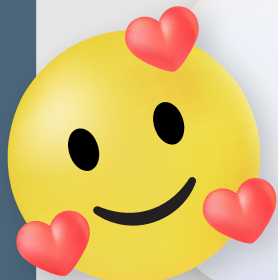# 5 tips for a safer internet

Be kind: Show empathy, respect and kindness in every online interaction.

Balance time online: Make space for offline connection, rest and reflection.

Speak up: Report online abuse and harmful content to eSafety.

Protect your space: Use privacy settings, strong passwords or parental controls to keep your online space safe.

Start the conversation: Talk about online safety with your networks — family, friends, colleagues and communities.

Help make the internet a safer and more positive place this Safer Internet Day. Find resources at **eSafety.gov.au**

Australian Government

e eSafety Commissioner

eSafety.gov.au