

#Play it Fair Online

Staying safe online

Use these tips to find out how to respond to online abuse and take control of your online safety - whether you're in the workplace or at home.

1. Manage the voices you engage with

You can control what you see and hear online. Conversation controls help you manage your social media feeds and make sure these platforms are a more positive place for you to spend time with your community online.

Check out the available conversation controls for some popular social media platforms:

- [Twitter](#)
- [LinkedIn](#)
- [Instagram](#)

For other apps and to learn how to mute, block or unfollow people to minimise the harm of online abuse, check out [The eSafety Guide](#).

2. Update your security and privacy settings

It's a good idea to regularly check security and privacy settings. eSafety recommends using different, strong passwords for each online account, and signing out when you're finished.

You can add two-step verification (also known as two-factor authentication) for extra protection. Your answers to security questions should be things that no one else can learn. Find out more about how to secure your accounts in our [how-to videos](#).

Take a moment to check the privacy settings on all your devices and apps. Social media sites have privacy settings to help you control who sees your posts. You can also adjust your settings to manage who can send friend requests.

Check out [The eSafety Guide](#) for more information on privacy settings.

3. Take charge of your location settings

Location settings are important for map apps and all types of technology, but they can also be used to track you – with an intent to cause harm. You can choose when and who to share your location with.

Remember, social media apps and Bluetooth technology that's used for sharing files and connecting to devices, can also track your location. You can turn these features off when you don't feel safe.

Get more information on [locations settings](#).

4. Make it a habit to collect evidence of online abuse

Our research shows that people, particularly women, typically downplay online abuse – especially when they experience it as part of their working lives. You can change this by collecting evidence of the online abuse you receive and this will help others to help you.

Take a screenshot and save a URL – which you can use if you choose to report online abuse.

eSafety offers step-by-step guidance on [collecting evidence](#) if digital technology is being used in an abusive or threatening way. Although it is important to collect evidence, it is even more important to stay safe. Make sure evidence is only collected when you feel it is safe to do so.

5. Raise your voice about online abuse

Online abuse should always be reported to the relevant platforms and, depending on the level of harm, you can also [report to eSafety](#) or the police.

Instagram, Facebook, YouTube and other social media sites provide community rules to follow. If you or someone you know sees something that's not respectful, you can anonymously make a report and ask the site to remove it.

For advice and support or to report online abuse, go to [eSafety.gov.au](https://esafety.gov.au)