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AUSTRALIAN FEDERAL POLICE

cyber safety

top ten tips for youth

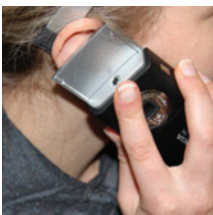
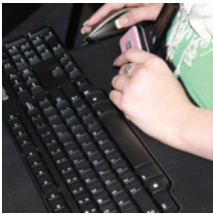


The internet and mobile phones provide a great way to communicate and express yourself with others, but it's important to make sure they're used responsibly so that everybody has an enjoyable online experience.

It's all about respecting yourself and others.



1. Use a **strong password** (a combination of upper and lower case letters, symbols and numbers).
2. Don't believe everything you read – make sure you know it's coming from a **reliable source**.
3. Don't give out any **private information** over the internet or through mobile phones about you, your family, friends or other people that you know.
4. **Think before you send!** You have to think about what you are saying and how the recipient/s may feel.
5. Don't hide behind a computer screen, if you wouldn't say it to their face, **don't say it at all!**
6. Don't post **inappropriate or illegal** content anywhere on the internet.
7. Make sure your social networking profile is set to **private** (check your security settings).
8. Only accept **friend requests** from people you actually know – even if it is a friend of a friend it's not a good idea to add them unless you actually know them.
9. Tell your friends to ask for **your permission** before uploading and/or tagging a photo of you on their social networking profiles.
10. **Don't click** on any links that are embedded in emails - type the URL into the browser and go from there.



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