

# Keeping Safe Online

Here are some top tips to staying safe when spending time online:

## Think before you post

Once you post something, you can't take it back (especially if someone screenshots it).

Only share things that you wouldn't mind everyone seeing including your teacher, parents, kids at school, or your future boss.

## Sometimes it's okay not to share

Don't share your personal information like your birthday, address or phone numbers on your social media sites or with people you don't know.

And never share your password!

## Check your privacy settings

Make sure only that people you trust are the only ones who can see information about you.

Top tip: people can find out information about you just from looking at your photos- for example they can find out what school you go to by looking at your uniform.

## Be kind

The best thing to be in the world, is to be kind. Remember when you are commenting on people's profiles or pictures, be kind and think of how you would feel if someone wrote it to you.

## Keep your devices secure

Make sure your password is hard to guess- and that you log out of any shared devices- like the computers at school or in the library.

## Watch out for scams

Don't click on links that ask you for your personal information.

## Tell Someone

If you see something, hear something or feel something that worries or concerns you online – tell an adult you can trust!

You can also report your worries and concerns online to the e-Safety Commissioner.



## Log off

Even though we have to spend lots of time online doing homework and speaking with friends, make sure you log off and spend some time doing offline activities like exercise, painting, baking or something else which is fun!

## Think about who you're talking to

Sometimes people online are not who they say they are.

## Your body is yours!

Remember that sharing naked or sexual images of anyone under 18 is illegal.

If someone asks for a naked image of you, it's best to say no and consider blocking them so they can't keep asking.

Top tip: put a sticker or a band aid over your webcam when you are not using it. This makes sure that no one can see where you are or what you are doing if they hack in and use it.

## Remember: safety and parental controls are not the worst!

The online world can be a scary place- even for people who have used the internet for a very long time. Safety and parental controls are not used to stop you from having fun on the internet, they are there to help protect you from people who are pretending to be someone else or who might want to harm you. If the controls are stopping you from visiting a site that you love, have a chat with whoever applied them to find out why. Sometimes the site has viruses or gets hacked a lot. (And sometimes the site has been blocked by accident and they might be happy to let you access it.)

Feel Safe,  
Be Safe

