

# staying safe online

**With more people staying home and making the move to online work, study and socialising, the internet and social media are proving to be an even more essential part of our everyday lives.**

**While this is great for keeping us all connected, there are some risks that go along with it so it is also really important to make sure we are being as safe as possible while we're online.**

## Online safety tips

- 1** Check out the privacy settings of the app or website to control who can see your information and posts
- 2** Don't share your passwords with others and be careful not to write them down where others can find them. Try to make your passwords difficult for others to guess by using a mixture of letters, numbers and symbols.
- 3** Before providing personal information to a website or app, think about how that information may be used and whether you are happy for them to have your details. Before sharing financial information, make sure the site you are on is secure by checking that the website address starts with <https://> and there is a locked padlock symbol next to the URL.
- 4** Think carefully about what you are about to post and consider possible consequences. Once something is online, it's very hard to take it back.
- 5** Be kind and respectful. At times it can be tempting to say exactly what you think from behind a screen but remember that others online are real people with real lives and real feelings.

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**For more information about keeping your self safe when using internet-based services and apps, check out these sites:**

- [The Easy Guide to Socialising Online](#) provides specific information about how to stay safe when using different social media sites.
- eSafety Commissioner website has lots of information about [how to have safer online experiences](#) including how to protect your personal information, using safety and privacy settings on different devices, and how to use social media and online chat.
- The Carly Ryan Foundation website has a number of [App Fact Sheets](#) that provide information about how different game and social media apps work and what to consider when using them.
- [5 Tips For Dealing With Trolls](#) has some ideas to help young people manage unwanted or offensive contact from others. Check out [ReachOut.com](#) for more information about cyberbullying and socialising online.

