

TIPS FOR YOUR KIDS & TEENS

- **Never post your number or other personal details** on the internet or share it with anybody you don't know. The more private your number is, the less likely you are to be contacted by strangers.
- **Be wary** of anyone who asks to borrow your phone in public—even if it's for a supposed emergency. If it is a genuine emergency, dial Triple Zero (000) for them and pass on the phone. Do not leave a stranger alone with your phone.
- **If you receive** a text message from an unknown source, don't reply. It could contain a virus or be an attempt to sign you up to an expensive subscription or premium service.
- **Say no!** Don't accept any offers that seem too good to be true, like a free mobile phone. Check with your parents or guardian first.
- **Stay aware** of what's going on around you and guard your privacy. Remember, if you can take pictures of everything and everyone with your phone, so can others ... and you may not want to be the subject of their photos!
- **Be considerate**—only send the kinds of messages and photos you would be happy to receive.
- **Tell your parents** or another trusted adult if someone sends you unkind or bullying messages, or asks you to do something that makes you feel uncomfortable. Make a note of the number it came from, the date and time of the call, or save the message. It may need to be followed up by your school, Internet Service Provider (ISP), mobile phone carrier or the police.

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'interpretariato 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 θέλετε να μας μιλήσετε στη γλώσσα σας, παρακαλείστε να τηλεφωνήσετε στην Τηλεφωνική Υπηρεσία Διερχόμενων στο 131 450 και να ζητήσετε να επικοινωνήσουν μαζί μας εκ μέρους σας.

Arabic العربية

إذا كنت تودّ التحدث إلينا بلغتك، فيرجى الاتصال بخدمة الترجمة الشفهية والخطية على الرقم 131 450 حيث يقوم مترجم من الخدمة بالاتصال بنا والتحدث إلينا نيابةً عنك.

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

ACMA034A.1007

WWW.CYBERSMART.GOV.AU



cyber(smart:)

MOBILE
PHONE
SAFETY



Australian
Communications
and Media Authority

MOBILE

PHONE

SAFETY

Mobile phones are a great way for children to stay in touch with their parents, family and friends. Mobiles allow users to make calls, take photos, play games, send texts (SMS) and images (MMS), and access the internet. Mobiles are a regular feature in teenagers' lives and increasingly used by younger children.

While mobiles provide immediate contact and can be fun to use, the fact that they can be on 24/7 and you can't always be there to supervise, means there are potential risks. These include:

- **High bills**—children and young people may not consider the impact of their mobile phone use, or the cost of premium services, like ringtones or games, which are more expensive than a standard SMS.
- **Scams**—young users may also be more susceptible to mobile phone scams that are designed to steal personal details or money. Children may not know they've been scammed unless invoices or online statements are checked carefully for unusual charges.
- **Cyberbullying and unwelcome mobile calls**—Mobile phones are often used for cyberbullying, as they are easy tools for bullies to use. Mobiles can also be used to make calls that are threatening, offensive or harassing in nature.

- **Sexting**—a growing issue is young people's use of mobile phones to send sexual images to one another. This can have social and legal consequences.
- **Access to inappropriate material**—internet-enabled mobiles allow children and young people ready access to a range of material that their parents may consider inappropriate for them.

There are a number of ways that parents can increase their child's phone safety. These include helping them to block unwanted calls from specific numbers or disabling internet access. Contact your mobile phone provider to find out how to do this.

Most phones can also be manually locked with a password or PIN number so no-one, except you or your child, can make calls or access details. This is especially helpful if your child's phone is lost or stolen.

Some mobile phones can enable your child to access the internet. As parents can't always be there to supervise, it's more important than ever to teach children and teens how to protect themselves. Not sharing too much personal information online is an important first step.



TIPS FOR PARENTS

- **Stay involved** with your child's use of new technologies. Ask your child to show you how their phone works and what they are using it for.
- **Find out** how access to the internet and other services can be managed. This information is usually available on the carrier's website.
- **Help your child** to understand that their phone is like a wallet and every text message, phone call or download service costs money.
- **Remind your child** that they shouldn't let anyone borrow their phone.
- **Talk with your child** about their experiences with their mobile phone. Let them know it's okay to tell you if they come across something that worries them.
- **Teach your child** that there are ways they can deal with disturbing material—they should not respond if they receive something inappropriate, and they should immediately hang up if they feel uncomfortable or worried.

