

# 5 Tips for a Safer Internet

## 1 Check before you share

A lot of what we see or read online is true, but sometimes it's put there on purpose to mislead others. It can be hard to tell the difference between what's real information and fake, so ask yourself:

- is what I'm reading clickbait?
- is the source trustworthy?
- are the photos or video real?
- where can I check the facts?

Help others by not sharing fake news – and report it when you see it.

## 2 Be an upstander online

Communities are safest when we look out for each other. That's equally true online. If you see someone being bullied or harassed, report the problem to the platform where the behaviour is happening. You can also support the person being targeted by:

- checking if they are okay
- saving evidence
- trying to get help.

If you see something suspicious or upsetting online, you can also report it (even anonymously) to Netsafe.

## 3 Discuss sensitive topics

Sharing nudes is part of everyday conversation for many people, but there's a strong misconception amongst young people that everybody's doing it. Having open conversations with friends and whānau about intimate images can make it easier to discuss if things go wrong in the future.

## 4 Review your privacy settings

Lots of platforms and services have improved the tools used to manage privacy and safety settings. Take a fresh look at the tools and platforms you're using and do an online profile check-up.

Find out more at [netsafe.org.nz/privacy-settings-on-social-networks/](https://netsafe.org.nz/privacy-settings-on-social-networks/)

## 5 Make online spaces better

The internet provides us with many benefits, but we also need to work together to make online spaces a bit safer. We can help by:

- sharing and crediting the work of others
- making your content more accessible so it's easier for someone with a physical or intellectual disability to understand
- engaging in positive and constructive korero to try to avoid being in the middle of a pile on.

Every week, hundreds of people seek help from Netsafe for online harassment, image-based abuse, hate speech, grooming, scams and school incidents.

**Call 0508 NETSAFE or visit [netsafe.org.nz](https://netsafe.org.nz) to access free resources and support.**