The internet and mobile phones provide great ways to express yourself and communicate with others. It's important to make sure they're used responsibly so that everyone has an enjoyable online experience.

It's all about respecting yourself and others.

1. Use a strong password, a combination of upper and lower case letters, numbers and symbols, eg P@$$w0rd!

2. Don't believe everything you read - make sure you know it's coming from a reliable source.

3. Don't give out any private information over the internet or mobile phones about you, your family and friends, or other people you know. Think about what information you are revealing in a photo.

4. Think before you share! Once it's on the internet you can't take it back and it can have a negative impact on your digital reputation.

5. Don't hide behind a computer screen, if you wouldn't say it to their face, don't say it at all!

6. Don't post inappropriate or illegal content anywhere on the internet.

7. Make sure your social networking profile is set to private or friends only (check your privacy settings).

8. Only accept friend requests from people you know and trust - even if it is a friend of a friend it's not a good idea to add them unless you actually know them.

9. Tell your friends to ask for your permission before uploading and/or tagging a photo of you, and do the same for them.

10. Don't click on any links that are embedded in emails - type the URL into the browser and go from there.

Most importantly, know where you can go for help! Speak to an adult you trust if something makes you feel uncomfortable online or on a mobile phone. You can also contact:

- Reach Out: www.reachout.com.au
- Bullying. No Way!: www.bullyingnoway.com.au
- Kids Helpline: 1800 55 1800
- Youth Beyond Blue: www.youthbeyondblue.com
- The website, application or phone carrier that you were using at the time