

Paratus

Internet Safety



Talk to your parents

Remember, your parents love you and want the best for you. Always talk to them about what you do online, so they can help you stay safe and make good choices.

Stay safe while gaming

Never click on links in games offering free rewards or share your login details—these are often scams. Report suspicious messages and ask an adult if you're unsure.

Use privacy settings

Adjust the privacy settings on social media and other online accounts to control who can see your information and posts.



Think before you post

Once something is posted online, it can be difficult to remove. Think about how your post might affect you or others before sharing.



Report any kind of bullying

If you are being bullied online, do not respond or retaliate. Instead, save the evidence, block the bully and report the behaviour to a trusted adult or the platform where it occurred.

Follow content that feels right

Follow accounts that share positive and helpful content. If anything makes you uncomfortable, stop watching and talk to an adult for advice.

Report inappropriate content

If you come across something that makes you uncomfortable, tell a trusted adult and report the content.

Be careful with online offers

If something online seems too good to be true, it probably is. Don't share your personal information or give money to anyone online. Always check with your parents first.

Use strong passwords

Create strong, unique passwords for your accounts and never share them with anyone except your parents.

Keep personal information private

Never share your full name, address, phone number or school name online, including gaming profiles or chats.

Avoid clicking on unknown links

Be cautious about clicking on links or downloading files from unknown or suspicious sources to avoid viruses.

