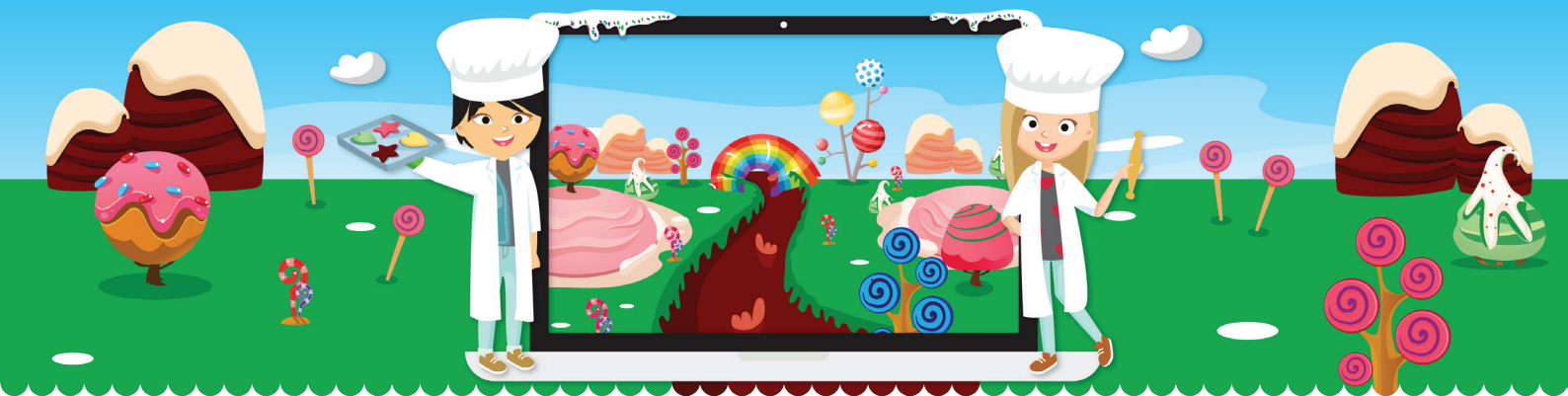


KEEP IT SWEET ONLINE



Protect your privacy

Privacy is about keeping your personal stuff, just yours.

People can learn a lot about you from the internet, the more there is to read and see about you online, the more information they can piece together.

For cybercriminals, it may be enough to crack your password and hack into your accounts.

- * It is important to have very strong passwords and to change them regularly
- * Regularly check your privacy settings and enable two factor authentication
- * Minimise the amount of personal information you reveal about yourself online.

Stay in control of your digital footprint

When we do stuff online like upload videos and images to social media, we start a trail about ourselves and create a digital footprint.

Some strategies to control your online information include:

- * choosing your online contacts carefully
- * being considerate with what you post about yourself and others
- * checking who can see your stuff
- * posting positive images or examples of your own work
- * keeping passwords and passcodes secret
- * reading and understanding what information sharing you are agreeing to.

Understand your rights

Rights are things that every child should have or be able to do. All children have the same rights.

Rights are what give children protection from harm and help you to have a happy and healthy life.

As you grow, you have more responsibility to make good choices and exercise your rights.

It is important for you to know that every child in Australia and in the world has:

- * the right to privacy
- * the right to be different, and
- * the right to feel safe and secure.

Seek support

When things don't go according to plan, seek support from trusted and informed adults.

Identify five adults in your world that you feel safe and very comfortable with. Imagine these people as your **Handful of Helpers**.

You should be able to talk about significant moments in your life with these adults and this could include communicating about things, good or bad, that are happening in your life.

Help is also available from [Kids Helpline](#), [eHeadspace](#) and the [Office of the Children's eSafety Commissioner](#).