HELPFUL RESOURCES

IT'S HOW WE CONNECT For more information about staying safe online and getting the most from your digital experiences visit **telstra.com.au/cyber-safety**

acma **cyber(smart:)** Visit the Parents' page on the Cybersmart website at **cybersmart.gov.au/parents.aspx**

Tagged Watch Cybersmart's award-winning film Tagged, with teens aged 14 and over, to reflect on the consequences of a negative digital reputation, **cybersmart.gov.au/tagged**

cybersafety help View the Cybersafety Help and Advice page or download the Cybersafety Help Button onto your kids' devices from **cybersafetyhelp.gov.au**

Keep the family safe online with BigPond® Security's Parental Controls and Telstra Safe Social™, to help protect your kids on social networks, **bigpond.com/security**

DIGITAL FOOTPRINT
CYBER SAFETY TIPS FOR PARENTS

IT'S HOW
WE CONNECT

IN THE DIGITAL WORLD
WE ARE WHAT WE CLICK

Digital media gives young people endless ways to express themselves, state their opinions and connect with friends, family and groups that interest them.

Doing all these things has become so easy that young people can forget that every website they click, every comment they post, and every video they upload might leave a trail of information – a digital footprint or digital reputation – that leads back to them. As it can sometimes be a complex process to have website content removed, what goes online usually stays online.

Ideally a digital footprint should leave a positive impression of behaviour, beliefs, interests and respect for others.

HOW YOUR DIGITAL FOOTPRINT IS MADE

- A profile on a social networking site like Facebook or Instagram
- Photographs that you, your family or friends have posted online
- Anything you have written or that has been written about you on blogs, discussion boards or in articles
- System log in and log outs
- Visits to websites
- Participation in online auctions
- Access or created files
- Emails or chat messages

Q: WHAT ARE THE RISKS?

A. REPUTATION

All the online activities that come together to make up a digital footprint needn't create a bad impression. However, sometimes children don't think about how the information they share might be interpreted by others. The information we leave behind as part of our digital footprint can cause embarrassment, damage reputations or even harm prospects for education, jobs and careers.

A. SAFETY

Technology lets young people connect quickly and easily with other people, but there's no sure way to know that the people they meet digitally are who they say they are. Mobile phones can also provide information about location but, although it's a small risk, this does increase the chances of being tracked, stalked or harassed.

"THINK BEFORE YOU CLICK"

Talk to your children about their digital footprint and explain to them that every time they go online they leave a trail of information about themselves for a potential audience to share, copy or change instantly.

Ask them to think before they click:

- Think about content and the consequences of posting it
- Think about keeping certain personal details secret
- Think about applying privacy settings to social media
- Think about asking others for permission before publishing images online

And most of all, encourage children to create a positive digital footprint.

SET FAMILY RULES

Make sure you're seen as a positive example. Demonstrate how you're careful about what you do online and how you look after your own digital footprint. Children are happier following rules if everyone in the family plays by them.