

Top tips for staying safe!



Setting up a Be More profile is lots of fun and helps your friends and family support your challenges and for you to support and encourage others doing the challenge. However, just like the real world it is important to look after yourself, your friends and your family.

Ask your mum, dad or teacher if you can join the Be More Challenge.

Consider other people

Sometimes we can say things that hurt other people's feelings even when we don't mean to. Think about what you write to and about other people before you post it. Always be encouraging and kind to others.

Tell us about things that upset or worry you.

If you see something that upsets or frightens you or someone else click on the 'Report Abuse' button and tell us about it.

Think about the photos you use.

Anyone can see your photos. Only post photos you would be happy to show your mum, dad, grandparent, teacher or a stranger. Make sure your photo does not show your school uniform or anything else about who you are and where you live. If other people are in the photo ask them if it is ok for you to put it on your profile page.

Don't tell anyone where you live or go to school.

Don't post your address, telephone number, mobile number, personal email address or school.

Use a password.

Make sure you pick a password that isn't easy to guess. Don't tell anyone what your password is, even if it's just for fun.

Don't meet online friends in real life.

If you haven't already met someone before don't meet them offline. Keep your cyberfriends where they belong – in cyberspace!

Tell your parents what you're doing online and who you are talking to.

Show your mum and dad your profile page so they can help you stay safe.

What to do if someone sends you something that upsets you.

1. Don't respond and don't reply. This is very important. You should tell a trusted adult straight away if someone is upsetting you, or if you have been getting upsetting messages.
2. Save all nasty messages and emails. You don't have to read them but save them so you can show an adult if you need to.
3. Tell a trusted adult. If you tell someone about what's been happening, they will be able to help and maybe stop it.

For parents/teachers

Caritas Australia would like parents/teachers to review all the safety tips provided here and to make sure they are aware of the possible risks associated with social network sites. If a child is posting unsuitable pictures or demonstrating dangerous behaviour online you should intervene. Make sure that children are not sharing too much personal information on their profiles that the public can view.