

# Play it safe and fair - online and offline



When we're on the field we need to be safe, play fair, and respect our opponents. When we're online we need to remember to play by the same rules.

## Be respectful

Just like on the footy field, there's no place for abuse, hate or discrimination online.



## Be kind

Be a positive role model on and off the field by treating people with kindness, patience and understanding online.



## Be resilient

Don't let a bad experience online put you off your game. Stay strong and you can bounce back.



## Be prepared to ask for help

Everyone is part of a team. Reach out to friends, family and eSafety if something goes wrong online.



## Be safe

To stay happy and healthy, avoid situations that pose a risk or danger to yourself or others online.



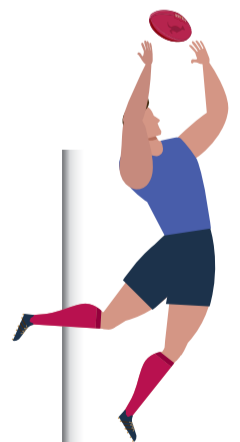
## Be responsible

Be a team player online and think how your actions could affect others.



## Be an upstander

On the field we always have each other's backs, and the same goes for online. If you can do it safely, stand up and say something. It's time to blow the whistle on bad behaviour online.



For the latest advice and support for staying safe online visit [esafety.gov.au](https://www.esafety.gov.au)