



# Fact sheet: Information for Children about Online Safety

**The online world is a fun place to talk to friends, play games and watch videos. Going online can be very similar to exploring, when you explore any place it is important to know how to be safe. If you follow these points when going online you can be sure to have a fun but also safe time.**

- Not all messages you receive online are nice. Some messages might make you feel uncomfortable, scared or not quite right. Don't reply to any messages that make you feel like this. Tell a trusted adult like mum, dad, aunty or uncle.
- Do not share any personal information online. Your personal information like your full name, date of birth and phone numbers need to be kept safe.
- Once you share something online it can be very difficult to take it back, it can even be shared or copied by someone else. Always ask before you share something online.
- Make sure you set strong passwords. Strong passwords contain a lot of letters and are hard to guess. Never give your password away, if you think you will forget write it down.
- Some things you see online can be a trick and not be true. Sometimes people can even pretend to be another person online. If you think someone is pretending to be another person tell a trusted adult like mum, dad, aunty or uncle.
- If you make video calls or if you receive a video call do it in an open area such as the living room or kitchen and make sure mum, dad or guardian can see you.
- Sometimes you can see something online that makes you feel uncomfortable like a photo or video. Make sure you tell an adult what you see; they can make sure you are ok and help you not to see something like that again.
- Make sure you ask mum, dad or carer before you download, install or buy anything on your device.
- Don't add or friend people online that you don't know.

## What is Cyberbullying?

Cyberbullying is the use of technology to bully or hurt someone.

Cyberbullying can be:

- Mean messages
- Leaving you out or ignoring you online
- Spreading lies about you online
- Sharing something online that can hurt you or make you look bad

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

You can also call the Kids Helpline Service: **1800 55 1800**

## More information

Want to know more about being safe online? Visit the eSafety Commissioners website <https://www.esafety.gov.au/>