Keeping safe online

Description

- # Keeping safe online

  Staying safe online is essential for protecting your privacy, identity, and wellbeing â?? and helping children, students, and staff do the same. Whether youâ??re connecting for work, school, or personal/social needs, these practical steps and trusted resources will help you keep your online experiences safe and positive

- ## Online security basics for everyone

  The internet connects us like never before, especially in regional, rural and remote areas. But with opportunity comes risk. Cyber security means protecting your devices and personal information from threats like viruses, scams, and hackers. The style of these threats changes constantly, however there are a few basic skills that assist in avoiding susceptibility.

  Simple ways to stay safe:

  - ○ 1
    Pause before you click.

Donâ??t open unexpected links or attachments.

- 2
Check unusual requests.

Verify changes or payment requests by calling the organisation directly.

- 3
Never share personal or payment details.

Never provide personal or payment details over text, email, or unsolicited phone calls.

- 4
Stay up to date.

Use antivirus software and keep devices and apps up to date.

- 5
Donâ??t provide remote access to devices.

Avoid remote access requests from unknown callers.

- 6
Use passwords effectively.

Use strong passwords and a password manager (e.g. LastPass, 1Password, Norton Password Manager, Dashlane).

• Respectful behaviour online

Everything you post online leaves a trace. Before you share, ask:

- Would I say or show this in public?
- Would I be comfortable if this was shared later?

If you see harmful behaviour:

- Report or remove the content if possible.
- Donâ??t share or join in.
- Offer support to the person affected.

• Looking after your wellbeing

You have the right to feel safe and respected online. If you experience harassment, bullying, or unwanted contact:

1. Block or report the user.
2. Take screenshots as evidence.
3. Talk to someone you trust.
4. Step away and give yourself time to recover.

• Keeping children safe online

Children need guidance to navigate the internet safely. Internet is in every aspect of our lives, and education begins from an early age.

Social Media age restrictions

From 10 December 2025, age-restricted social media platforms will have to take reasonable steps to prevent Australians under 16 from creating or keeping accounts. To find out which platforms are listed as being restricted or more information about how it will affect your child, learn more from the [eSafety Commissioner](#)).

h3 class=h3>Use parental controls wisely

Parental control tools can help manage what children see and do online. Use them together with open, ongoing conversations.

Common parental control options

○ Block certain websites or apps.
○ Filter inappropriate content.
○ Monitor usage to understand online habits.
○ Set time limits to balance screen time.

Talking with kids about online safety

1. Learn the apps they use and check age restrictions.
2. If they are old enough to use social media, friend or follow them online to stay connected.

3. Discuss privacy and whatâ??s safe to share.
4. Encourage open conversations about anything that makes them uncomfortable.
5. Share support contacts, like Kids Helpline.

h3 class=h3>Safe online learning and workplaces

Schools, workplaces, and community groups all play a role in promoting safe online behaviour.

Tips for educators and employers:

- Define and discuss what is inappropriate online behaviour.
- Provide regular training or workshops on cyber-safety.
- Appoint a staff cyber-safety officer or contact.
- Limit access to certain sites during work or school hours.
- Be mindful of age restrictions on online platforms.
- Provide mental health support for anyone affected by online issues.

Protecting your identity and business

The same cyber-safety steps that protect you also protect your workplace or business. Secure your social media accounts, devices, and online systems.

Avoiding scams

Scams can happen anywhere â?? phone, text, email, or social media. Here are a few precautions you can take:

Phone calls:

- Hang up on unexpected calls claiming to be from organisations such as Telstra, nbnÂ®, your RSP, or Amazon, even if they know your name, address, or account details.
- If unsure, call back on the companyâ??s official number.

Text messages:

- Never click on links about deliveries, payments, or bank issues.
- Contact the organisation directly through their website or app.

Emails and social media:

- Never open links or attachments from unknown senders.
- Double check invoices are from suppliers you trust and that the bank details are correct.
- Check the email address the email has come from to see if it matches the official email address.
- If you receive a strange message from someone, confirm with them via a phone call before opening.
- Change passwords immediately if you suspect your account is compromised.

Resources to help you stay safe online

Type of resource	Link

Information, resources and training for all sectors of the community, from business to schools to individuals, including:
  ○ the basics of staying safe online.
  ○ information on the latest threats.
  ○ mini courses in online safety.
  ○ online safety broken down for all sectors of the community
  ○ scams awareness.
	○ [Australian Cyber Security Centre (ACSC)](#)
	○ [Be Connected](#)
	○ [Online safety
		eSafety Commissioner](#)
		○ [Spot and report scams: our guide to fraud prevent](#)
		○ [Home
			Scamwatch](#)

Information for teachers, parents and caregivers, including:
  ○ a platform to report online bullying anonymously
  ○ free support and resources to help navigate the challenges of bullying and its impacts.
	○ [Stymie: Report bullying](#)
	○ [Dollyâ??s Dream](#)

Specific tools for businesses to protect against scams, including scam reporting and resources.	○ [Protect your business from scams â?? Australia](#) ○ [Home	National Anti-Scam Centre](#)
Respect online â?? online support, what cyber bullying is, and what your rights are.	○ [Eheadspace](#) ○ [Australian Human Rights Commission](#)

Explore more of our resources

- ○ Blogs
  October 31, 2025

When the Signal Drops: How Remote Satellite Connectivity is Saving Lives.

○ Events
October 30, 2025

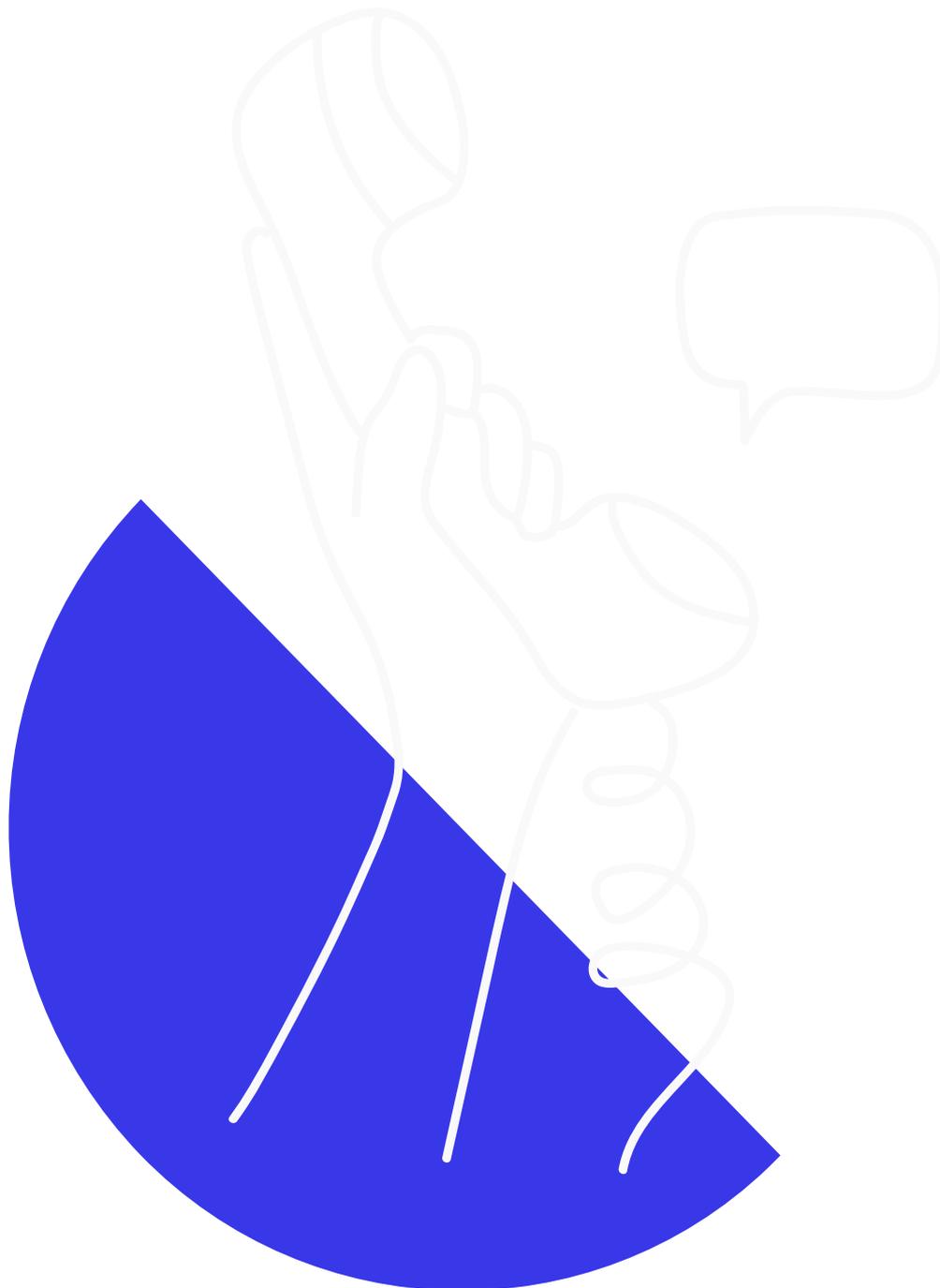**Kangaroo Island Roadshow 1-4 November 2025**

○ Events
October 30, 2025

Miena Community Consultation 1 November 2025

○ Resources
October 13, 2025

Terms & Conditions â?? Regional Tech Hub Emergency Preparedness 2025 Story Campaign

- [Back to resources](#)

Didnâ??t find the answers you were after?

Chat to us on our hotline with one of our team members and letâ??s get the conversation started. If we donâ??t answer, weâ??ll get back to you in no time at all.

[1300 081 029](#)

Category

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Date
13/03/2026
Date Created
12/03/2024