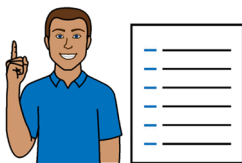




Being safe online

eSafety Commissioner

Hard words



This book has some hard words.

The first time we write a hard word

- the word is in **blue**
- we write what the hard word means.

You can get help with this book



You can get someone to help you

- read this book
- know what this book is about



- find more information.

About this book



The **eSafety Commissioner** wrote this book.

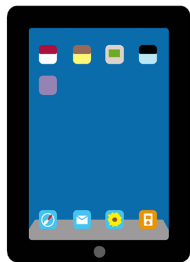


The eSafety Commissioner helps make your time **online**

- safe

and

- fun.



Online means when you use

- the internet

- phone apps



- games.

This book is about what you need to do to stay safe online.

How to be safe online

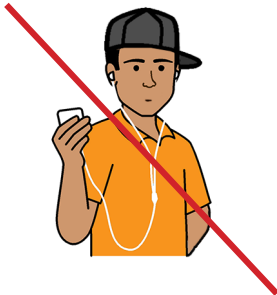


Talk to an adult you trust before you go online.
For example, your parent or carer.

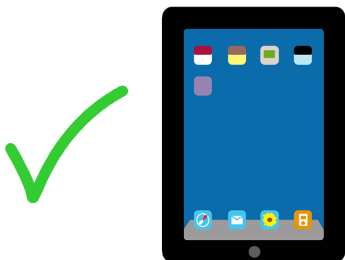


An adult can talk to you about

- what you can do online



- what you should **not** do online



- what websites or apps are safe to use

- what posts and photos are safe to share.

When you go online make sure an adult is around so you can



- ask questions

and



- get help.

Talk to your parent or carer before you



- buy anything online

or



- **download** or **install** something.
 - Download or install means you choose something online to save to your computer.

Privacy



You must keep your **personal information** safe online.



Personal information can be your

- address
- phone number



- password.



To keep your personal information safe online you must

- **not** let other people use your accounts

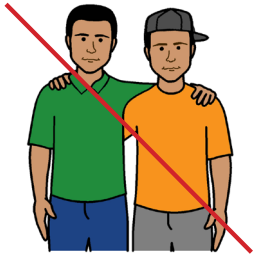
and

- **not** give out personal information.

If you make a friend online



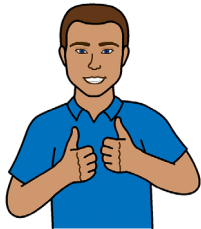
You might make a friend online.



It is safer **not** to meet them in real life.

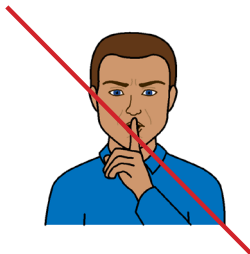
An online friend should

- talk to you in a nice way



- respect you

- **not** make you feel bad or uncomfortable

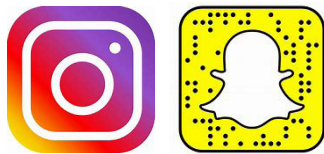


- **not** ask you to do things you do **not** want to do. For example, keep a secret.



If an online friend asks you to do something you do **not** want to do

- tell an adult you trust



- report the person or message to the **social media service**.

– A social media service might be Instagram or Snapchat.



- **block** the person to stop them from being able to contact you again.

– Block means you stop the person from being able to contact you on the social media service.



You might need to tell the police about your online friend.

If you see something bad



Talk to an adult if you see something online that you do **not** like or understand.

For example

- photos or videos that are violent or sexual
- messages that are mean to you or tease you
- messages that make you uncomfortable.



Do **not** answer messages that make you feel uncomfortable.



An adult can help you report bad messages to us.

We will help you

- get support
- get rid of bad messages.



More information

For more information about how to be safe online contact the eSafety Commissioner.



www.esafety.gov.au

Information for parents.

www.esafety.gov.au/parents



kidshelpline
Anytime Any Reason

You can also get help from Kids Helpline.

www.kidshelpline.com.au

1800 55 1800



If you need help to speak or listen.

National Relay Service

communications.gov.au/accesshub/nrs

1800 555 660

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Scope's Communication and Inclusion Resource Centre wrote the Easy English version in November 2019.

To contact Scope call 1300 472 673 or visit www.scopeaust.org.au

To see the original contact The eSafety Commissioner.

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