

Online safety tips from The Carly Ryan Foundation Inc.

Always set your Facebook/Myspace profile to **PRIVATE**

To make your Facebook profile private

1. Log into your Facebook account
2. Select 'Account' on the top right hand corner of the screen.
3. Select 'Privacy Settings'
4. Select 'Profile Information'
5. Adjust all settings to 'Only Friends' That way, only the people you have in your friends list can view your photos, wall, contact information etc. Avoid accepting friend requests from people you don't know, you never know who's on the other end.

To make your Myspace profile private

1. Sign into your Myspace account.
2. Select 'My Account' on the top right hand corner of the screen.
3. Select 'Privacy'
4. Change all settings to 'Only My Friends'
5. Remember, don't accept friend requests from people you don't know, you never know who's watching you!

Change your profile picture to anything other than a photo of yourself e.g.; favourite band, artwork etc...

Online predators often scan profile pictures looking for a potential victim

Check your privacy settings regularly as Facebook often resets privacy settings without notification

Adjust your privacy settings to ensure only accepted friends can see your information and don't put too much detail on your profile, never list your phone number, address, place of employment, school details or email address... Would you give your personal information to a stranger on the street? Online "friends" are strangers too!

Be really careful, think twice before posting any information on your profile... you don't know who could be viewing your information!

Facebook has added an application called "PLACES"

Anyone can find out where you are and when you are logged on, it gives actual address and map locations of where you are

To undo - Go to "Account Settings" then to "Notifications"

then scroll down to "Places" and uncheck the two boxes and make sure to SAVE the changes.

Be very selective of the "friends" you add on Facebook and Myspace...

Don't add people just for the "count" your personal profile is not a popularity contest, how many people on your "friends" list do you actually know? Is it worth the risks!?

Have you ever added someone who you think is "super cute"?

It is not uncommon for the identities of musicians, photographers and other popular professionals to be stolen and used to lure you.

Fake profiles are very common! Do a bit of background checking...

Anyone can download photos from the Internet and claim its themselves, ask the person to prove their identity via webcam. Make sure the face you see matches up with the photos! If they only have photos of themselves and no friends this is an indication they're a fake!

If the person has given you their email address check:

<http://www.peakyou.com/>

It seems creepy researching people, but Carly Ryan's killer had in excess of 200 different fake profiles.

All you have to do is search an email on Facebook or MySpace, these people do slip up occasionally.

Google details, ask around in school, look in the phone book, etc. You have to get as much information on them as you can to make sure they are the person they say they are (age, school etc.) You can't be too cautious.

Call them with an unlisted number; turn your caller ID sending off (remember Text messages always give your number) or use a phone box.

DO NOT let anyone pressure you into anything at all! Trust your gut instinct! Avoiding questions, changing the subject, anger over simple personal questions means they probably have something they want to hide!

Profile passwords are yours, don't share then they can be used against you

Don't bother responding to nasty or suggestive messages, if an online "friend" asks you inappropriate or sexual questions this is a "RED FLAG" Stop communication immediately!

Never hesitate to BLOCK individuals that make you feel uncomfortable online

If someone offers you something that seems too good to be true, it probably is... **WATCH OUT!!!**

Rather than talking to someone online about personal problems reach out to someone you know and trust who will listen

Be aware that GPS enabled devices such as mobile phones and digital cameras insert the location details of where your photo was taken on to your picture. If a predator sees this they can find you with Google maps...

Disable GPS location details on your device and to be sure crop and rename your photo before posting online, remember to think carefully before posting any photos online, once they are posted they cannot be retrieved. Are you aware that once you post photographs on Facebook they become the property of Facebook, anything can happen to your photo, read this in the "Terms and Conditions"

Remember people you have met online are actually "strangers" no matter how long you have been talking to them. Never agree to meet anyone face to face. If an online "friend" requests a meeting tell your parents, carer or a friend. If you are determined to meet, take somebody with you preferably during the day. Notify your parents where you are going, take your phone, meet in a public place so you can leave easily and safely if the person that shows up is not who you expected them to be!

PLEASE NEVER EVER MEET ANYONE ALONE!!!

If you would like one of our online safety brochures just email the foundation. Take the steps to protect yourself from becoming an online target, share this information with your friends and look after each other online <3

IF YOU HAVE INFORMATION ABOUT CRIMINALS AND THEIR ACTIVITIES CONTACT **CRIMESTOPPERS ON 1800 333 000**

OR REPORT ONLINE AT www.crimestoppers.com.au

YOU CAN REMAIN ANONYMOUS AND REWARDS ARE AVAILABLE

BE SAFE OUT THERE! X

If you need support or help please email

The Carly Ryan Foundation anytime at carlyryanfoundation@live.com.au

We are here to help! (;

Information for Parents

Keep your lines of communication open with your kids, let them know they can come to you with any issue and you will be there to listen and help

Place your computer in a neutral place in the home so you can easily supervise your child's Internet activity

Monitor the amount of time your child spends on the Internet each day. Set a time limit for how long your child can spend online each day, avoid late evening as this is a dangerous time for any young person to be online. Excessive time online, especially at night, may indicate a problem.

Know your child's online activities and friends, you can even become a "friend" of your child just to check in from time to time

Be sure your child uses privacy settings, always set Facebook/Myspace profiles to private... you need to check privacy setting regularly as these sites sometimes update removing your privacy settings without notice

Regularly check the sites your child uses, such as social networking sites to see what information they are posting

Check all photos and videos before your kids post them online

Discourage the use of webcams and mobile video devices

Webcams in bedrooms = DANGER!!!

Teach your children to never give personal information over the Internet, such as name, address, telephone number, password, parents' names, the name of any club or team he/she is involved in, name of his/her school, or after school job.

Limit your child's Instant Messaging to a parental approved buddy list. Regularly check your child's buddy list to ensure that it has not been altered.

Know your kids' online activities and friends. Regularly ask your kids about their online friends and activities. Role play with your child various dangerous scenarios that they could encounter online. Use parental controls/filtering or monitoring technology which block access to dangerous sites and activities.

Establish online rules and an agreement with your child about Internet use at home and outside of the home (i.e., at a friend's house, at school, at the library, etc). Spend time online alongside your child and establish an atmosphere of trust regarding computer usage and online activities. Remind your child that Internet use is a privilege, not a right.

Check with your child's school to see if student projects, artwork, or photos are being put on school websites. Schools need to be reminded of that risk and encouraged to allow access to student activities posted on the school's website by password only.

Instruct your kids never to plan a face-to-face meeting with someone that they have met online. If they are determined to meet an online "friend" go with them, meet in a public place, stress to your child that meeting someone alone is very dangerous, their choices can be taken away from them very quickly.

ONLINE MEETINGS DON'T ALWAYS END IN TRAGEDY, THE PROBLEM IS THEY CAN, THERE IS ALSO RAPE, ASSAULT AND KIDNAPPING TO CONSIDER. POLICE ARRESTS OVER 400 ONLINE PREDATORS AND PAEDOPHILES EACH YEAR, THESE NUMBERS ARE RISING RAPIDLY!

Please do not hesitate to email

The Carly Ryan Foundation at carlyryanfoundation@live.com.au if you have any further questions, require a copy or would like a copy of our online safety brochure for your kids x

We also offer a counselling service for victims of internet crime

Email carlyryanfoundationcounselling@live.com for further information

IF YOU HAVE INFORMATION ABOUT CRIMINALS AND THEIR ACTIVITIES OR YOU FEEL YOUR CHILD MAY BE IN DANGER

DO NOT HESITATE TO CONTACT CRIMESTOPPERS ON 1800 333 000

OR REPORT ONLINE AT www.crimestoppers.com.au

YOU CAN REMAIN ANONYMOUS AND REWARDS ARE AVAILABLE

* INFORMATION SUPPLIED BY THE CARLY RYAN FOUNDATION INC COMMITTEE & FRIENDS *