Fact sheet: Information for Young People about Online Safety

> The online world is a great way to stay in touch with friends and family, watch videos, live stream and online game. Although there are many positives to the online world there are also negatives that go along with it that can lead young people to feel anxious, pressured and worried. It is important to be able to educate yourself on how to be safe online. If you follow these points when going online you can be sure to have a fun but also safe time.

- If you receive unwanted content online such as photos or messages it is okay to ignore the individual and not respond.

- If a person sends you things you don't like online you can report it through the app or the social media service and block them. If the content is really concerning you and you're not feeling comfortable talk to a trusted adult.

- Don't post anything online that you wouldn't want people to see in five years time.

- Don't pass on your personal information unnecessarily. When signing up or registering for an account online, if the information is mandatory it will have an asterisk next to it. If it doesn't have an asterisk it can be left blank.

- If you participate in online communication, please be aware that workers and volunteers in the diocese will never ask for your personal information.

- Always check your privacy settings, make sure your online social accounts are private.

- If you make video calls, do it in an open area such as the living room or kitchen. Make sure the clothes you are wearing are appropriate for the video call.

- Find a good balance between schoolwork, time online, family life and sleep

- Select your passwords carefully and don't share them with anyone, make sure your passwords are strong. It is a good idea to use a different password for all your online accounts.

- Some things you see online can be too good to be true, always trust your instincts.

- Always be on guard if someone randomly makes contact with you, especially if they seem to know a lot about you.

What is Cyberbullying?

Cyberbullying is the use of technology to bully a person with the intent to hurt or intimidate them.

Cyberbullying can be:
- Hurtful or abusive messages
- Creating fake accounts in someone's name
- spreading nasty rumors or lies about someone
- Sharing photos of someone to make fun of them or humiliate them

Cyberbullying can make you feel isolated and like everyone is out to get you but that's not the case. Make sure you talk to people you trust.

Support

If you feel uncomfortable, anxious or embarrassed because of something online please tell the person organising the meeting and a trusted adult and report it to the eSafety Commissioner **esafety.gov.au/report**

You can also get help from headspace **headspace.org.au**

More information

If you want to know more about being safe online, visit the eSafety Commissioners website **https://www.esafety.gov.au/**