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 contatteranno per voi.

Vietnamese Tiếng Việt
Nếu quý vị muốn nói chuyện với chúng tôi bằng tiếng Việt, xin điện thoại 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 θέλете να μας μιλήσετε στη γλώσσα σας, παρακαλέστε να τηλεφονήσετε στην Τηλεφωνική Υπηρεσία Διερμηνείων στο 131 450 και να ζητήσετε να επικοινωνήσουν μαζί μας, εκ μέρους σας.

Arabic العربية
إذا كنت تود التحدث إلينا باللغة العربية، فيرجى الأسال خدمة الترجمة الهاتفية والعملية على الرقم 450 131 حيث يقوم مترجم من الخدمة بالأعمال بهذا التحدث إلينا باللغة العربية.

Traditional Chinese 繁體中文
如果您希望用您的語言和我們傾談，請致電131 450 電話傳譯員服務 (Telephone Interpreter Service)，他們會替您和我們聯絡。

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

www.cybersmart.gov.au
Social networking describes a variety of online services like Facebook, YouTube, MySpace, Twitter and online games such as World of Warcraft and RuneScape. These services let children and teens communicate with other people online.

Social networking sites are a great way for your child or teen to stay in touch with their friends and family. They can post information about themselves and display photos, tell everyone what they’ve been up to, play games and basically just hang out.

However, sometimes it’s easy for children to forget who they are communicating with online and who might see the information they post. It’s easier to say and do things online that they might not do in ‘real life’. As a result, it’s important for children to stop and think about how their behaviour will affect others, as well as themselves.

There are other risks. Cyberbullying, people making inappropriate contact, identity theft, scams and possible exposure to adult content can make places like social networking sites risky. But if your child or teen plays it smart, they can stay safe online.

**TIPS FOR PARENTS**

- **Stay involved** in your child’s use of new technologies—ask them to show you how social networks work. Set up your own account, ask to join your child’s ‘friends’ list and see for yourself what they’re doing. It can be a fun experience for you too!
- **Check** the age guidelines of any site or game your child might want to engage in.
- **Help your child** set up their profile to make sure that they don’t put too much personal information online. Help them to identify what is and isn’t appropriate to post online.
- **Check** the privacy settings for each service and find out how to block other users and report abuse. Hopefully you will never need to do this, but it’s good to be prepared.
- **Talk to your child** about who they should communicate with or make ‘friends’ with online.
- **Discuss** the amount of time your child can spend online and ensure they maintain a balance. Remind them of their other responsibilities and encourage outside activities, hobbies and face-to-face time with friends.

**TIPS FOR YOUR KIDS & TEENS**

- **Think before you post**. Content posted online can be there forever. You can put it up, but you can’t necessarily take it down.
- **Make sure** you don’t put any key personal information on your profile. This includes your phone number, personal email address, home address or the name of your school. Be careful, when you post photos, that they don’t include any of this information either.
- **Check** with your parents if you do decide to give out personal information or put it in your profile.
- **Use the privacy settings**. Learn how to make your profile private, so only people you accept as friends can see what you’re posting.
- **Keep the lines of communication open**. Children need to be confident that they can talk to you about what’s happening.