

While spending time learning, connecting and sharing online can be enjoyable and fun, you may also have experienced some of the risks.

Online risks can include: bullying, harassment or abuse; being sent inappropriate photographs or messages; being asked to share images or information that makes you feel uncomfortable or unsafe; or being encouraged to participate in violent, dangerous or illegal activities.

## You can take action

If you are having, or have had bad experiences online that cause you discomfort, fear or distress, there are steps you can take to help protect yourself:

1. Take a break from following or connecting with certain people, or spend some time away from the internet if you need to.
2. Ignore friend requests from strangers – always make sure you know who a person is before adding them as a ‘friend’.
3. Unfollow, unfriend or block people who you no longer wish to interact with. Remember, it’s okay to refuse to connect with someone if you don’t want to.
4. Delete comments that other people post on your profile or messages they send that upset you.
5. Report anything that makes you feel upset or unsafe. If you see content that you believe violates the policies of the platform you’re using, report it to them. For more information on how to report people, groups, posts or messages on Facebook, visit the [Help Centre](#).

You may also wish to read [Facebook’s Community Standards](#) to learn what is and is not allowed on the platform.

6. Don’t post your personal details, as this could be seen by many people. This includes your home address, school name, family details, bank accounts or passwords.
7. Ask someone you trust for advice or support. This could be a parent, brother/sister, teacher, church or community leader, or a friend.
8. For urgent support, contact a local support organisation, or the local authorities.

For [more information](#), you may find these additional resources useful:

[netsafe.org: Advice for Young People](https://www.netsafe.org/)  
[getsafeonline.org: Protecting Yourself](https://www.getsafeonline.org/)

