



Cyber Safety Factsheet

11 years and up

Can you imagine life without the internet and social media?

We know that the internet is a great tool for everything from chatting with mates, to playing games, sharing pictures and even keeping track of your money. However, the internet can also be a dangerous place if not used properly. You could have your personal information stolen or you may even experience cyber-bullying.

We hope that this factsheet will give you some tips on using the internet and social media in the right way, so you can fully embrace the online world safely:

When talking to people online.

- **Did you know that a person can pretend to be someone who they are not in real life?**
It's important to remember to only talk to people you know and trust. If you are not sure you can trust somebody, it is better not to talk to them.
- **Did you know that a person can steal your identity with information you give out online?**
Information such as your name, address, phone number, school, age or email address can be ways that people can steal personal information from you.
- **Choose your online friends carefully.**
Be careful to only accept friend requests from people you know and trust.
- **It's there forever.**
Did you know that anything you post online is then on the internet forever? Be sure to set your profile to private and always be conscious of anything you post.
- **Be kind.**
Think before posting photos or comments that may upset someone else. Always remember to treat other people online the way you like to be treated yourself.
- **Talk to a real person.**
Cyber-bullying is a real thing. If someone online is upsetting or harassing you, don't respond. Tell your carers, parents or an older person you can trust immediately if this starts to happen – you don't have to deal with this by yourself.

- **Be 'friends' with your carer.**

We know that you don't want to be monitored by adults all of the time, however being online 'friends' with your carer means that if you receive a 'friend request' from someone you don't know, you can discuss it together with them and they can help you decide if the 'friend request' is real or not.

- **Streaming is awesome.**

But make sure that when downloading music, movies or games that they come from a trusted and legal source. You can always check with your carer before downloading anything to make sure your device has up to date anti-virus and anti-spyware software.

- **Don't get into trouble.**

You can get in trouble with the police if you send photos/videos of you or others without clothes on. You can also get in trouble if you bully someone or threaten to harm them.

- **Save your dollar.**

Try to avoid using public computers or internet cafés when logging into online banking. These computers may not keep your banking information private and someone could easily gain access to your accounts and your money.

*Information adapted from Youth Law Australia

**Do all the good you can
because every life matters**