

5 HABITS TO BE SAFE ONLINE

Living, working, learning, connecting and playing online can be safe. There are many simple strategies that, when consistently implemented, can prevent and protect you from digital safety or wellbeing challenges online.



DIGITAL SAFETY



1

CHANGE your passwords every new season.

2

Set all profiles and accounts to **PRIVATE**.

3

TURN OFF location services on devices and in app settings on social media.

4

ALLOW ONLY those you're connected with in the offline world to follow online.

5

NEVER SHARE photos with your location information such as your school/club/work.

DIGITAL WELLBEING



1

What goes around, comes around. Be helpful, positive & **SPREAD KINDNESS** online.

2

REPORT AND BLOCK users who don't follow acceptable social protocols in online spaces.

3

SET screen time limits and reminders.

4

UNFOLLOW any users who don't add value to your day.

5

UNSUBSCRIBE from apps and emails that are no longer relevant.

CYBER SAFETY PROJECT

FOR MORE DIGITAL SAFETY TIPS VISIT
cybersafetyproject.com.au/blog