If you would like to talk to us in your own language, please call the Telephone Interpreter Service on 131 450.

Italian Italiano
Se desiderate parlare con noi in italiano, siete pregati di chiamare il servizio d’interprete telefonico (Telephone Interpreter Service) al numero 131 450 e loro ci contattaranno per voi.

Vietnamese Tiếng Việt
Nếu quý vị muốn nói chuyện với chúng tôi bằng tiếng Việt, xin dién thọi đến Dịch Vụ Thông Dịch qua điện thoại (TIS) ở số 131 450 và họ sẽ giúp quý vị liên lạc với chúng tôi.

Greek Ελληνικά
Αν θέλετε να μιλήσετε στη γλώσσα σας, παρακαλείστε να τηλεφωνήσετε στην Τηλεφωνική Υπηρεσία Διευρύνοντα στο 131 450 και να ζητήσετε να επικοινωνήσουν μαζί μας εκ μέρους σας.

Arabic العربية
إذا كنت تريد التحدث إلىانا بلغتك، فيرجى الإتصال بخدمة الترجمة النموذجية والخطفية على الرقم 413 450 حيث يقوم مترجم من الخدمة بالاتصال بنا والتحدث إلىانا نابية عنك.

Traditional Chinese 繁體中文
如果您希望用您的语言和我们倾谈，请致电131 450电话传译员服务（Telephone Interpreter Service），他们将会和我们联络。

For more information contact:
Australian Communications and Media Authority
Cybersmart program
Cybersafety Contact Centre
Telephone: 1800 880 176
Email: cybersafety@acma.gov.au
www.cybersmart.gov.au
The internet and online technologies, like mobile phones, are incredible tools. They provide an opportunity to communicate, learn, play and be entertained by content from around the world.

For many young people, the internet and mobile phones are their social lifeline. It’s where they engage with friends out-of-school hours and keep up-to-date. For some, time away from that network can threaten their sense of connectedness to their social community.

Like communicating in the real world, there are risks involved in interacting online. Cyberbullying, identity theft, scams and inappropriate content are some of the issues that can pose challenges for young people online. These challenges exist for all young people—from pre-schoolers who may be starting to use a computer to more experienced teens.

Knowing how to use online technologies safely is essential to having positive experiences online. It’s important for children and young people to learn about cybersafety and know how to deal with issues. This applies as much in their own home as it does at school, on wireless applications and in public places such as the library.

As a parent, you have an important role to play in helping to educate and guide your child in their online experiences. The following tips provide some helpful points to remember.

**For Parents**

- **Remember** that even when children seem to have good technical knowledge, their online behaviour still requires parental monitoring and guidance.
- **Spend time** online with your child—using the internet can be a fun family activity.
- **Try to locate** the computer in a shared or visible place in the home.
- **Help your child** use the internet as an effective research tool and teach them that information on the internet is not always reliable.
- **Teach your child** positive online etiquette. Encourage them to treat others online in the same way they would like to be treated.
- **Set rules**—make sure your child knows what information they can share by phone or post online and which websites they can visit. Discuss the amount of time they can spend online and ensure they maintain a balance.
- **Teach your child** that there are ways they can deal with disturbing material—encourage them not to respond to any communication that makes them feel uncomfortable or worried and to report it to a trusted adult.

**For Your Kids & Teens**

- **Consider** using filters, labels and safe zones to help manage your child’s online access.
- **Reassure your child** that access to the internet will not be denied if they report seeing something inappropriate.

- **Be careful** when adding a new ‘friend’ to online or email contact lists. Making new friends can be fun, but there’s a chance that they may not be who they say they are.
- **Think** before you post information online—once posted it’s difficult to remove.
- **Never share** your passwords and always set your profile to ‘private’ so your personal information is kept secret.
- **Check** with your parents before you give anyone on the internet your personal details.