

Phones and social media

For children and young people in care



If you've got a phone or you're on social media, you've got rights.

This guide walks you through your rights, how to stay safe, and what to do if something doesn't feel right. You've got support, and you've got choices.

You have the right to:

Have your voice heard

Safety and protection

Privacy

What this means for you...

You should have a discussion with your foster carer about having a phone or device and about household rules for using phones and social media.

You can be part of decision-making about which apps, phones and devices you are okay to use.

You can only use social media platforms that are for people your age. Apps have different age rules, so make sure to check them.

Be safe and respect others by:

- not bullying.
- not sharing of unsafe or inappropriate content
- not contacting or responding to unsafe people.

Ask for help from your foster carer or Child Safety Officer if you:

- feel unsafe
- are being bullied
- need advice.

You have the right to privacy when you communicate online as long as you are staying safe.

Think about safety and privacy issues when you share photos or information. This means:

- not sharing personal information like your address, school, or family history
- not sharing information about your foster carer.

Your foster carer will...

Make sure you are included in a discussion about setting household rules for phones and social media.

Support you if something online makes you feel unsafe, worried or unsure.

Talk with you and your Child Safety Officer if there are concerns about your safety online.

Only take your device as a last option and never take it forever. They must talk to you and your Child Safety Officer about why and for how long. If your foster carers think they must take your device right away to keep you safe, they must tell your Child Safety Officer as soon as they can.

For more information: www.esafety.gov.au