

Be in charge of what you see online



Easy Read

About this information



The **eSafety Commissioner** wrote this information.

We will say **eSafety** for short.

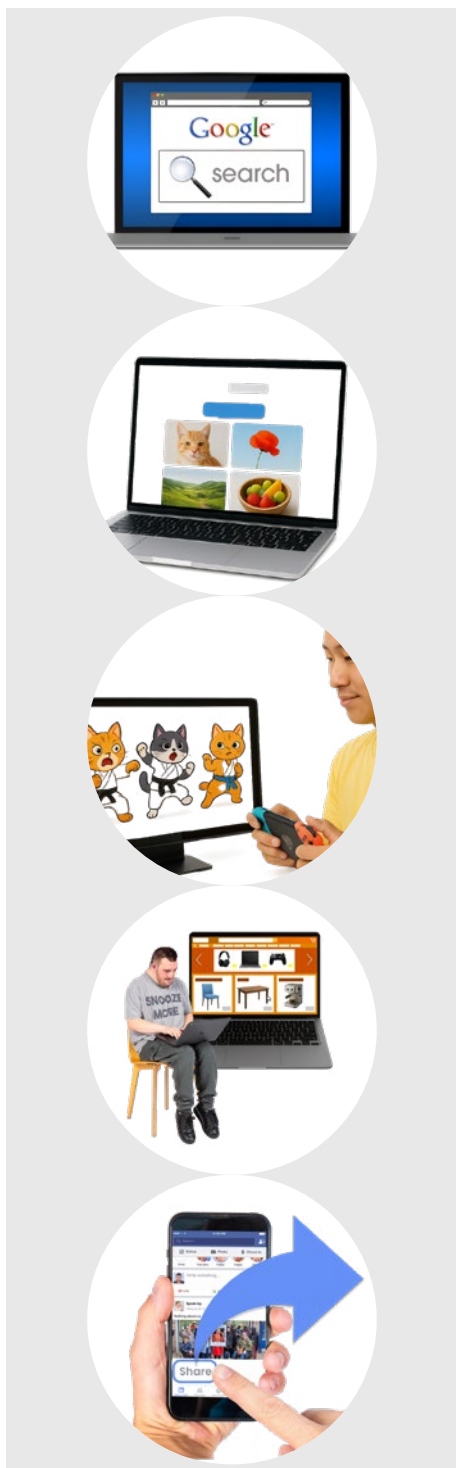


Australian Government

eSafety is part of the Australian Government.

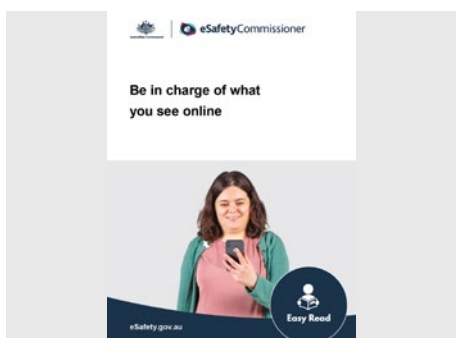


eSafety supports people to be safe **online**.



Online means when you use the internet to

- find information
- share photos and videos
- join activities you enjoy like gaming
- buy things
- share ideas.



This information helps you be in charge of what you see when you go online.

What is an algorithm



An **algorithm** is a computer program that chooses what you see online.

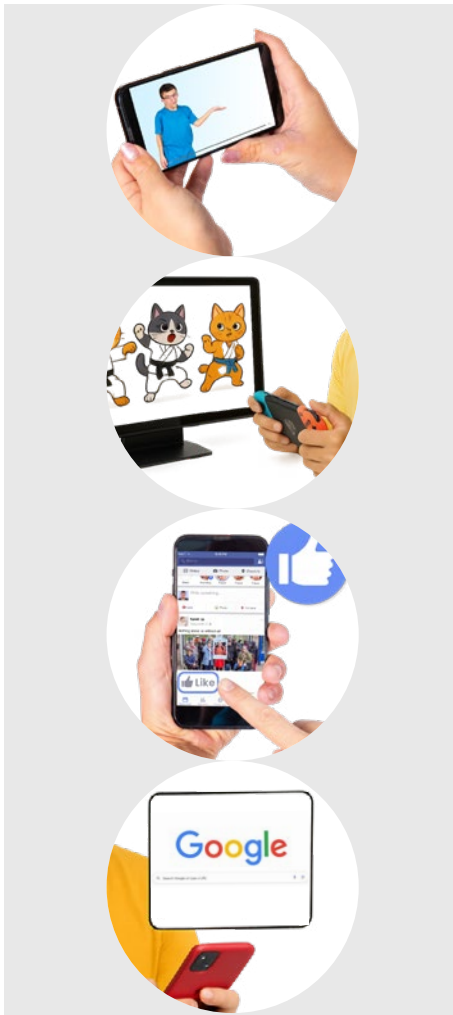


This might be on your

- computer
- phone
- tablet.

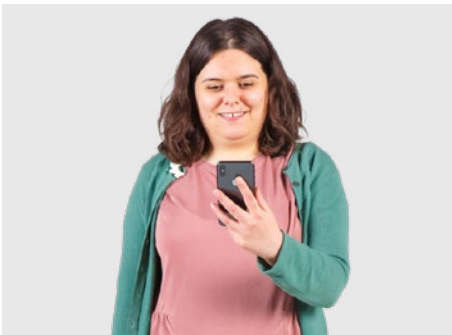


Algorithms look at what you do online.

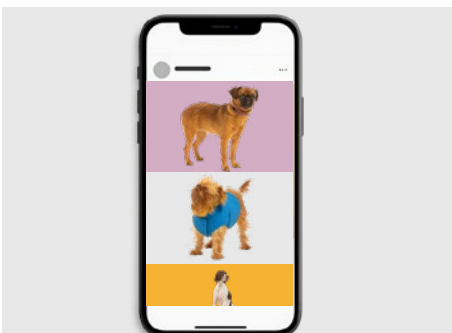


They look at

- videos you watch
- games you play
- posts you look at
- words and information you search for.



Then the algorithms show you more things like that.

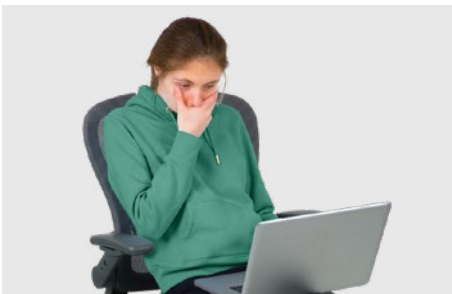


That means if you watch 1 puppy video the algorithms may show you more puppy videos.

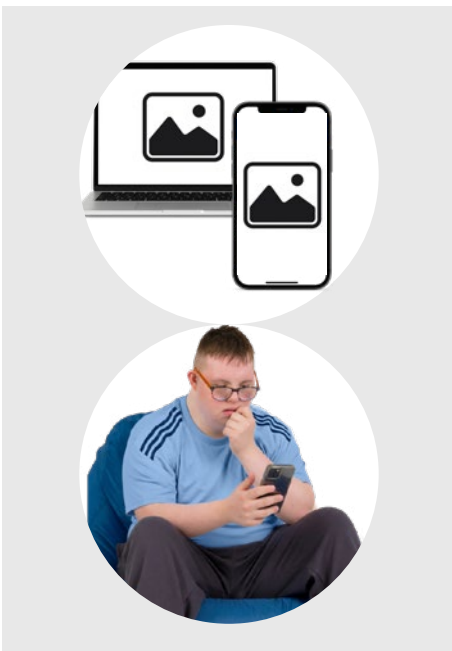
Why this can be bad for you



An algorithm is a computer program not a person.



It does not know what is good or bad for you to look at.



It might show you

- the same kind of things again and again
- things that upset or shock you to make you keep watching.

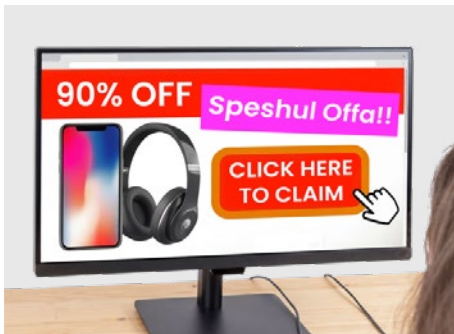


The algorithm wants to make you spend more time online.

Why websites and apps do this



Websites and apps use algorithms to keep you online for longer.

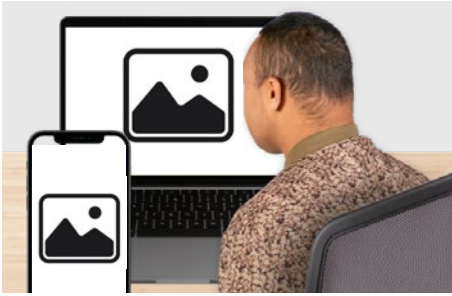


If you stay online longer they can show you more ads for things to buy.



If they can show you more ads they make more money.

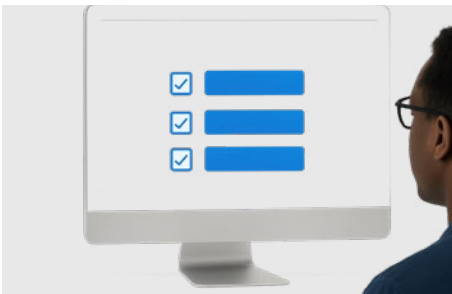
What is an echo chamber



It is called an **echo chamber** when algorithms make you see lots of the same things online.



An echo chamber is not a real place.



It means when you are online you hear the same ideas again and again.



If you are in an echo chamber you only talk to others who think like you.

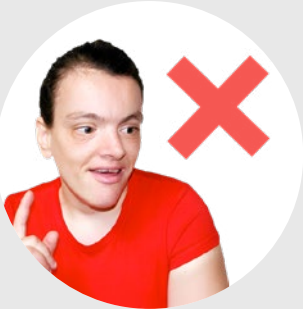


This is because the algorithms only show you people with the same ideas.

In an online echo chamber people may



- only see 1 side of an issue



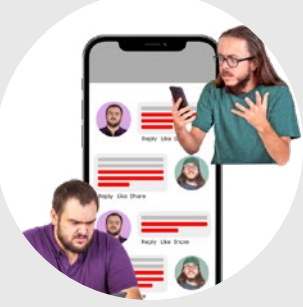
- not look at other ideas



- be mean or rude to people with different ideas



- make you feel like you are not good enough



- make you believe things that are not true.

Why an echo chamber can be bad for you



Being in an echo chamber can be bad for you.



This is because it can make you believe things that are not true.

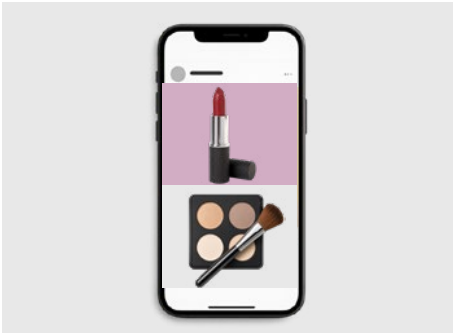


This can happen when

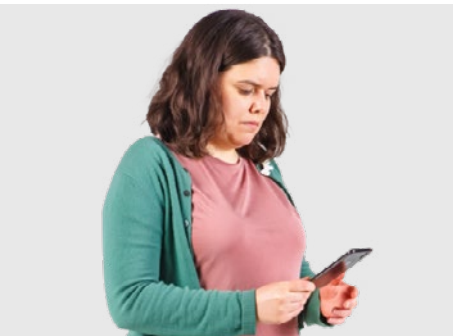
- most of your news and information comes from the same people or online groups
- most people in your online groups think the same things as you
- there are not many people with different ideas to you.



An echo chamber can make you feel bad about yourself.



This can happen when you look up beauty or health tips and then after see lots of posts like that.



You might start to feel bad because you do not look like the people in the posts.

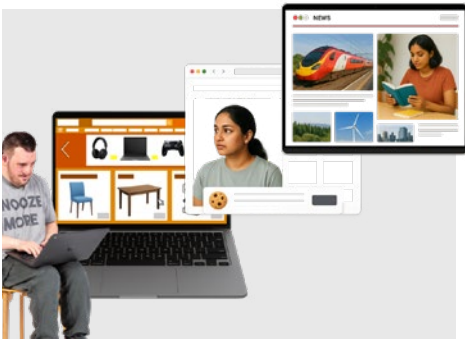
How you can see different things online



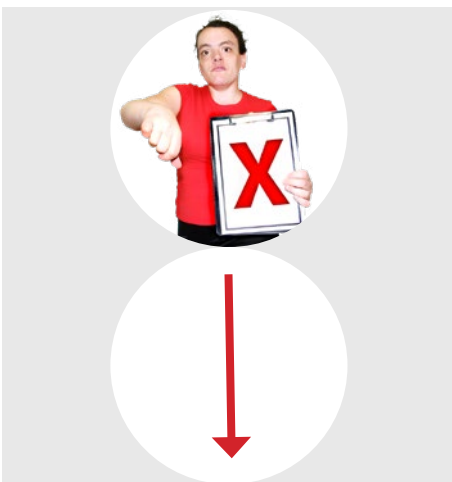
Here are some tips to make sure you see different things online.



You can empty your **watch** or **search history**.

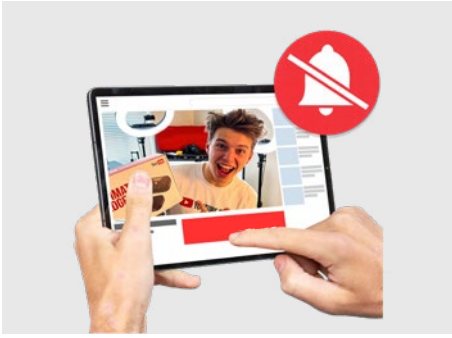


Watch or search history shows what you looked at online in the past.



On posts that are mean you can tap

- not interested
- see less of this.



You can **unfollow** or **mute** people who seem very angry or mean.



You can look for different ideas online.



This might be on websites you trust like from

- the government
- support services
- news groups that lots of people trust.

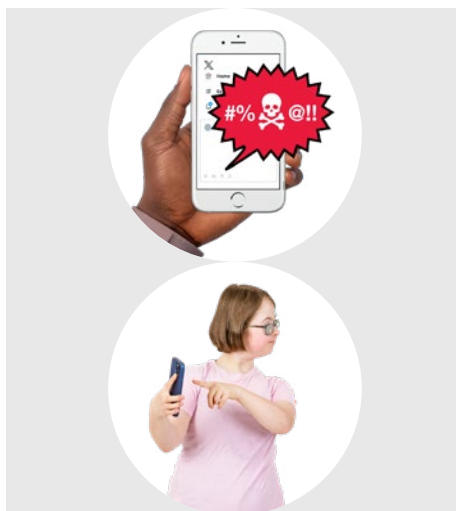


You can take breaks from being online.



If you do not know how to do these things you ask someone you trust to support you.

Ask for support

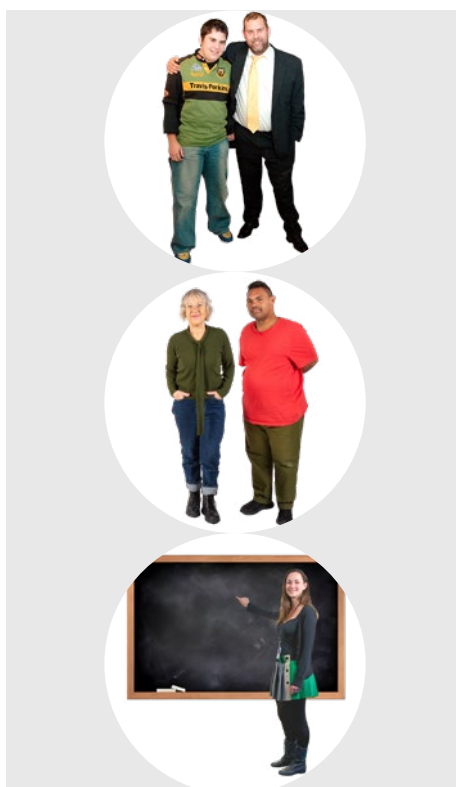


It is good to ask for support if

- you see something bad online
- something you try does not work.



You can talk to someone you trust.



This might be

- your parents or carers
- your support workers
- a teacher.

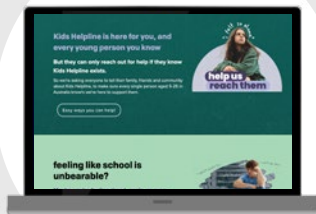


You can talk to **Kids Helpline** if you are between 5 and 25 years old.



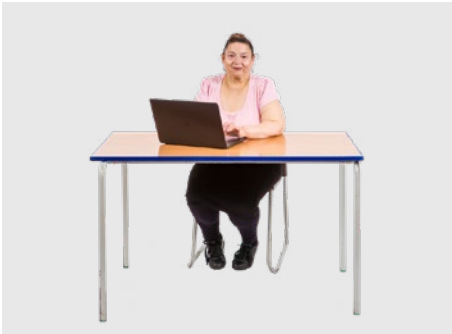
You can

- call them on **1800 55 1800**

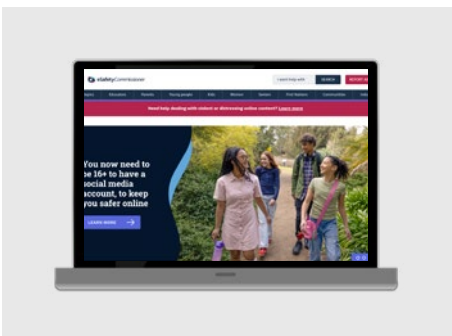


- go to their website at **www.kidshelpline.com.au**.

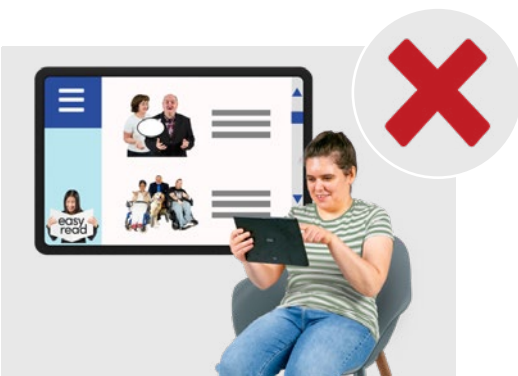
More information



You can go to the eSafety website for more information about being safe online.



To look at the website you can go to
eSafety.gov.au

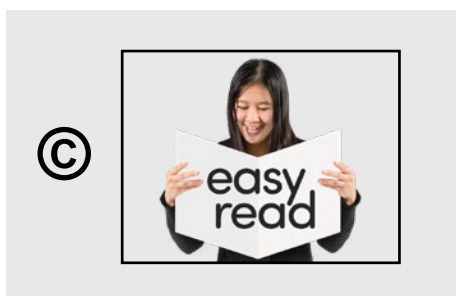


Most of the website is not in Easy Read.

Who did this Easy Read



CID made this Easy Read information for the **eSafety Commissioner**.



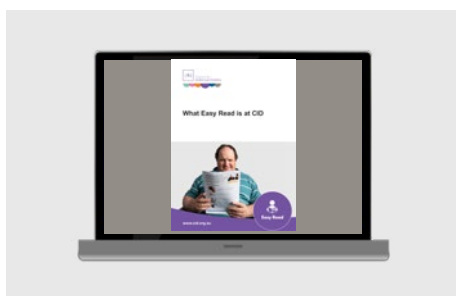
The pictures we use are **copyright**.



Copyright means you need to ask CID if you want to use the pictures.



You can email CID at **business@cid.org.au**



To read more about how we do Easy Read at CID you can go to our website at

www.cid.org.au/inclusion-services