

Stop Think Check

How to stay safe online



Easy Read

About this information



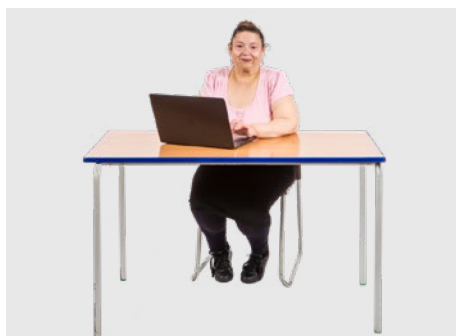
The **eSafety Commissioner** wrote this information.

We will say **eSafety** for short.

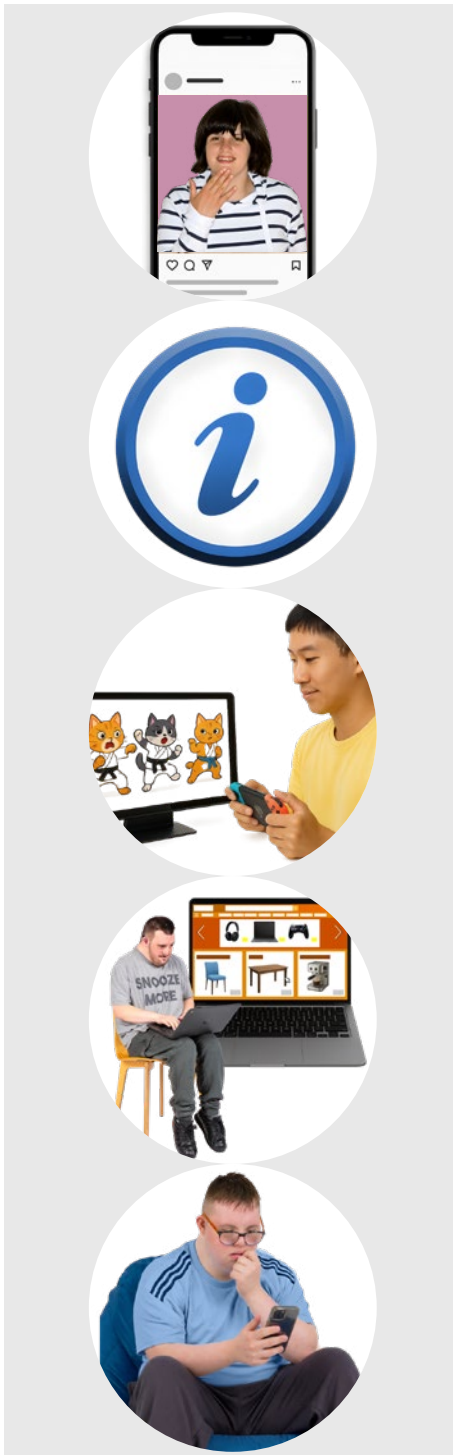


Australian Government

eSafety is part of the Government.

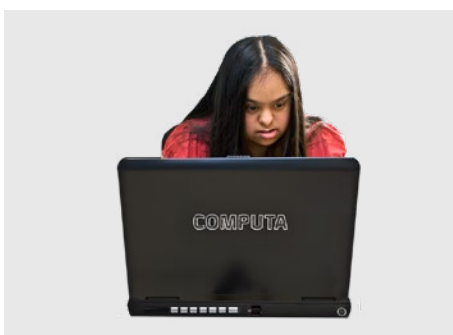


eSafety supports people to be safer **online**.



Online means when you use the internet to

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

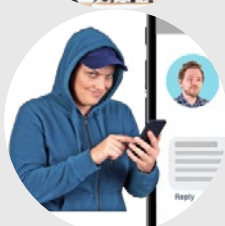
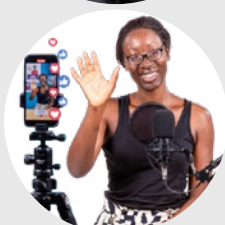
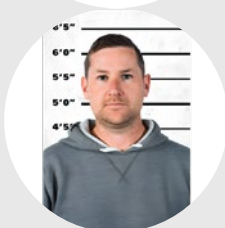
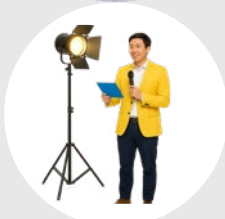


This information says how you can stay safe when you are online.

Who can share things online

Anyone can share things online like

- your friends and family
- businesses
- famous people
- people who have broken the law
- the Government
- bullies and mean people
- advertisers
- scammers.

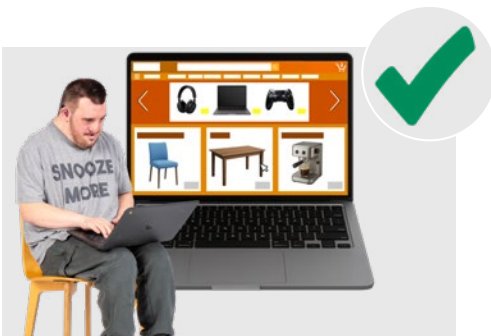




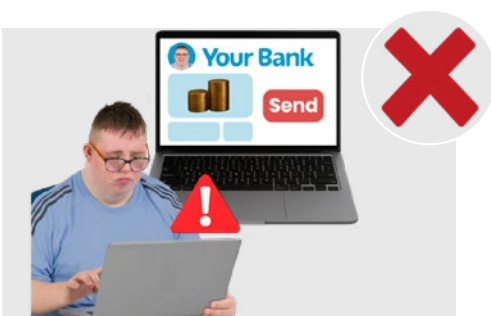
Advertisers are people or companies that tell others about things they want to sell.



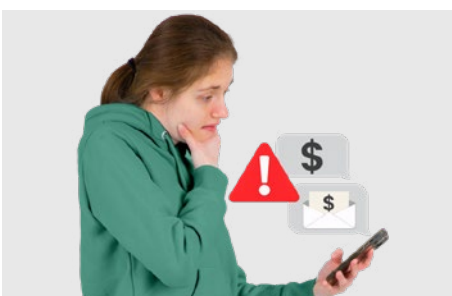
A **scammer** is someone who tricks you to take your money or personal information.



Some things that you see online are true and can help you.



Some things online are fake or not safe.



It can be hard to know what is real or fake online.

How you can stay safer online



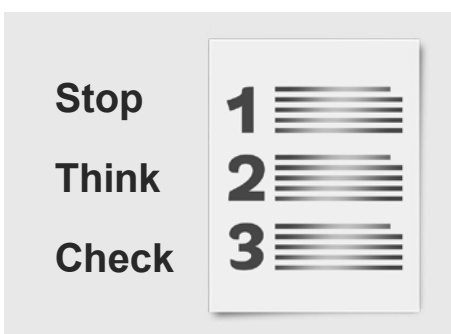
Critical thinking can help you stay safer online.



Critical thinking means you do not believe something straight away.



It means you think about if it is fake or real.



You can try these 3 steps to help you use critical thinking to stay safer online.

1. Stop

Step 1 is to **stop** before you do something like



- click a link



- share a post



- answer a message



- send information like your phone number or address.

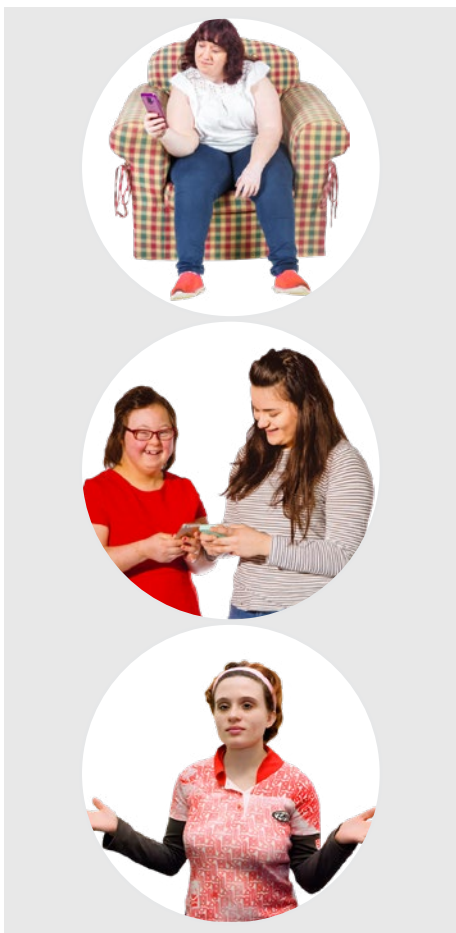
2. Think



Step 2 is to take time to **think**.



You can ask yourself some questions to spot signs that something might be bad or fake.



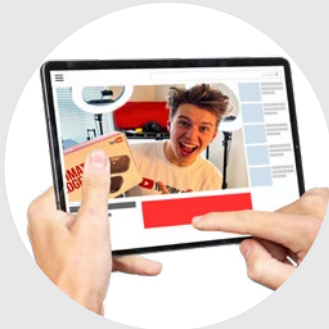
You could ask yourself

- do you know who made or shared this?
- can you trust them?
- what do they want?

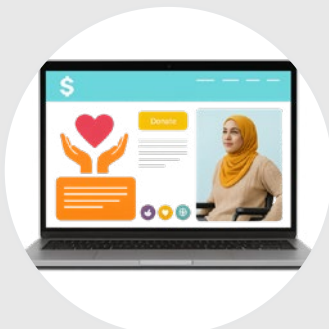
You could ask yourself



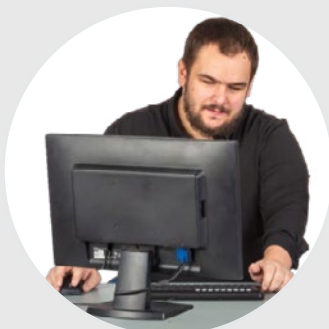
- is this too good to be true?



- is someone rushing me to do something?



- does the photo or video seem fake?

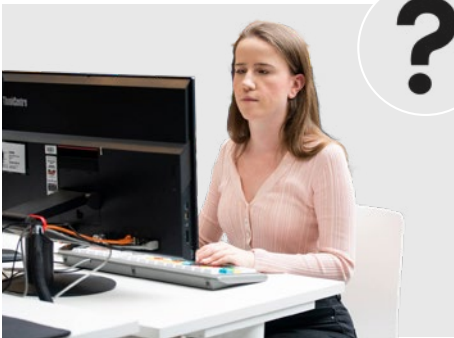


- is someone asking me to do something that feels wrong?

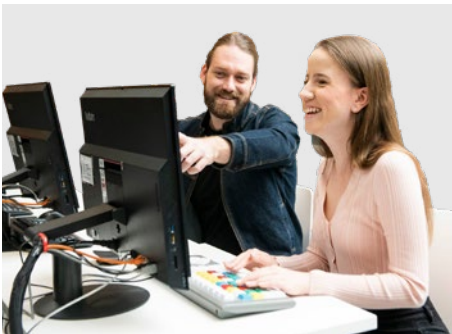


- is someone asking me to do something that makes me feel scared or not safe?

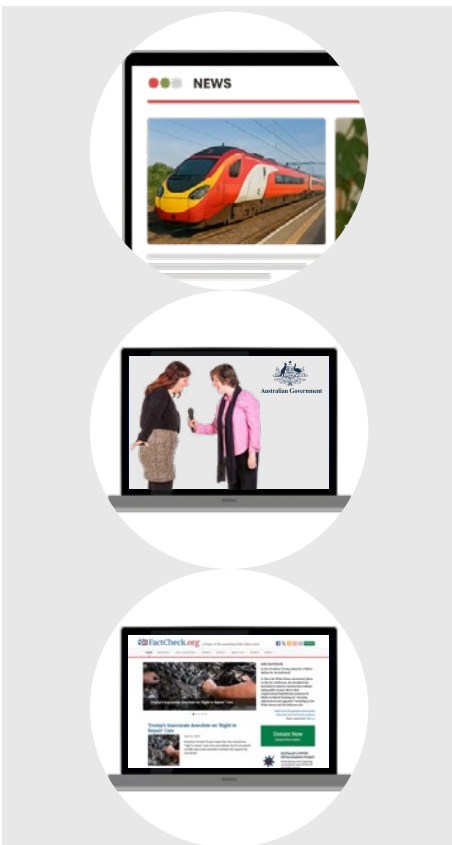
3. Check



Step 3 is to **check** if you are not sure if something is true or safe online.



You can ask the person who sent it to tell you where they got the information from.

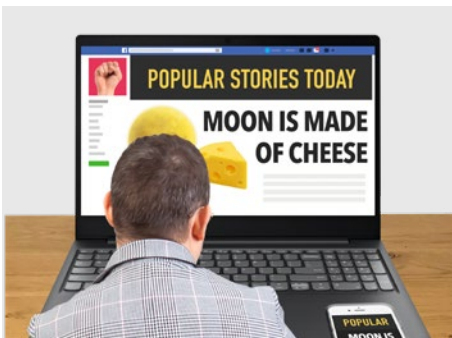


You can check other websites like

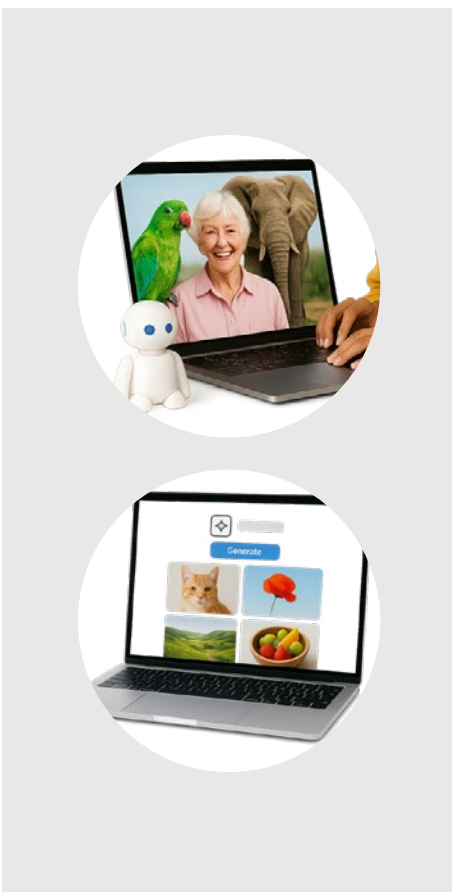
- news websites
- government websites
- sites to check information and facts like **factcheck.org**.



You can see if those sites say the same thing.



You can look for signs that a photo or video is fake.



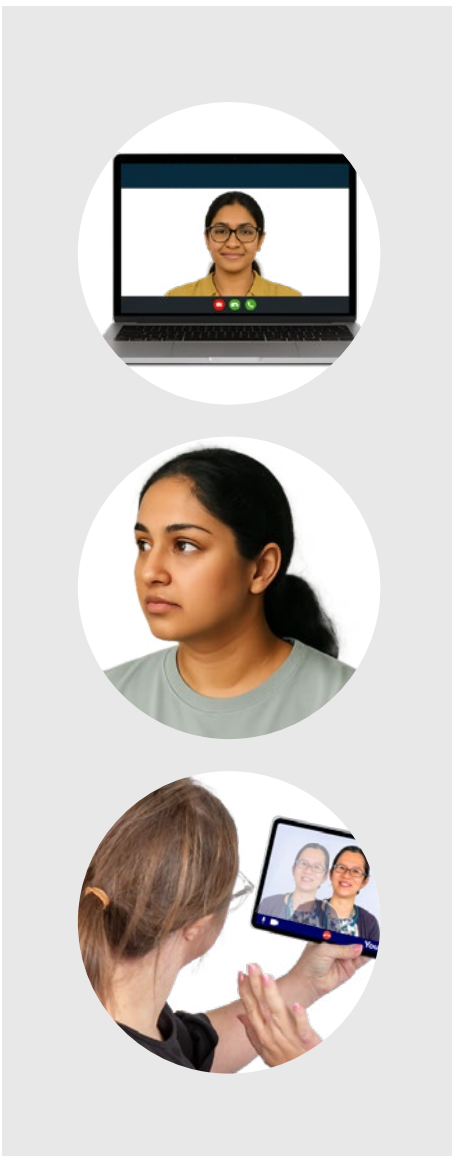
Some photos and videos that are fake

- have been changed

- have been made by a computer.



It can be hard to know if they are real.



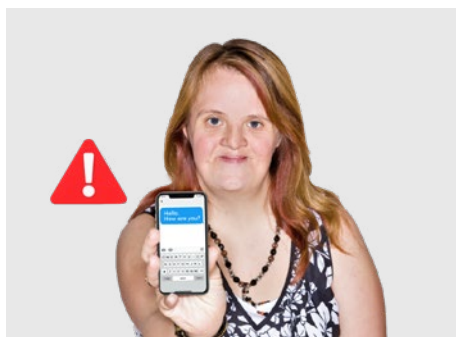
Some signs to see if they might be fake are

- the face or mouth does not move the right way
- the skin does not have any lines
- the video is shaky and confusing.

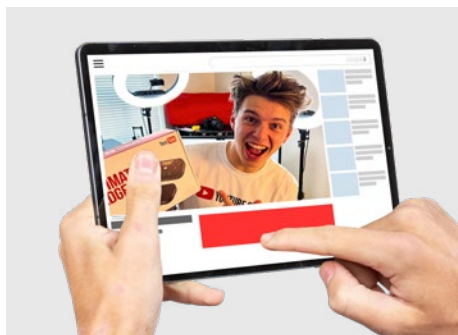
Warning signs



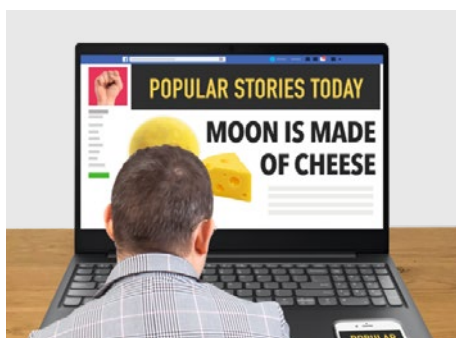
There are some **warning signs** to help you know if something online is not safe.



Warning signs are things that mean something might not be true or safe.



Some posts are meant to get you excited so you click on them or buy something.



Some posts have big letters to get you to click on them.

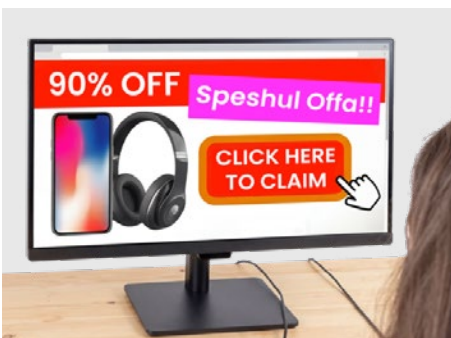
Some posts tell you things that sound too good to be true like



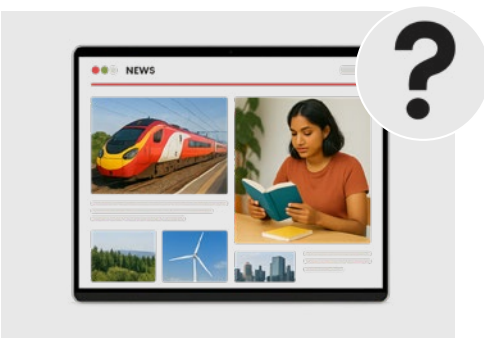
- free money



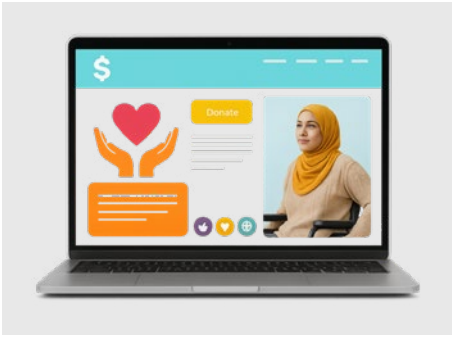
- a pill that says it fixes everything.



Some posts try to rush you by saying you must do something right now.



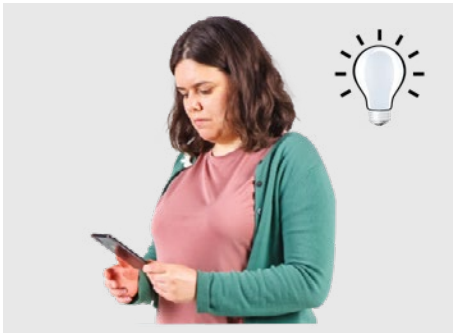
Some posts do not say where the information comes from.



Some photos or videos may look changed or fake.



Some email names or links may look strange or have mistakes in them.



If you see posts like these it is important to Stop Think Check.

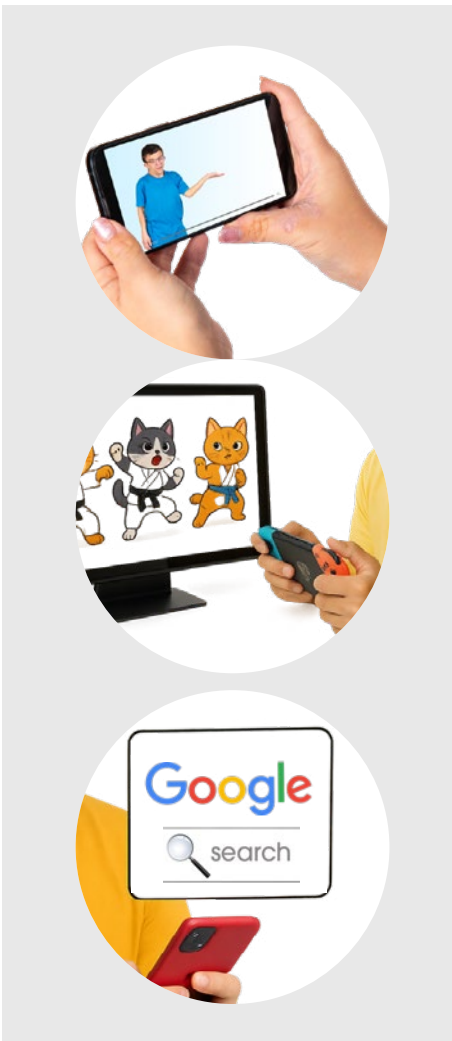
About algorithms



Another reason to use critical thinking is that many apps and website use **algorithms**.



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

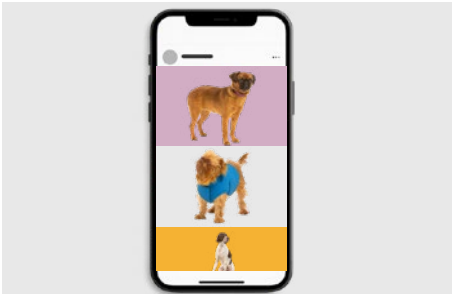


The algorithm looks at what you do online like

- the videos you watch
- the games you play
- what you search for.



Then it shows you more things like that.



Apps and websites use algorithms to keep you online to see ads.



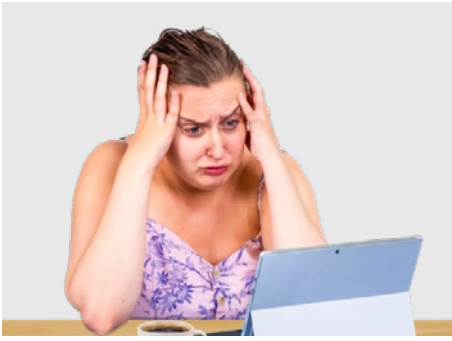
If you see more ads then the app or website gets more money.



Because of the algorithms you might see the same kind of things again and again.



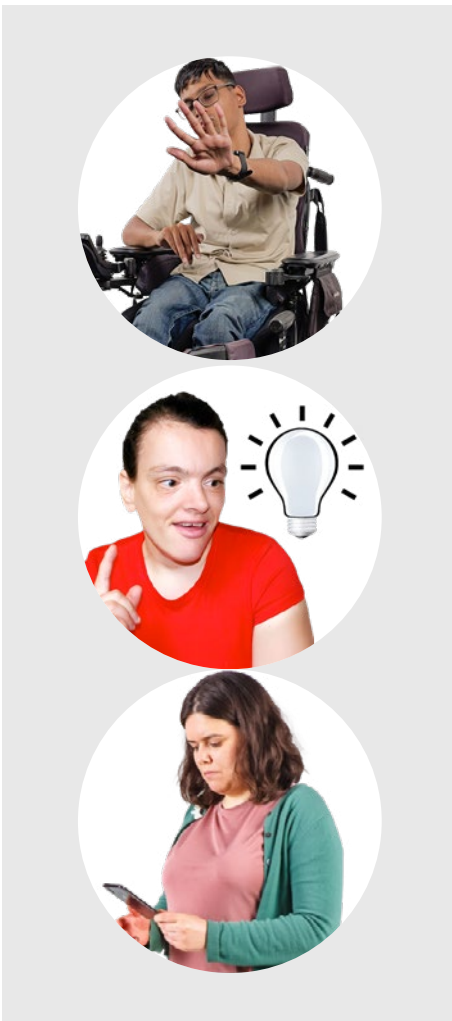
The more time you spent online the more algorithms choose things for you to see.



Sometimes what it shows you is not good for you.



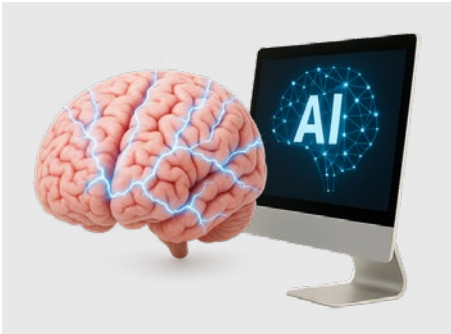
You may also see the same views and ideas all the time even if they are bad.



This is why it is really important for you to use critical thinking and

- Stop.
- Think.
- Check.

About Artificial Intelligence

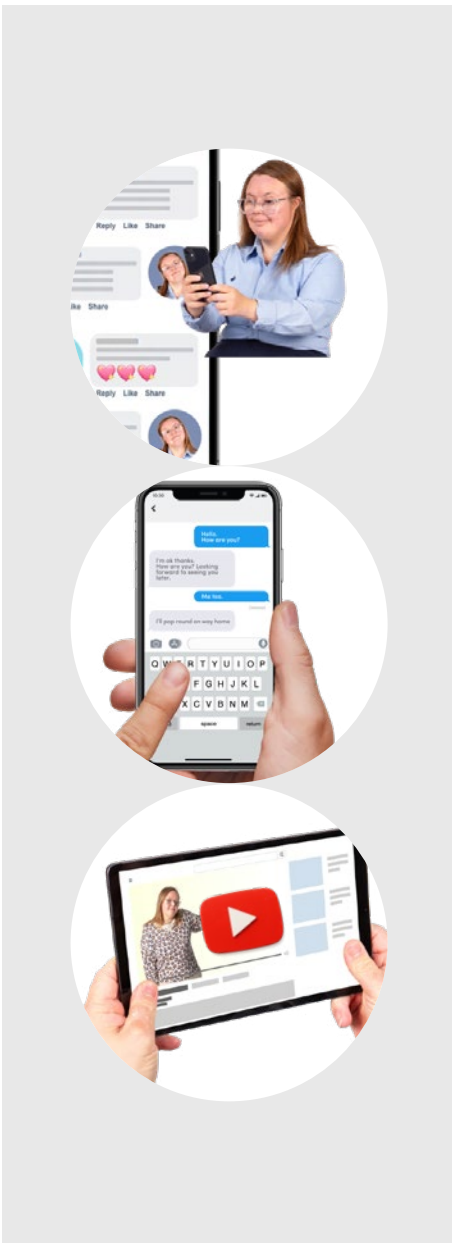


Artificial Intelligence is a computer program that can learn and think.

We will say **AI** for short.

AI can do things like

- answer questions
- write texts
- make photos and videos.





Another time to use critical thinking is when you use AI.



AI can sound like a real person.



AI can do fake things.



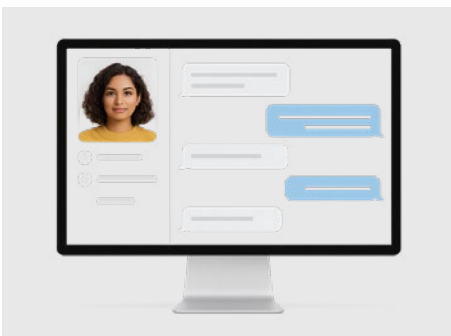
AI can sound sure even when it is wrong.



AI gets information from things that people made like books and websites.

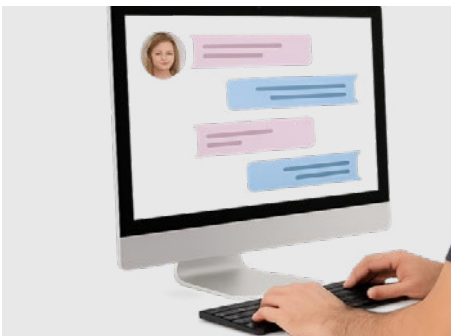


This means AI can also copy bad or mean ideas from people.

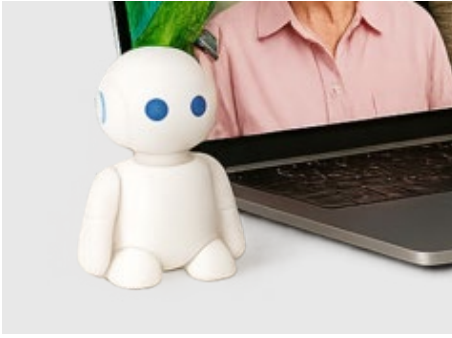


Some AI apps are made to chat with you like a friend.

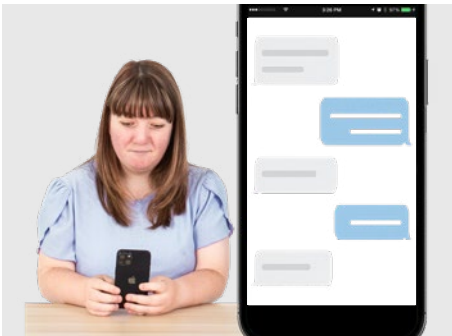
They are called **AI companion apps**.



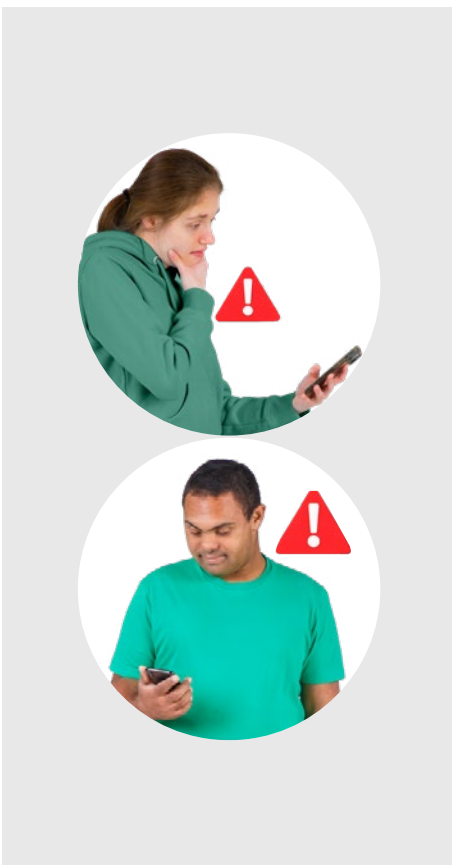
They can make you feel like you are close and support each other.



But they are not real people.



Sometimes AI companion apps can help with things.



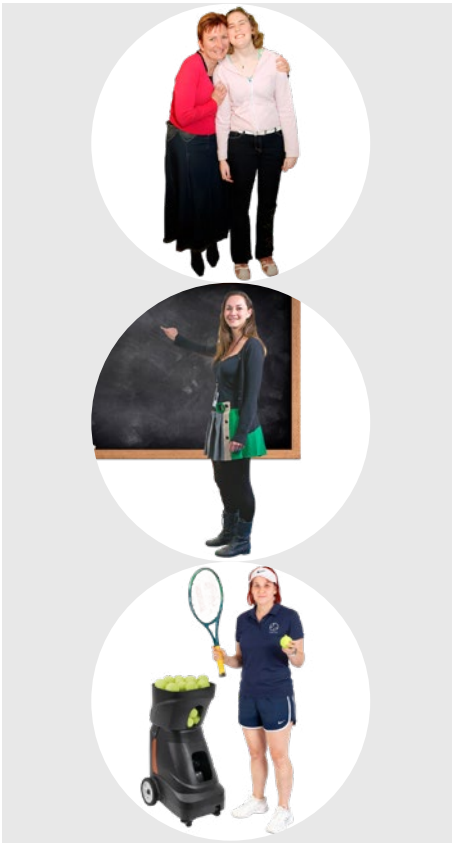
But they can also

- show things that are bad or not safe
- give bad information or say to do things that might hurt you.

How to get help



If you are not sure about something online it is good to get help.

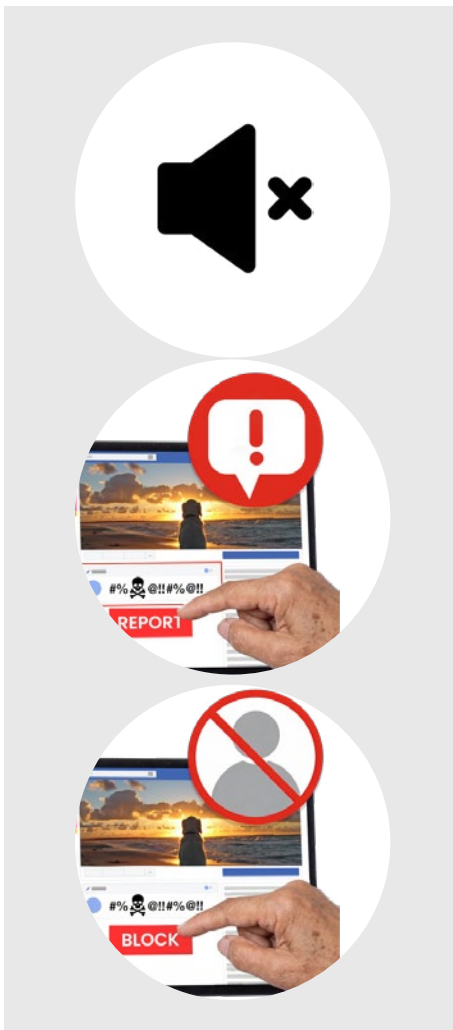


You could talk to an adult you trust like

- someone from your family like your parents or an aunt
- a teacher
- a coach.

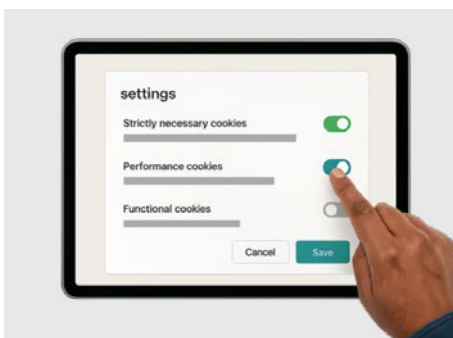


You can call the Kids Helpline on
1800 55 1800.

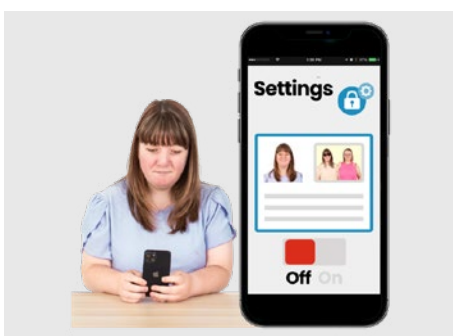


You can also use **account settings** and **device settings** to

- mute comments
- report bad things online
- block people who scare you.



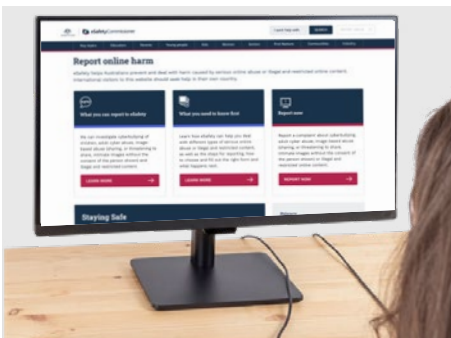
Account settings is where you can change things about your account like your password.



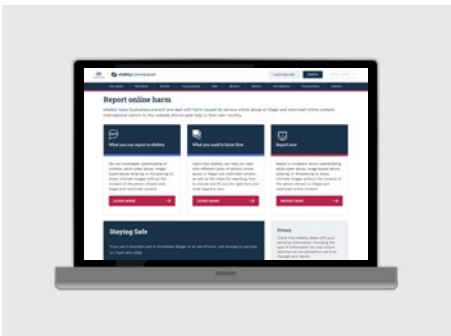
Device settings is where you can change how your phone or computer works.



You can tell the website or app about fake or bad posts.

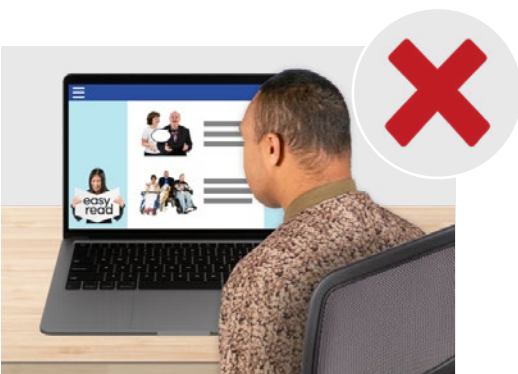


You can tell eSafety about it if the website or app does not help you when you do this.



For more information about this you can go to the eSafety website at

www.esafety.gov.au/report

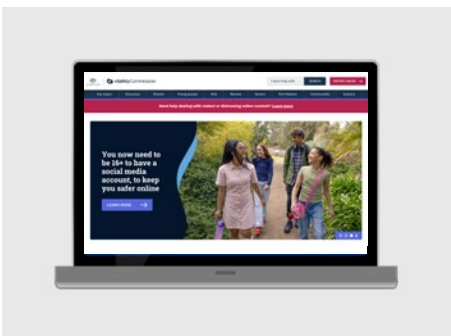


Most of the website is not in Easy Read.

More information



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



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

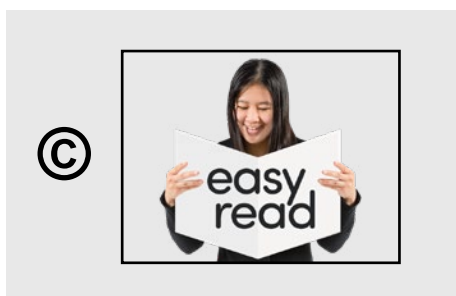


Most of the website is not in Easy Read.

Who did this Easy Read



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

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