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Practical e-safety basics

Online use and risk management strategies

In a time of social isolation or quarantine:

- pay attention to official advice for the risks, not social media comment
- much social media attracts uninformed, unqualified information in a climate of fear
- focus on the positive opportunities – be creative
- change is happening all the time. It's unsettling when change happens. See change as an opportunity
- think about how you can solve problems, instead of wishing that they would go away. Amazing what you can learn by seeking solutions
- look after yourself. Exercise and eat well, and learn to relax
- probably see a lot more movies, or better read the book!

Social media operation basics:

Enjoy the benefits of online activity, but do not ignore the risks:

- the younger the age the more parents should be actively involved and engaged
- limit your friend list — don't 'friend' random people or allow people you don't know, to 'follow' your social media accounts.
- adjust your privacy settings — make your accounts private so that only friends you know face-to-face can see what you post
- your personal information is valuable — don't share it

- protect your digital reputation — think before you share something and ask yourself, would you want anyone to see this next year or in five years' time?
- once you share something you lose control of it — remember that once a message, photo or video has been shared online, you may not be able to control where it goes or how long it stays online
- be careful who you trust — not everyone online is who they say they are
- don't take it for granted that the person you are talking to is actually your friend
- look out for things that don't add up — such as another user whose online profile is not consistent with what you see and hear when you talk or chat with them
- report and block people who you have misgivings about or simply do not trust
- if someone says 'my web cam is broken', this may indicate that they are trying to scam or deceive you
- check camera and sound settings for unintended consequences, e.g. unwanted visibility
- Clean-up your digital footprint: delete unnecessary contacts, do an 'egosearch', etc

Some online advice courtesy of - https://www.esafety.gov.au/key-issues/how-to/social-media-online-chat

Helpful Social Media platform summary:

A summary of most common online platforms, their use and key settings including privacy, is found on the e-commission's website at:

https://www.esafety.gov.au/key-issues/esafety-guide

Other useful and educational sites:

https://www.netsafe.org.nz/

https://www.nspcc.org.uk/keeping-children-safe/online-safety/

https://www.saferinternet.org.uk/