

Key messages for young people

This document provides key messages to share with young people, parents and whānau.

These key messages can form the the basis for classroom activities, they can be include in communications for parents, whānau and the wider school community or weaving them through your curriculum.

Five tips for keeping yourself safe online

1. BE AWARE OF WHAT YOU SHARE

It's important to be careful about what information you share about yourself online and who you share it with. Check your privacy settings on your social media accounts and make sure that you're not sharing something publicly that you'd prefer to be private. It's a good idea to think twice before sharing something really private online – remember that these days it's easy for people to on-share your posts through a screenshot or on messaging apps.

2. KEEP IT FRIENDLY

When uploading content, sharing photos, commenting, liking posts and sending messages think carefully think the potential outcomes for yourself and others. Remember, if it's not ok offline then it's not ok online. Take some time to think about whether what you're saying might hurt someone's feelings – what might just seem like a joke to you could be really hurtful to someone else.

3. KEEP YOUR DEVICES SECURE

Make sure you use a PIN or password on all of your devices so if any of them get lost or stolen they can't be used to auto-sign into your online profiles. Use strong passwords and change them often. For important accounts you should use two-factor authentication as an added layer of security to stop someone getting into your account. Most importantly, don't share your passwords with anyone except your parents.

4. KNOW YOUR STUFF (BLOCKING & SAFETY TOOLS)

It's important that you know how to block and report bullying and other harmful content on the online platforms that you use. Most social networks have safety centres with tips on how to deal with bullying or other negative content on their platforms. For helpful links visit netsafe.org.nz/youth-bullying.

5. ASK FOR HELP IF YOU NEED IT

If something does go wrong online it's important you know that you're not alone. There are people and help services that can help and support you. If you come across something that is upsetting or confusing turn off your screen and tell someone you trust as soon as possible – this could be a parent, teacher, guidance counsellor

After more information?

- Check out some of the [great information for young people](#) on the [Netsafe website](#).
- Netsafe's [Staying Safe Online Guide](#) – all you need to know about the apps and platforms young people like to use

All New Zealand internet users, including young people, can request support from Netsafe.

You can ring us, email us or make a report online.

- go to our website at [netsafe.org.nz](https://www.netsafe.org.nz)
- email help@netsafe.org.nz
- free-phone us on 0508 NETSAFE.