



Stay involved with your child's use of new technologies. Ask your child to show you how his or her phone works, or borrow it and become familiar with it.

Find out how access to 'adult' content and other services offered by your child's mobile phone carrier can be managed. Such information is usually available on the carrier's website.

Talk to your children about their experiences the good and the bad. Let them know it's OK to tell you if they come across something that worries them. (It doesn't mean they're going to get into trouble.)

Teach your children that there are ways they can deal with disturbing material—they should not respond if they are sent something inappropriate, and they should immediately leave or hang up if they feel uncomfortable or worried by it.

If you would like to talk to us in your own language, please call the Telephone Interpreter Service on 131 450 and they will contact us for you.

ITALIAN

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

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 chúng tôi.

GREEK

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

ARABIC

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

CHINESE

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
 Cybersafety Contact Centre
 Telephone: 1800 880 176
 Email: cybersafety@acma.gov.au

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How to be
PHONE SMART
 (and stay safe)





Cybersmart tips for kids and young people



Mobile phones

are no longer just a way to make voice calls when you're out and about.

You can send text messages via **SMS**, **pictures**, **sounds**, **video** via MMS (multi-media messaging), access **email**, **IM** (instant messaging), and **chat**, as well as **surf** the net.

Many mobiles include cameras, sound recording capability, and can also track where you are! While most content and services will be suitable for everyone, some may be unsuitable and risky for kids.

The 'always on' nature of mobile services means that risks, such as cyberbullying, people making inappropriate contact and the chance that kids will access unsuitable content, are always present.

They can happen at any time, anywhere. And because parents can't always be there to supervise, it is more important than ever to teach kids how to protect themselves.

Do you REALLY know who you're talking to?

Keep **secrets**—don't tell anyone your personal details. This includes your name, address, your current location, credit card details and school. Be very careful about giving out your phone number too.

Check with your Mum, Dad or carer before you give anyone this information, particularly to people who you may have only just met online.

Remember—the person you meet in a chat room may not be who they say they are. And if you give out personal information or send pictures, the person you send them to may not be the only person to see them!

Take **someone** with you. If you want to meet someone you haven't met so far in person, ask a parent or another adult to go with you and always meet in a popular public place, preferably during the day.

Say **NO!** Don't accept any offers that seem too good to be true—they probably are. Never accept the offer of a free mobile phone from someone without asking your Mum or Dad first!

Watch out! 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 other people ... and you may not want to be the subject of their photos!

Be **considerate**—only send the kinds of messages and pictures you would be happy to receive.

Tell—if someone sends you nasty or bullying messages, or asks you to do something that makes you feel uncomfortable, don't respond. Make a note of the number it came from, and the date and time of the call, save the message and tell your parent or another adult you trust.

Remember always to be Phone Smart and stay safe.

Protect your privacy.