# Transcript- Cyber ambassadors are safe online podcast

00:00:10 Speaker 2

Hello and welcome.

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To the podcast.

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Today we're exploring ideas around cyber safety and how our young people are keeping safe online.

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Today, we're going to hear from students.

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Across both primary and secondary schools from the New South Wales Department of Education.

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So, I've had the

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privilege to collect some thoughts and ideas from the Ministers Student Council.

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These are students that are part of a group called the Department of Student Voices in Education and Schools or DOVES for short.

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So, DOVES big shout out to you guys.

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Thanks for sharing your ideas.

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What are the games, apps and sites?

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that students at your school are using? Hannah,

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over to you first.

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One of the apps my friends and I use is WhatsApp.

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As you're only talking to your friends there and aren't in massive groups with people you don't know for privacy.

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Private chats are really good as you were talking directly to the person or people you want to talk to, rather than having lots of people looking in

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on your conversation.

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Of the apps that.

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students using my school

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are Instagram, Tik Tok, Snapchat messages, FaceTime, Zoomerang, Roblox, Minecraft and many more.

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Second, let's now take a moment and think about what the benefits are of these apps that you're using.

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The online world is brilliant.

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We're really quite lucky and quite privileged to have it.

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It's an amazing tool for socialisation education advocacy.

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Proving yourself right in an argument.

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The list goes on.

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The Internet is fun to use.

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Games, social media, chat with friends.

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Just having fun online.

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I personally use the Internet pretty much every day.

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I use it for school homework to record this stream shows text, friends, play games, whatever.

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But it's important to still be safe and smart.

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I think using the Internet for school is really useful, as it's usually fast and easy to use and there are so many resources nowadays.

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Some of the positives of being online include easy access to information to inform and educate yourself

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Maintaining and developing supportive relationships and forming your own identities and ideas separate from those of your parents and peers.

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Now in this next section we want to look at what are the challenges or risks associated with using these online tools, apps or games.

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And I want to bring in more of our DOVES and really explore this idea.

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I personally like to use social media, connect with friends etc, but if you

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meet someone online that you don't know in real life,

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you don't really know them.

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Internet addictions, information overload, and public boundaries being crossed are all things that could have negative impacts on you.

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But these negative negatives are able to be monitored and be less likely to occur with proper education of what to share and do online.

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A massive problem with the Internet and social media is that it's really easy to remove ourselves from reality because it only happened online.

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Since they expose you to the world, it also exposes you to bullying, misinformation, negative comments, unrealistic views of people, lies.

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Some risks of using the Internet is that you don't always know who's on the other side of the screen.

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Now we're thinking about younger students this time.

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What would you tell younger students

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who wanted to

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start using these tools and the apps that you've now talked about?

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I guess I would just say be cautious with what information you put in.

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For example, you might be setting up for something on the web

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and it asks you a bunch of personal questions to put in your profile.

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First of all, remember that this information is going on the Internet.

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Check to see who's going to be able to see it.

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Second of all, don't put any information that doesn't have to be here.

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If you're signing up for this site and it says it needs your address for your bio on your profile, maybe there's an option to not include that.

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Don't put personal information on the Internet, you don't know who's going to be able to find it.

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Security is really

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important when it comes to social media.

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So also, please make sure that your accounts are private.

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Your account should be on private.

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You should not be letting anybody see your account.

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You should be accepting them 'cause you know them.

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Or make sure your usernames are not your actual names.

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Be aware of cyberbullying

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that may go on when using the Internet or interactive apps.

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You need to stand up and speak out when you

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see something that isn't kind or doesn't feel right.

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Or you could be a friend

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to the person being bullied and let them know that you're there for them.

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And if necessary, report the bullying and

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asks for help.

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Essentially, if you see inappropriate content or content that you don't want to see then you can block or afford it to the game developers,

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the social media platforms or tell it to a trustworthy person such as a parent.

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And just remember, always be kind online.

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If you wouldn't say it to a person's face, why would you say

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it through a screen.

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Giselle, if someone has encountered cyber bullying or hate speech or something awful, has happened to them online

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where can kids go to get help?

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A good resource is kids helpline. They're always open 24/7.

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And if you feel.

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Like you're getting bullied or cyberbullied,

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you can just go to them

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whenever you want.

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And remember to

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report any cyber bullying to the site you're on, or safety sites like eSafety Commissioner to help make the Internet a safer and more enjoyable place for everyone.

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What do you think the key things that everyone needs to know about, about being online?

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Social media is a great way to connect with each other, support others and feel supported as well.

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Don't take everything at face value.

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You don't know who wrote that, if it was fact checked,

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if they are accredited experts,

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or if they are just

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writing what they want to write.

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If it is important information, maybe health related, it's good to always check you're getting the right information.

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This could mean checking if it appears anywhere else, researching the author or the website.

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Please be cautious of clicking on links or colleagues or downloading anything that comes from someone you don't know or you don't expect, because you can get hacked.

Make sure your passwords are not basic, such as your name or your birthday, because this could link to your account getting hacked.

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Yeah, all my social media platforms are on private.

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I have to let someone like

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follow me, I have to let, before they can see what I'm posting and I think that's something that everyone should be taught from a young age.

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Every single thing you post, say, tweet or stream, regardless of if you delete it or not, we'll always have traces of existence forever.

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Because of this, it's extremely important

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to always think.

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About what you're putting up on social media.

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Nothing goes away.

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You may think that.

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You did something four years ago and it's gone.

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It's not.

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Now your best tool on social media are your privacy settings.

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This includes who can follow you, who can message you, and who can view your posts.

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Blocking and reporting is also an important tool when it comes to being cybersafe.

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I think whenever you do anything or post anything online, a good test is the grandmother test.

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And that is, if you wouldn't say it or you wouldn't do it, or you wouldn't show it to your grandmother, then you shouldn't say it, do it, or show it to anyone.

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Well, that's the end of today's

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Podcast. Thank you so much for listening to the wonderful insights from the DOVES.

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All these ideas and thoughts were recorded individually by each of the DOVES.

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Some with the help of parents and some with the help of teachers at schools.

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And it's been my wonderful privilege to be able to take the best of the gold from these guys and bring it to you guys today.

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If you have any questions about cyber safety head to the Department of Education's website and search for cyber safety.