

Stop Think Check

Workbook



Easy Read

About this workbook



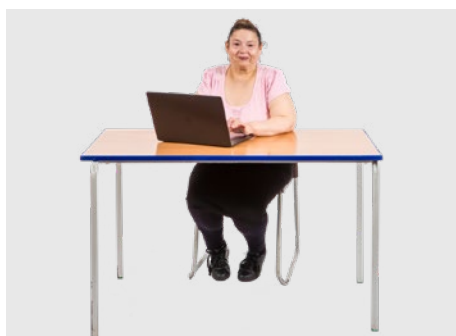
The **eSafety Commissioner** made this workbook.

We will say **eSafety** for short.

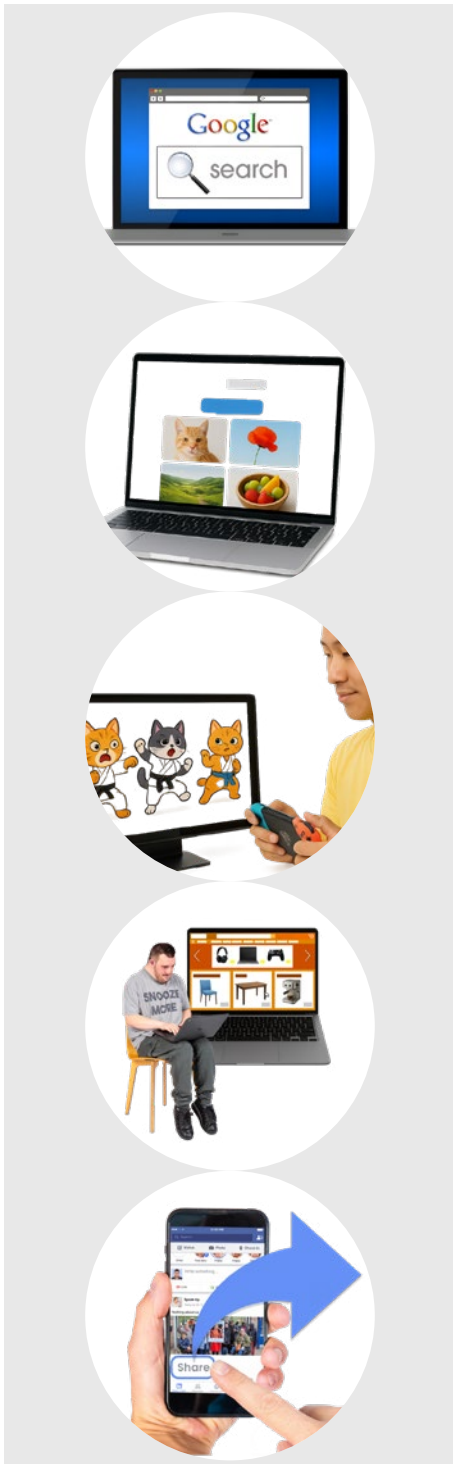


Australian Government

eSafety is part of the Australian Government.



eSafety support people to be safer **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 workbook shows you 3 steps you can take to stay safer online.

The 3 steps are



1. Stop



2. Think

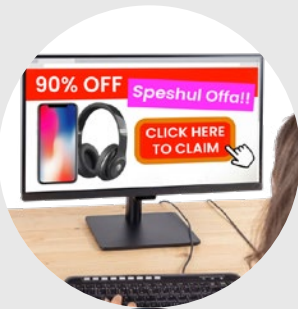


3. Check.



We will explain each of them to you.

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



- click a link



- share a post



- answer to a message



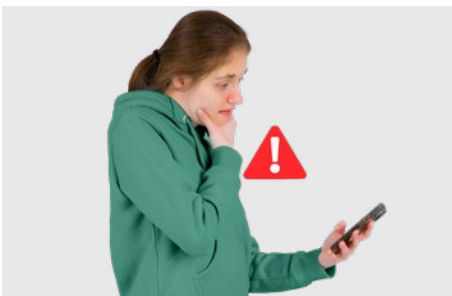
- send information like your address.



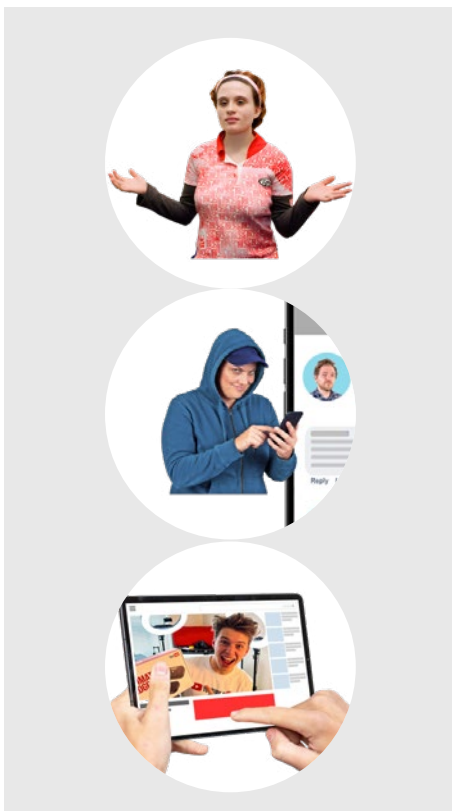
Step 2 is to take time to **think**.



You can ask yourself questions if there might be **warning signs**.

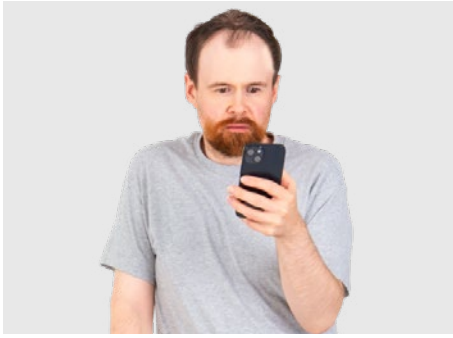


Warning signs are things that mean something might not be safe or true.



You could ask yourself things like

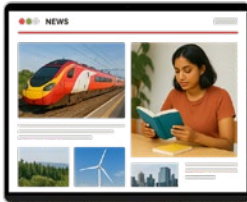
- can I trust this?
- what do they really want?
- is someone rushing me to do something?



Step 3 is to **check** if you think something is not safe or not true.

You can check other websites like

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

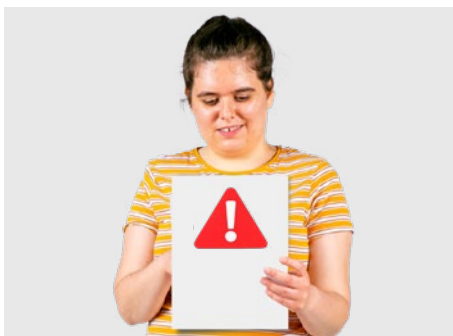




It can be easy to be tricked online.

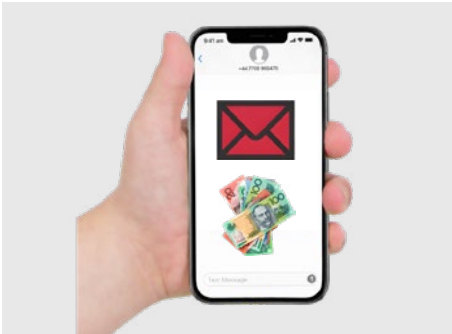


Try the **Stop Think Check** steps to help keep you safer online.

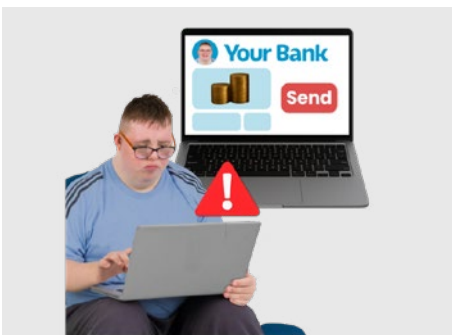


Next we will look at some stories that show you when you can use the Stop Think Check steps.

The fake job story



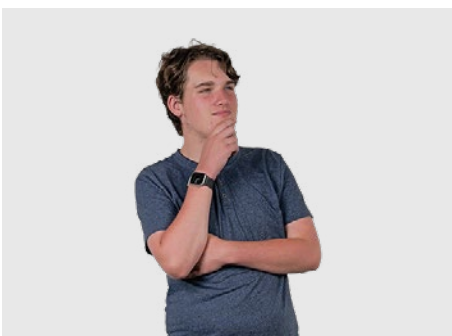
You might get a message about quick money for an easy online job.



The warning sign could be that the message asks for your bank information.



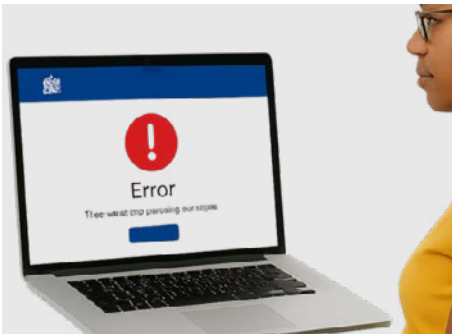
You **stop**.



You **think** about if the company that messaged you is real.



You **check** by looking up the company name online and find out if it is real.

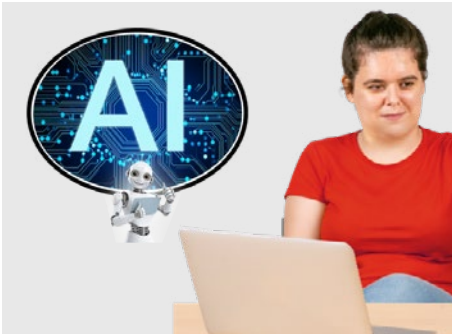


If you do not find the company it might be a fake ad.



You decide not to answer the message.

AI homework answer



You might use **artificial intelligence** for a homework question about koalas.



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

we will say **AI** for short.



AI then tells you koalas are from China.



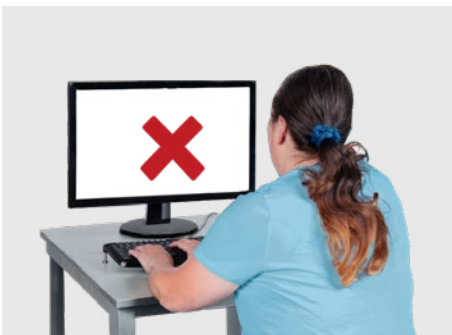
This seems wrong as you know koalas are from Australia.



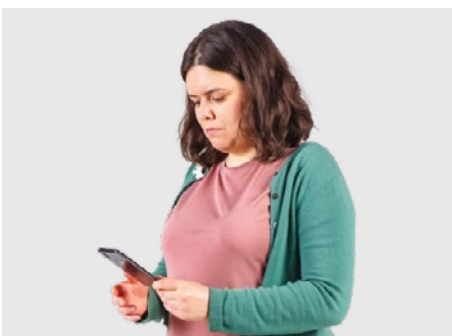
You **stop**.



You **think** about how you learnt this animal is from Australia.

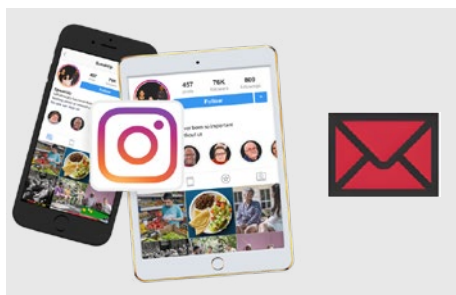


You do not believe the information or share it.

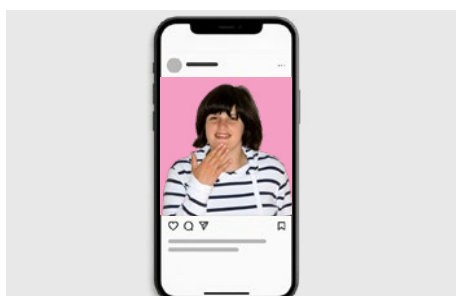


You **check** your school books and find out that the AI answer is wrong.

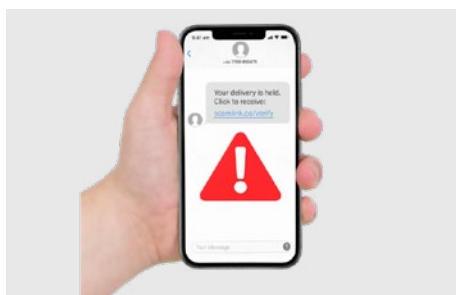
A message that looks like it is from a friend



You get a message from an app.



The account looks like it belongs to your friend.



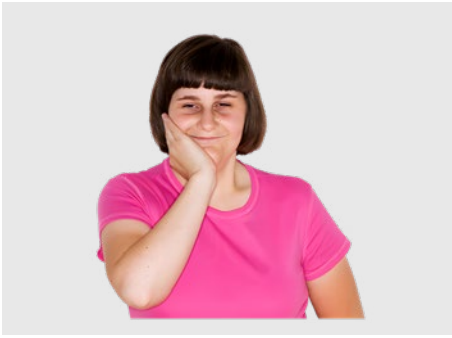
A warning sign is that the message asks you to click a link.



It also asks for your password.



You **stop**.



You **think** that this may not be your friend.



Your friend would not ask for your password.



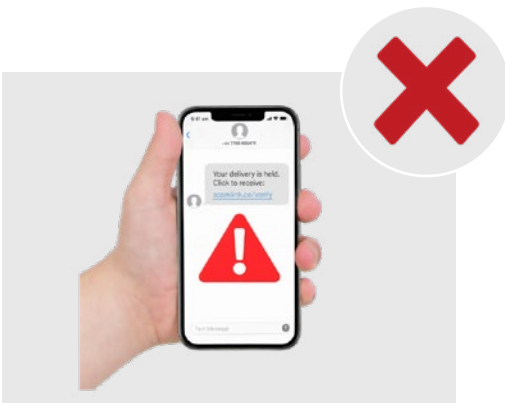
You **check** by texting your friend to ask if they sent you the message.



They tell you no and that their account was **hacked**.



Hacked means someone got into their account and did things to it.



You do not click the link or send your password.

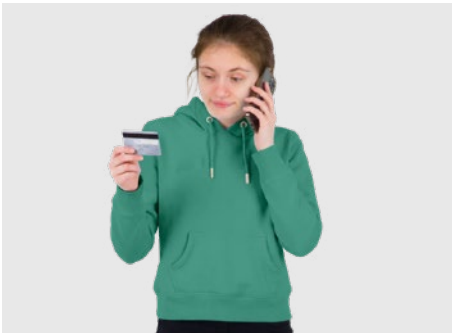
Selling skin care



A famous person online tells you to buy their skin care.



It is written in big letters and they say you can only buy it now.



They try to rush you to buy it.



You **stop**.



You **think** that there is no proof the skin care is great.



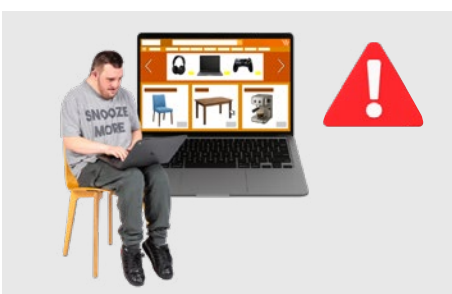
You **check** health websites about skin care.



You learn there is no proof that this skin care works.



You also learn the famous person gets paid to sell the skin care.

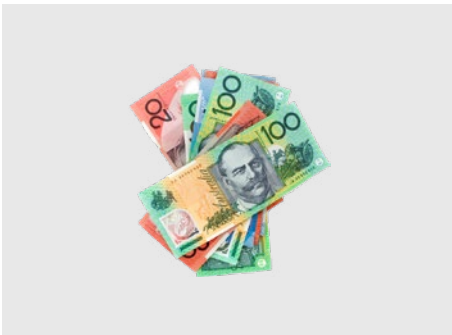


You learn that not all things are true or safe to buy online.

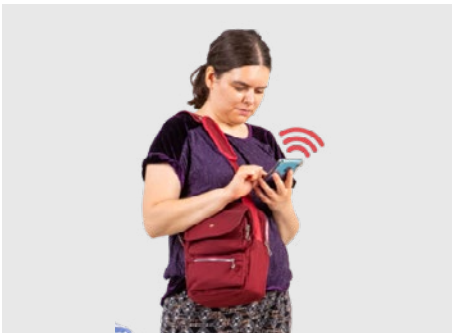
Text message from your mum



You get a text message from someone who says they are your mum.



A warning sign is that they ask for money right away.



You **stop**.



You **think** that when someone asks for money right away it is often a bad sign.



You **check** by calling your mum and find out that she did not send you the text message.



You know that you did the right thing not to send money.

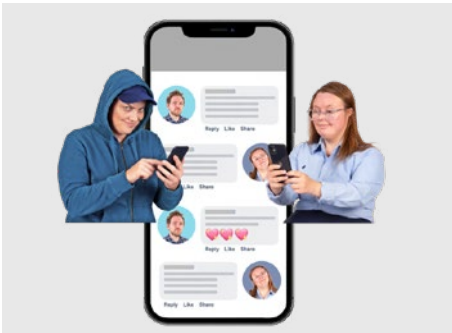
New gaming friend



You might make friends with a new player in a video game.



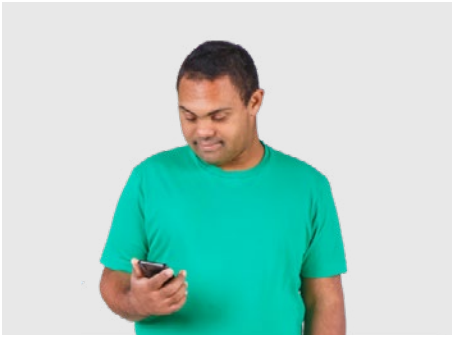
A warning sign is that they ask very private questions fast.



They also want to chat with you on a different message app.



They ask you not to tell anyone about it.



You **stop**.



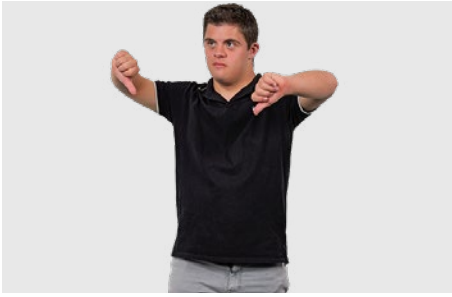
You **think** that it is strange they told you not to tell anyone about it.



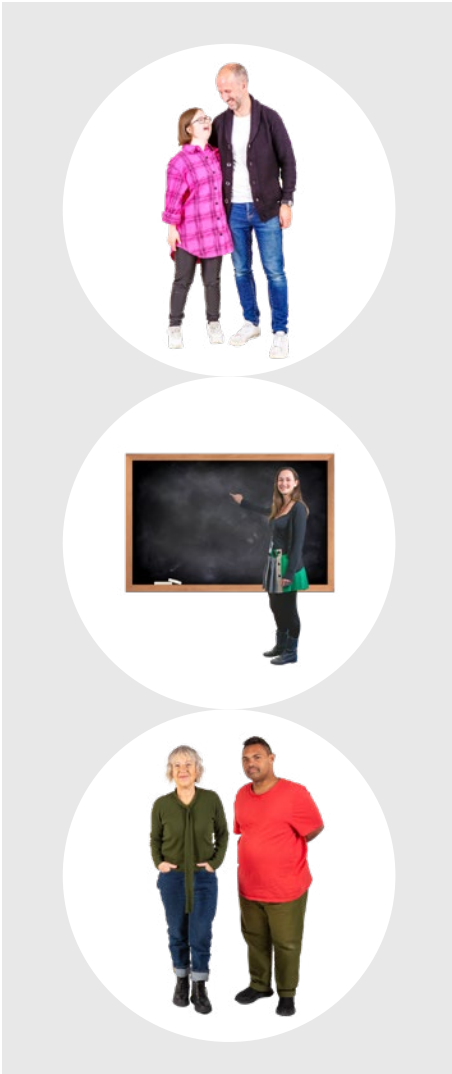
You **check** how it makes you feel.



You feel a little scared or unsure about it.



You decide that this is not right and you should not be in contact with the person.



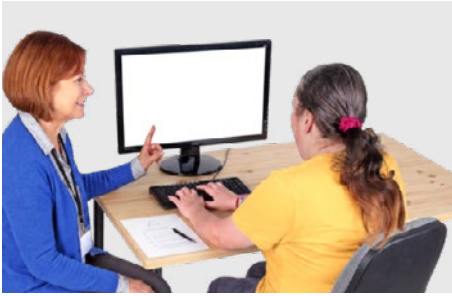
You tell someone about the person like

- a parent

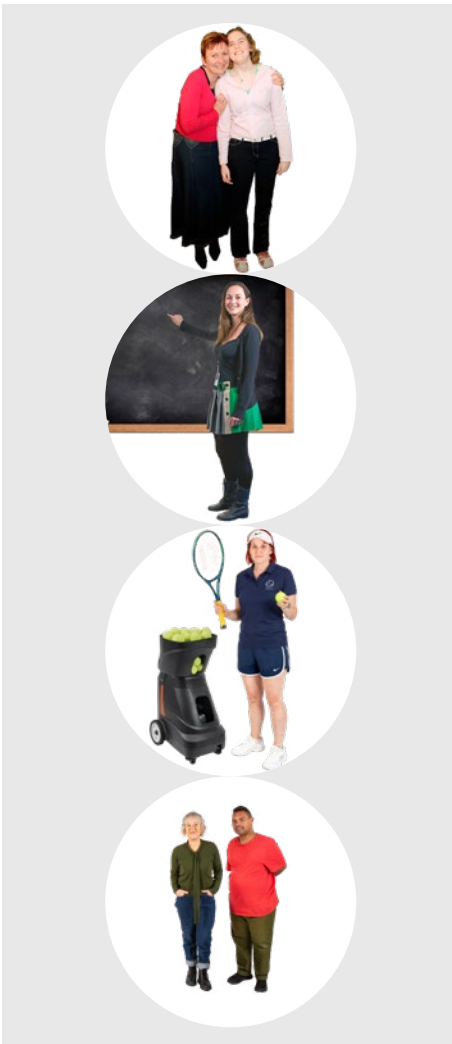
- a teacher

- a support worker.

How to get help if something happens



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

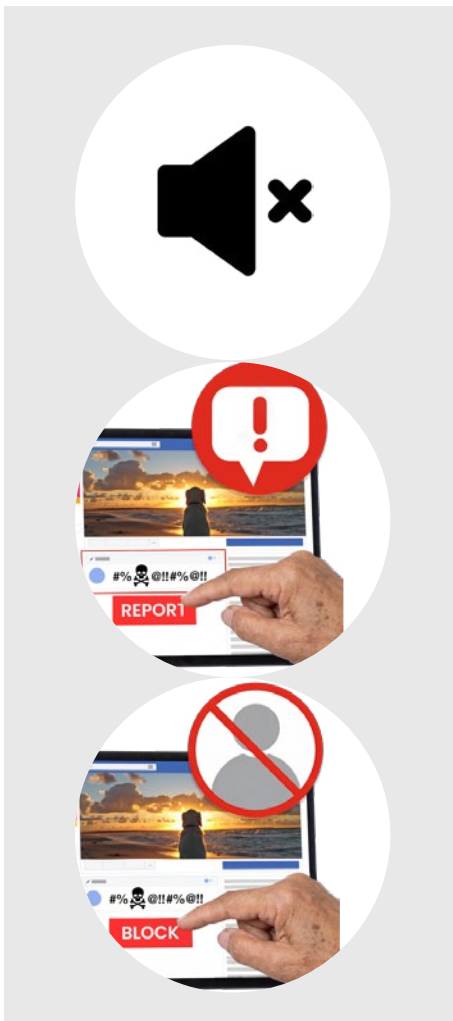


You could talk to an adult you trust like

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



You can call the Kids Helpline on **1800 55 1800**.

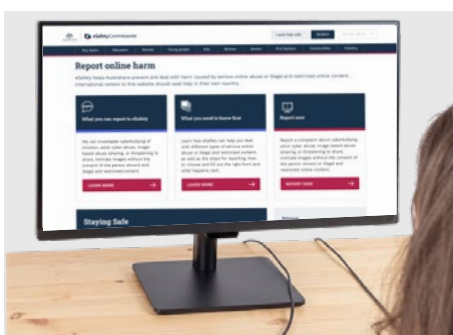


You can also use the settings on your phone or computer to

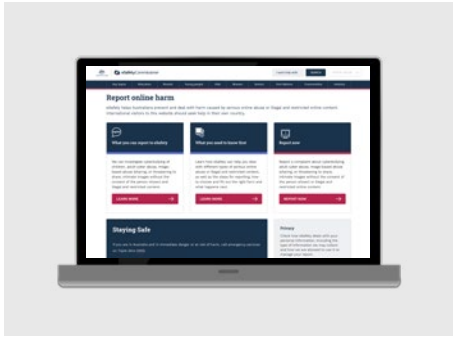
- mute comments
- report bad things online
- block people who scare you.



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

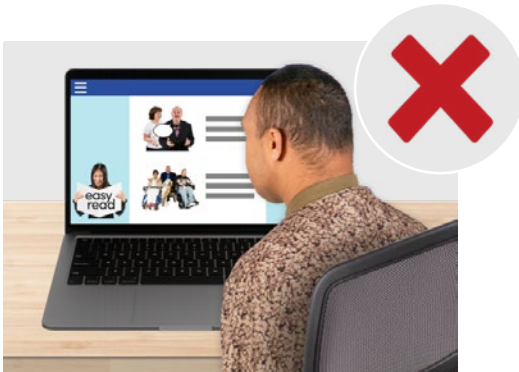


You can tell eSafety about it if the website or app does not help you.



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

www.esafety.gov.au/report

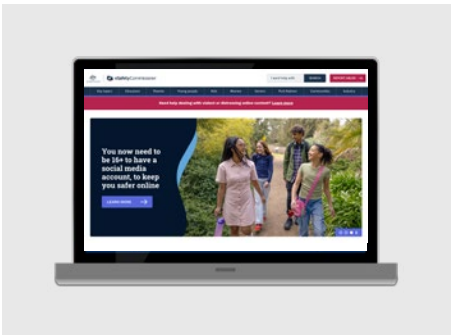


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More information



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

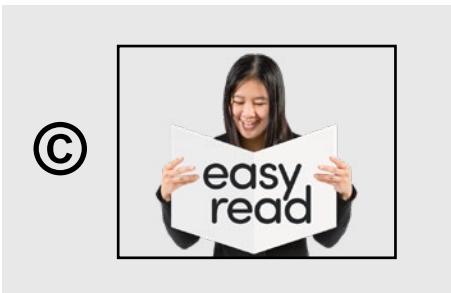


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Who did this Easy Read



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