Get Online Week

Stay safer online

Everyone wants to stay safe online. Follow these important simple tips to increase your online safety.

Good Things Foundation Australia and Telstra have collaborated to share their top tips to help you stay safer online, protect your privacy and avoid scams.

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Stay safer online.

Passwords

Avoid using words that people can link to you such as family or pet names. Instead create a stronger, hard to guess password. You could try combining three random words that create a memorable mental picture for you, with numbers and symbols to create a password like: 20bananagreensky23! Never tell people or companies your password.

> **Top tip: Don't use the same password for everything. If it gets stolen by criminals, having different passwords on all your accounts will limit how much access they have.**

Some companies ask you to use additional security measures like a PIN, a one-time code sent to your mobile phone, fingerprint or face scanning when you log in. Two-factor authentication is where you need to confirm that it's really you in two different ways to access the account. It's a good idea to set up these extra security measures whenever available.

> **Top tip: Password Managers are apps that help remember and create stronger passwords for you. They can help you manage different passwords for every account.**

Social media

Privacy settings on social media help you to choose who can see what you share. Limit the visibility of your posts to only people you know, like friends, family and colleagues.

Avoid sharing personal details on social media such as your home address, phone number, birthday, location or email address. This can help to protect your data, money and identity from being stolen.

Viruses and security updates

Computer viruses can attack your device and cause damage, deny access or steal information. Viruses are often sent by email and SMS as links or attachments. Only click on links or attachments you are expecting from people you know or on official websites. Always use antivirus software.

> **Top tip: Think before you click. If you are unsure, delete the email or SMS and don't click.**

Keep your device's software and apps up to date to improve the security of your device.

Scams

Always be wary of scams when online. Be careful of unexpected calls or messages, even if it looks like it is from a legitimate company. If you are contacted over the phone and you are unsure or feel pressured to take action quickly, simply hang up.

Do not trust any link, website address (URL), email, or phone number provided in a message. Instead, contact the company directly through their official website, app or phone number to check if a message can be trusted.

> **Top tip: Visit scamwatch.gov.au for useful information on how to recognise and stay safe from scams**

If something looks suspicious or sounds too good to be true, it usually is.

> **Top tip: If you are a Telstra customer, you can check if an email or text message really came from them in the My Telstra app notification centre.**

Video calls and telehealth

When video calling or using telehealth, be mindful of your privacy. Think about what and who is around you. Use headphones and move somewhere private to help keep your conversation to yourself.

Keep learning

The Be Connected and Good Things Learning websites have free tips on how to use your device and the internet safely.

Visit **beconnected.esafety.gov.au** and **learning.goodthingsfoundation.org.au** to get started.