



# Defence Youth Safety Fact Sheet

## Using Social Media Safely

- ✓ **Be your own person.** Do not let friends or strangers pressure you to be someone you are not, particularly online, and know your own limits.
- ✓ **Be nice online.** Treat people the way you would want to be treated. People who are nasty and aggressive online are more likely to be bullied or harassed themselves. If someone is mean to you, try not to react, do not retaliate and talk to a trusted adult or a friend who can help. Use privacy tools to block unwanted interactions.
- ✓ **Think about what you post.** Sharing provocative photos or intimate details online, even in private messages, can cause you problems later. Even people you consider friends can use this info against you.
- ✓ **Passwords are private.** Do not share your password, even with friends. It is hard to imagine, but friendships change and you do not want to be impersonated by someone else. Pick a password you can remember but no one else can guess.
- ✓ **Read between the lines.** Avoid communicating with someone online who you do not know. While some people are nice, others act nicely because they are trying to get something. Flattering or supportive messages may be more about manipulation than friendship.
- ✓ **Be cautious when communicating with people you have not met in person.** Sometimes people might try to build a relationship with you, and then use your connection to make you do something you do not want to, or should not, do. If you are ever worried or uncomfortable speak to a trusted adult or call the police, contact Crime Stoppers online or call 1800 33000. You do not have to give your name.
- ✓ **Be especially wary if a conversation starts to be about sex or physical details.** Never give someone you have met on the internet personal or intimate details including pictures, location of your school or home, or another person's details.
- ✓ **Avoid in-person meetings.** The only way someone can physically harm you is if you are both in the same location, so to be 100% safe – do not meet them in person.
- ✓ **Be smart when using a mobile phone.** All of the same tips apply with phones as with computers. Be careful who you give your number to and how you use GPS and other technologies that can pinpoint your physical location.

### Resources for youth and young people

[Children's eSafety Commissioner](#): information and education to empower children to be safe online

[The Defence Youth Safety Fact Sheet – Cyber Safety for Young People](#)

