5 tips to keep safe online

1 Keep it locked

Ask someone to help you set up a PIN or password to protect your phone, laptop and other devices, as well as all your accounts and the information contained in them

2 Keep it private

Don't share personal information like your address and phone number. Find out how to keep your profiles on social media private so only people you want to can see what you share

3 Keep it to yourself

Everything you do online leaves what's known as a digital footprint – a record of what you do and say. Think very carefully before you say or post anything as you won't be able to stop other people sharing it – even those you don't know

4 Keep it real

Sometimes, people pretend to be someone else online. Check anyone who makes friends with you online is who they say they are. If you aren't sure, ask someone you know to help you find out

5 Keep it friendly

The internet is just like real life:

- be kind
- be respectful
- be careful talking to, or sharing information with, people you don't know

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Call 0508 638 723 or email help@netsafe.org.nz for free help.

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