



# Safer Internet Day 2019 | Tuesday 5 February

## Together for a better internet

RESPECT • RESPONSIBILITY • REASONING • RESILIENCE

**Safer Internet Day** raises awareness about the positive role of digital technology and explores ways we can all contribute to creating a better, safer internet. Coordinated by the Office of the eSafety Commissioner in Australia and celebrated in over 130 countries, this year's Safer Internet Day theme is **'Together for a better internet'**.

Parents are encouraged to get involved and support our young people in developing the critical skills required to successfully navigate the online world. These skills take time to develop but they can help us in all areas of life - online and off. We like to call them the 4Rs...

**Respect** - I treat myself and others the way I like to be treated

**Responsibility** - I am accountable for my actions and I take a stand when I feel something is wrong

**Reasoning** - I question what is real

**Resilience** - I get back up from tough situations

Help spread the word about creating a safer, more positive internet—start a conversation with your child about which of the 4Rs of online safety is most important to them and how can they help build a better internet for everyone.

This year, as part of the wider celebration of Safer Internet Day, we encourage all of our parents, students and teachers to review their privacy settings associated with their social media accounts and adjust as necessary to ensure our own personal safety and privacy.



Use the [Privacy Checkup](#) to review and adjust your settings to make sure you're sharing with who you want. You might also want to review photos and posts that someone has tagged you in. If you don't like something you're tagged in, you can [remove the tag](#) or [ask the person who tagged you to remove the post](#).



Anyone can view your profile and posts on Instagram. You can make your posts [private](#) so that only followers you approve can see them. If your posts are set to private, only your approved followers will see them on hashtag or location pages. You might also want to check that you actually know your [followers](#) in real life.



Configure your Snapchat profile to only receive messages from users on your [My Friends list](#) and to control who you share your stories with. This might be a good opportunity to review your *MyFriends* list to ensure that you have only people who you know in real life. You might also want to check that [SnapMap](#), a location-based service is disabled for your own personal safety and privacy.

The Office of the eSafety Commissioner's [iParent](#) portal is packed with resources to help you address online safety with your children.



