ONLINE SAFETY

THINK BEFORE YOU POST OR SHARE

Once you post or share something online, it can be very difficult to get back. It can even be shared or copied by someone else.

PRIVACY SETTINGS

Always check your privacy settings and limit how much personal information you display. People can find out a lot about you just by viewing your social media pages.

RANDOM CONTACT

Always be on guard if someone randomly makes contact with you, especially if they seem to know a lot about you. Some things you see online can be too good to be true, always trust your instincts.

Engaging online is a big part of our lives. There are some great positives in going online such as playing games, watching videos and communicating with family and friends.

It is also important that we are aware of our safety whilst we are online.

With the help from the children within the Archdiocese of Sydney, here are some handy tips to help you stay safe when you are online.

VIDEO CALLS

Make video calls in an open area such as the lounge room. Make sure your clothing is appropriate for the video call.

UNWANTED MESSAGES

Not all messages you can receive online are nice. If you receive a message that makes you feel scared or not quite right, don't reply and tell a trusted adult.

STRONG PASSWORDS

Make sure you set strong passwords which contain a lot of letters and are hard to guess. Never give your password away.

THE ONLINE SAFETY POSTER WAS DEVELOPED WITH THE HELP AND SUPPORT OF THE CHILDREN OF THE CATHOLIC ARCHDIOCESE OF SYDNEY

SUPPORT

If you feel uncomfortable, worried, anxious, nervous or embarassed because of something online please tell a trusted adult. A trusted adult will tell the appropriate people to get you help.

KIDS HELPLINE: Kids Helpline: free telephone and online counselling service for young people: 1800 55 1800 • www.kidshelpline.com.au/

ESAFETY COMMISSIONER: Want to know more about being safe online? Visit the eSafety Commissioner's website: www.esafety.gov.au/

Catholic Diocese of Wilcannia-Forbes

CATHOLIC ARCHDIOCESE OF SYDNEY