members, and your employer or teachers— can read your answers.