Social networking sites such as Facebook, Twitter and LinkedIn are used to stay in touch with friends, make new friends or business connections and to share information and opinions about topics we’re interested in.

While most people who use social networking sites are well intentioned, you need to be careful about the information that you share and how you protect it.

People can inadvertently or intentionally use your information to embarrass you or damage your reputation, or to even steal your identity.

The Australian Government’s Cybersafety Help Button also provides internet users with easy online access to cybersafety information and assistance available in Australia. The help button is free and available at http://www.dbcde.gov.au/online_safety_and_security/cybersafetyhelpbutton_download.

Visit www.staysmart.online.gov.au for further information on how to protect yourself online.

Here are some steps to help protect you when using social networking sites:

• set your online profile to private and be discerning about who you accept as your ‘friend’
• protect your accounts with strong passwords
• never use the same password that you use for your bank or email accounts and have a different password for each social networking site so that if one password is stolen, not all of your accounts will be at risk
• think before you post – ask yourself if the information you are sharing is something you want your family, friends or future employees to see
• don’t post information that would make you or your family vulnerable – such as your date of birth, address, information about your daily routine, holiday plans, or your children’s schools
• don’t post photos of you or your family and friends that may be inappropriate – or that your family and friends haven’t agreed to being posted
• never click on suspicious links – even if they are from your friends – as they may have inadvertently sent them to you
• be wary of strangers – people are not always who they say they are. It’s a good idea to limit the number of people you accept as friends
• always type your social networking website address into your browser or use a bookmark.