



MILDURA SENIOR COLLEGE
a pathway to the future

Staying Safe Online – Tips for Students

In time of Remote Learning and Social Distancing you may find yourself online and connecting with others more frequently online.

There are a few simple things you can do to try to keep safe online:

- **Be careful of requests** – only accept ‘friend’ requests from people you know in real life. This reduces the chance of getting into an unsafe situation.
- **Block anyone you’ve had contact with that was negative or unsafe** – this stops them from having contact with you and from seeing your profile.
- **Think before you upload and share photos** – post photos that show you and your friends in a positive way. Once it’s uploaded, it’s no longer private and could be viewed by friends, family, teachers and strangers.
- **Be mindful of what you write to others** – you never know who will read these comments and how they might interpret them. Respect other people’s views, even if you don’t agree with someone else’s views doesn’t mean you need to be rude.
- **Think carefully about sharing links to other sites** – the content could be embarrassing, upsetting or hurtful to others.
- **Keep your online friends online** – never agree to meet someone you’ve only known online on your own. Take an adult with you and meet in a public place. If they are who they say they are, they’ll be happy to do this.
- **Think about your privacy** – avoid sharing personal information online that could be misused by someone in real life. Check your privacy settings and make sure your account is secure with settings as high as possible.
- **Protect your identity** – don’t give out personal information online – like your address, email address or mobile number.
- **Protect yourself, control your content** – You get to control what you send and share. There are laws regarding the use of online platforms e.g. sexting laws apply to sending or receiving images.
- **Report Content that concerns you** – if you are uncomfortable, feeling unsafe or worried, block and/or report content relevant to site you are on. Tell a trusted adult immediately so they can support you.
- **Be kind to others** – choose kindness, look out for others, we are all in this together. Many people have additional hardships and challenges as this time let’s make the best of this time not make it harder.

If you need help or you have concerns you can contact your Pathways Teacher or the Wellbeing Team at the College.

For other Helplines

Kids Helpline: 5 to 25 year olds. All issues. Confidential phone counselling available all day, every day. Online chat available 8am to 12am EST daily. **1800 55 1800** or <https://kidshelpline.com.au/get-help/webchat-counselling>

Headspace : 12 to 25 year olds. All issues. Phone counselling available all day, every day. Online chat available 9am to 1am EST daily. Tel: 03 50212400 or <https://headspace.org.au/headspace/>