Defence Youth Safety Fact Sheet
Cyber Safety for Young People

Tips for using social media

Anything posted online can be shared, copied and/or manipulated and may be there forever. You may not be able to control what people do with what you post. Use the following tips to try and avoid this:

- Disable geo-tagging of photos and avoid 'checking in' at locations.
- Check privacy settings to ensure that not everyone can see what you post.
- Avoid posting any personal information where practical.
- If you see anything that is offensive or you are uncomfortable with, make sure to discuss this with someone you trust and report it.
- Always read user agreements and privacy policies. Some organisations may sell your personal information to third parties or use it for marketing purposes.
- Never retaliate or respond to any form of cyber bullying or unwanted contact, and ensure you keep any evidence.
- Never click on suspicious links no matter who they are from.
- Be wary of contacts online as not everyone is who they say they are.
- Never meet someone face to face who you have only chatted with online.
  .

Tips for staying safe and secure online

To help keep you safe online:

- Ensure all software is up to date and correctly configured.
- Use a reputable anti-virus product and ensure it is set to regularly update and automatically scan.
- Check and configure security and privacy settings on all sites and devices, and think about your online presence and the information that you share.
- Be wary of unsolicited phone calls and emails.
- Back up data regularly onto a different device to prevent data loss.
- Use strong passwords and make sure that every account has a different password.
- Always use legitimate software from a reputable source.
- If supported by your device, enable remote tracking and remote wiping functionalities in case the device is lost.
- Talk to your parents about the internet, and work with your parents in developing rules around use of the internet and devices.
- Ensure you know how to block and report people and content on the sites you use.

Further Information

Social Media tips can be found in the eSafety Social Media Guide and the Using social media safely Fact Sheet.

Security tips can be found at the Australian Signals Directorate and Stay Smart Online.

You can get help at eSafety.gov and the Office of the Australian Information Commissioner.