

GROWING UP DIGITAL

Safety tips for teens



Ok, you've got digital sussed, but are you digitally savvy?

You're independent, online, and all over the latest games and apps. But that's not going to stop us looking out for you.

So test your attention span with our top tips for digital wellbeing.

BALANCE

Balance time online with other activities that involve fresh air, major muscle groups, actual human beings, sleep and, as and when required, homework.

THINK

Respect yourself, your privacy and the privacy of others, thinking twice, three times even before signing up, downloading, sending or forwarding any information online. And think, how well do you really know who you're talking to or friending?

APPRECIATE

It costs money to use gadgets, whether chatting with friends or watching videos on demand, so remember to be grateful for what you do have and don't overdo it!

PROTECT

Protect computers and devices and avoid throwing your school bag around or leaving your stuff unlocked and unsupervised where people can hack your accounts and information. Resist the urge to share by keeping passwords and accounts private.

SPEAK UP

Discuss anything that makes you uncomfortable with a friend, parent, trusted adult or school counsellor and encourage others in trouble to do the same. If someone's being bullied, do what you can to support them and get them help. If you feel it's safe, speak out against the bullying behaviour.

NEED MORE SUPPORT?

The Office of the Children's eSafety Commissioner provides more safety information, and is where you can make a complaint if you are experiencing serious cyberbullying. Visit:

[esafety.gov.au](https://www.esafety.gov.au)

If you need access to free, confidential counselling services, try:

[headspace.org.au](https://www.headspace.org.au) and [reachout.com](https://www.reachout.com)

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

IT'S HOW
WE CONNECT

