

# eSafety health check

Treat your password like your toothbrush—don't share it with anyone and change it regularly.



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Revisit your privacy settings to protect your personal information.



Don't act in the heat of the moment—stay calm and chill.



What you post online stays online—think about your digital reputation.

## OMG!

Nude pics can spread quicker than a virus—reconsider the types of pics you send.

When cyberbullying gets you down, report it:  
[esafety.gov.au/  
reportcyberbullying](https://esafety.gov.au/reportcyberbullying)



# \*explore safely