

school-based youth health nurse



Term 2 – Week 2 Being Smart Online

The internet is a vital part of the lives of Australian teens

Teens spend an average of 14.4 hours per week online which includes researching topics of interest, watching videos, chatting with friends, listening to music and playing games with others.

Not to mention social media such as Facebook, Instagram, Snapchat, TikTok and Youtube

Unfortunately, 44% of teens have had a negative online experience



Your online reputation

Your online presence becomes your digital resume

Anyone can google your name or check out your social media accounts

That includes your future boss, schools, universities and more

What to do

Google yourself

This is a good way of seeing what comes up and what your privacy settings are

Adjust your privacy settings

If you see some results that you'd rather not, it's probably a good sign that you need to change your privacy settings

It's also a sign that you should think about what you post!

Be an upstander, not a bystander

Call out toxic behaviour

If you feel confident and safe, let them know that toxic behaviour isn't cool 🙅

DM your mates

Sometimes a simple message is enough to let your friends know you're there for them

Report illegal activity

Australia has strong laws against improper and illegal use of the internet.

You can report cyberbullying and other illegal activity on www.esafety.gov.au

Who has heard of or experienced Phishing?

phishing noun

phish·ing | \ ˈfi·ʃɪŋ \

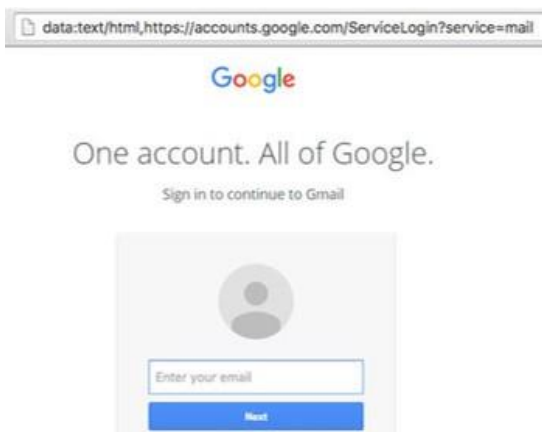
Definition of *phishing*

: a scam by which an Internet user is duped (as by a deceptive e-mail message) into revealing personal or confidential information which the scammer can use illicitly

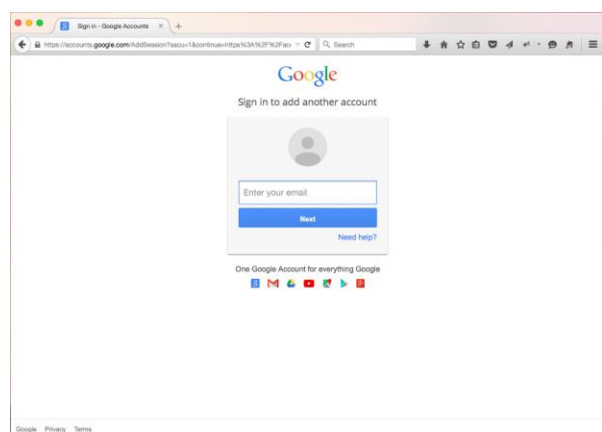
- Many phishing sites and emails can be highly deceptive
 - Only provide information to legit sites
 - Check the URL or look it up if you're not 100% sure

Spot the Phishing

Always check the URL



Incorrect/Scam



Correct