



TIPS FOR KEEPING YOUR CHILDREN SAFE ONLINE



Build an open and trusting relationship with your child around technology

- Keep communications open and supportive so that your child knows they can come to you if something goes wrongs or they feel something is not right online
- Be clear if something were to go wrong, you would want your teen to tell you – and you would NOT confiscate their device

Where possible show interest in their online life and what apps games or sites they are using and how they work

- Co-view and co-play where you can. This will help build a greater understanding of what they are doing and why they enjoy it.
1. Check they are age appropriate, and learn how exposed your child is to unwanted or inappropriate contact or disclosure of physical location – discuss any concerns with them
 2. Gain knowledge of the chat and messaging functions they are using as well as how to block or report disturbing or bullying content

Co-viewing provides an opportunity to start conversations about online safety

- What would they do if something does not feel right
1. Help them rehearse saying things like “Don’t message me again” or “I don’t friend people I don’t know.”

Check privacy settings – ensure their profiles are turned on to the strictest privacy settings

- Ask your child to check with you before accepting new friends
- Discourage contact with people they have not met in person

Teach your child to recognise signs that an online ‘friend’ may be trying to develop an inappropriate relationship such as asking:

- Lots of questions about personal information soon after meeting online
- To meet in person
- Which room your computer is in
- For favours and promising things in turn
- Claiming to know friends or relatives

Be alert to any signs of distress

The eSafety Commissioner (esafety.gov.au/report) and Australian Federal Police (thinkuknow.org.au/about) can explain how to report illegal or harmful content.

Call the police immediately if you think your child is at risk of physical harm or online grooming on 000.