MORE TIPS FOR YOUR KIDS & TEENS_

- **Don't respond** if someone sends you unkind or offensive messages or asks you to do something that makes you feel uncomfortable. Instead, tell your parents or another adult you can trust.

- **If you want to meet** someone you only know online, ask your parents or another trusted adult to go with you and always meet in a public place.

- **Don't open messages** from people that you don't know. These could contain viruses.

- **Tell your parents** if you are upset or worried by language, pictures or videos on the internet.

- **Don't accept** any offers that seem too good to be true—they probably are.

- **If you need help**, contact the Cybersmart Online Helpline on the Cybersmart website or call Kids Helpline direct on **1800 55 1800**.

- **If there is a threat** to your safety the police will help. In a life threatening and time critical situation, call **Triple Zero (000)**.

If you would like to talk to us in your own language, please call the Telephone Interpreter Service on 131 450.

Italian Italiano

Se desiderate parlare con noi in italiano, siete pregati di chiamare il servizio d'interpretariato telefonico (Telephone Interpreter Service) al numero 131 450 e loro ci contatteranno per voi.

Vietnamese Tiếng Việt

Nếu quý vị muốn nói chuyện với chúng tôi bằng tiếng Việt, xin điện thoại đến Dịch Vụ Thông Dịch qua điện thoại (TIS) ở số 131 450 và họ sẽ giúp quý vị liên lạc với chúng tôi.

Greek Ελληνικά

Αν θέλετε να μας μιλήσετε στη γλώσσα σας, παρακαλείστε να τηλεφωνήσετε στην Τηλεφωνική Υπηρεσία Διερμηνέων στο 131 450 και να ζητήσετε να επικοινωνήσουν μαζί μας εκ μέρους σας.

Arabic العربية

إذا كنت تودّ التحدث إلينا بلغتك، فيرجى الاتصال بخدمة الترجمة الشفهية والخطية على الرقم 131 450 حيث يقوم مترجم من الخدمة بالاتصال بنا والتحدث إلينا نيابةً عنك.

Traditional Chinese 繁體中文

如果您希望用您的語言和我們傾談, 請致電131 450 電話傳譯員服務 (Telephone Interpreter Service), 他們會替您和我們聯絡。

Australian Government | **acma**

cyber(smart:)

GUIDE TO ONLINE SAFETY

**Australian Communications and Media Authority**

The internet and online technologies, like mobile phones, are incredible tools. They provide an opportunity to communicate, learn, play and be entertained by content from around the world.

For many young people, the internet and mobile phones are their social lifeline. It's where they engage with friends out-of-school hours and keep up-to-date. For some, time away from that network can threaten their sense of connectedness to their social community.

Like communicating in the real world, there are risks involved in interacting online. Cyberbullying, identity theft, scams and inappropriate content are some of the issues that can pose challenges for young people online. These challenges exist for all young people—from pre-schoolers who may be starting to use a computer to more experienced teens.

Knowing how to use online technologies safely is essential to having positive experiences online. It's important for children and young people to learn about cybersafety and know how to deal with issues. This applies as much in their own home as it does at school, on wireless applications and in public places such as the library.

As a parent, you have an important role to play in helping to educate and guide your child in their online experiences. The following tips provide some helpful points to remember.

GUIDE TO ONLINE SAFETY
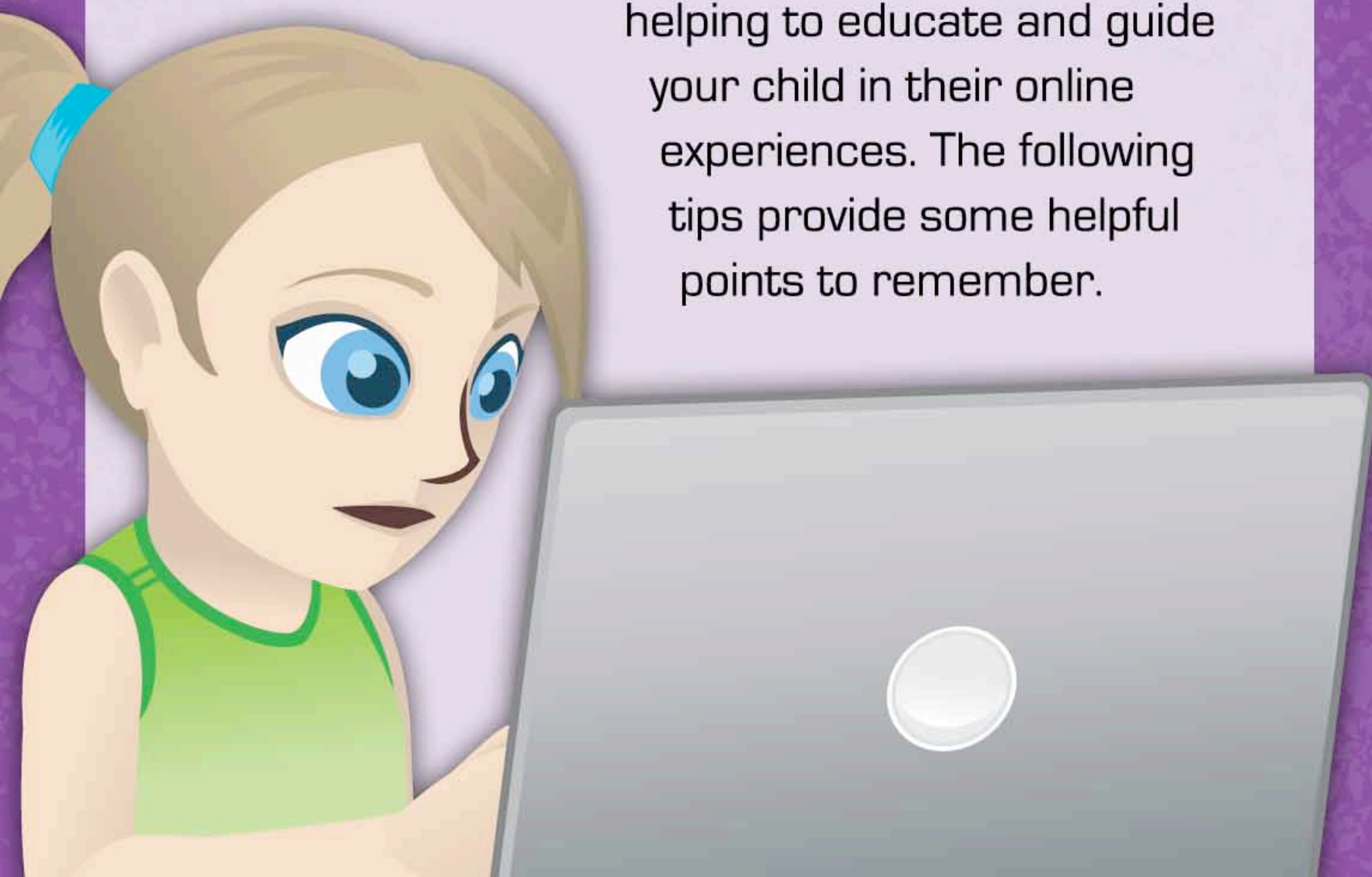
TIPS FOR PARENTS_

- **Remember** that even when children seem to have good technical knowledge, their online behaviour still requires parental monitoring and guidance.

- **Spend time** online with your child—using the internet can be a fun family activity.

- **Try to locate** the computer in a shared or visible place in the home.

- **Help your child** use the internet as an effective research tool and teach them that information on the internet is not always reliable.

- **Teach your child** positive online etiquette. Encourage them to treat others online in the same way they would like to be treated.

- **Set rules**—make sure your child knows what information they can share by phone or post online and which websites they can visit. Discuss the amount of time they can spend online and ensure they maintain a balance.

- **Teach your child** that there are ways they can deal with disturbing material—encourage them not to respond to any communication that makes them feel uncomfortable or worried and to report it to a trusted adult.

- **Consider** using filers, labels and safe zones to help manage your child's online access.

- **Reassure your child** that access to the internet will not be denied if they report seeing something inappropriate.

TIPS FOR YOUR KIDS &TEENS_

- **Be careful** when adding a new 'friend' to online or email contact lists. Making new friends can be fun, but there's a chance that they may not be who they say they are.

- **Think** before you post information online—once posted it's difficult to remove.

- **Never share** your passwords and always set your profile to 'private' so your personal information is kept secret.

- **Check** with your parents before you give anyone on the internet your personal details.