

ONLINE SAFETY: TIPS FOR PARENTS

- **Educate yourself:** Check out different sites, games and apps for yourself. The more familiar you are with them, the easier it is for you to talk to your children. Check privacy settings and recommended age restrictions.
- **Talk with your children:** Have conversations with them about being safe online and show them what that means. For example, let them know you have been hearing about online safety and ask what they think the risks are and what they can do to keep safe. Encourage an ongoing open dialogue with your child, not just a one-off chat.
- **Teach your children to think about online behaviour:** How much should they be sharing online and what happens to information once shared? Talk about respectful interactions and responsible behaviour, and encourage them to critically think about what they read and see online (remind them that not everything they read may be true, what they share will always be there, and not everyone is who they say they are online).
- **Make all devices safer for your children:** Familiarise yourself with all sites, games and apps your children use and check the privacy setting on these. Install safety and security software and keep it updated; use internet and spam filters and a pop-up stopper, install monitoring software and monitor downloads to your computer, enable internet browser security and regularly check the internet usage history.
- **Come up with a plan around safety:** Talk about ways to not only stay safe, but also how to respond to anything that happens that may concern them. Let them know they can talk to you or another adult they can trust.
- **Encourage them to be proactive by accessing information on safety:** For example, through the eSafety Commission website esafety.gov.au.
- **Keep usage of devices in an open area of the house:** Also be vigilant and monitor your child's activity. Do not assume that usage in an open/public area alone is a sufficient protective measure.

ONLINE SAFETY: RULES TO TEACH YOUR CHILDREN

- **Never** tell anyone your full name, address, phone number or school.
- **Never** send a photo of yourself (or your friends or family) to anyone, especially one that identifies where you live, your name or where you go to school (including your school uniform).
- **Never** tell anyone your credit card or bank details (or any other personal details).
- **Never** 'friend' or talk to someone online who you do not know in real life.
- **Never** make plans to meet anyone you met online in real life.
- **Never** talk to anyone who makes you feel uncomfortable.
- **Always** be careful who you talk to on social media. People are not always WHO or WHAT they seem online.
- **Always** tell your parents or a trusted adult if someone says something to you online that makes you feel uncomfortable or unsafe.
- **Always** stay away from websites that are not meant for children.
- **Always** be careful of your online footprint and remember that WHAT YOU SHARE WILL ALWAYS BE THERE.

If you have any concerns, contact Bravehearts' Information and Support Line on 1800 272 831.

HELPFUL WEBSITES

Office of the eSafety Commissioner: esafety.gov.au

Carly Ryan Foundation: carlyryanfoundation.com

Think U know: thinkuknow.org.au

The Daniel Morcombe Foundation: danielmorcombe.com.au

The Australian Centre to Counter Child Exploitation: acce.gov.au

NEED SUPPORT OR MORE INFORMATION?
Bravehearts Information and Support Line
FREECALL 1800 272 831 (Mon to Fri 8:30am - 4:30pm AEST)
bravehearts.org.au