

GROWING UP DIGITAL

Safety tips for kids



If you were born after the year 2000, you were born a digital baby...

By now, you're a digital pro and we bet there's a thing or two you could teach us about phones or tablets.

So what is it we can teach you? Probably not a lot, but we'd like to make sure you think carefully about using your phone or tablet, and what exactly the risks are when it's second nature to swipe, tap, download and decode. Here are some things you can think about, 100% hands-free!

1. THINK: HOW WAS THAT DEVICE MADE?

The materials and energy that went into making that device have an environmental impact and cost, so remember to value and respect it, and keep it clean, scratch free and dry.

Our tip: Always handle computers, phones and tablets with care.

2. THINK: WHO ELSE KNOWS WHAT YOU'RE DOING?

A digital connection isn't always secure. Hacks and viruses can occur if you're not careful, so make sure your parents regularly update security software and make sure your privacy settings are up-to-date.

Our tip: Update security and privacy settings regularly.

3. THINK: CAN YOU KEEP A SECRET?

How good are you really at keeping a secret? Other than your parents, you shouldn't tell anyone your password, not even your closest friends, because it only takes one person, to tell one person who tells one person...you get the idea!

Our tip: Keep your passwords private.

4. THINK: HOW WOULD IT MAKE YOU FEEL?

If you wouldn't do it in public or when someone's watching, don't do it online. If you wouldn't like it, don't do it to someone else. Ask yourself, "Would I show this to grandma?" Remember to behave as well online as you do at home and school.

Our tip: Don't say or do mean things online.



5. THINK: HOW BIG IS YOUR AUDIENCE?

Digital images and information can be shared and reproduced quickly and easily, so be extra careful with your personal details and photos and definitely don't share anything with someone you don't know. After all, when it goes online, it could be there forever.

Our tip: Keep your personal information private and protect your image online.

6. THINK: COULD YOU BE DOING SOMETHING BETTER WITH YOUR TIME?

Your device isn't as important as someone standing right in front of you, or the world around us. We should all limit our screen time and turn devices off well before bed for a better night's sleep.

Our tip: Balance your time. Go climb a tree. No tree? Plant one. Plant a forest.

7. THINK: IS YOUR BODY FASTER THAN YOUR BRAIN?

Computers work so fast we can be tapping, searching and playing, making repetitive actions, without really thinking. Be careful you don't slip into auto-pilot and select something you'll regret.

Our tip: Slow down and think before you click.

8. THINK: SHOULD I TELL SOMEONE?

If you see or read something that worries, scares or upsets you, tell your parents or another adult you trust – like a teacher, grandparent or older brother or sister. If you know someone's having a hard time online, speak up and show them you care.

Our tip: Tell someone if you think you or anyone you know is in trouble.

9. THINK: HOW MUCH POCKET MONEY HAVE YOU GOT SAVED?

In-app purchases, or watching or downloading very large videos could accidentally drum-up costs on your parents' bill. Always ask their permission to buy or download anything or you may be handing over all your hard-earned pocket money.

Our tip: Ask permission before downloading anything.

10. THINK: HOW CAN I SHARE MY DIGITAL KNOWLEDGE?

There are some amazing ways to create, connect, innovate and learn online. Teach your classmates, teachers or parents some digital tricks or show them how to play your favourite game.

Our tip: Teach your parents how to do something cool on their device.

NEED MORE SUPPORT?

The Office of the Children's eSafety Commissioner provides more safety information and links to counselling and support services for kids. It's also where you can make a complaint if you are experiencing serious cyberbullying. Visit:

 esafety.gov.au

[TELSTRA.COM/CYBERSAFETY](https://www.telstra.com/cybersafety)

IT'S HOW
WE CONNECT

