



Fact sheet

CYBER SAFETY top ten tips for youth

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The internet and mobile phones provide great ways to express yourself and communicate with others. It's important to make sure they're used responsibly so that everyone has an enjoyable online experience.

It's all about respecting yourself and others.

1. Use a **strong password**, a combination of upper and lower case letters, numbers and symbols, eg P@\$w0rd!
2. Use **secure web browsers**, those with https at the start of the URL and a padlock or other indication that it is secure, when sharing sensitive information.
3. Update your **operating system** regularly and make sure you have **antivirus** software installed on your computer and other devices – phones too!
4. Avoid opening or responding to emails from people you do not know and aren't expecting – They could contain a virus or malicious software.
5. Don't give out **private information** over the internet or mobile phones about you, your family and friends. Also think about what information might be contained in photos you share.
6. Only accept **friend requests** from people you know and trust. When it comes to friends and followers online it is not a popularity contest!
7. **Think before you post!** Once you've pressed 'Send' you can't get that back. Who might see that photo, video or comment? Where might it end up?
8. Make sure your social media accounts are set to **private or friends only!** Also make sure you check your privacy settings regularly as they can change without you knowing.
9. Tell your friends to ask for **your permission** before uploading or tagging you in a photo – Make sure you do the same!
10. Don't post **inappropriate or illegal** content - It is impossible to permanently delete digital content once it has been shared.

Most importantly, know where you can go for help! Speak to an adult you trust if something makes you feel uncomfortable online or on a mobile phone. You can also contact:

- Reach Out: www.reachout.com.au
- Bullying. No Way!: www.bullyingnoway.com.au
- Kids Helpline: 1800 55 1800
- Youth Beyond Blue: www.youthbeyondblue.com
- The **website, application or phone carrier** that you were using at the time



For more information visit www.thinkuknow.org.au