



## Online Safety Tips for Parents

Help your children safely navigate their digital world and educate them to avoid harmful online experiences.

As more and more activities require our children to use mobile devices and have internet access it is extremely important to know how to keep them safe.

Online grooming as well as age-inappropriate web content has been a growing issue that our children must be protected from.

Here are some tips on how to make sure your child is safe while online.

- **Educate yourself first:** Check out different sites, games, and apps for yourself first. 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. Research available information on cyber safety as well as easy measures to help you keep your child safe.
- **Talk with your children. Be engaged and present:** Have conversations with them about the importance of safety online and show them how to implement this. You can do this without frightening them. For example, let them know that you have been hearing about online safety and ask what they think the risks are and what they do to keep safe. Assess how well educated your children are in that matter and provide more information if needed. Let them ask you questions.
- **Teach your children to think about online behaviour:** How much should they be sharing online and what happens to information once posted or 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 that not everyone is who they say they are online). Teach them how to predict different scenarios, how to be cautious and alert.
- **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.

- **Have rules in place:** set age-appropriate rules for devices and online access and explain why you chose them. You can even create a family agreement with your child's input.

**Sources and further information:**

<https://www.esafety.gov.au/parents/skills-advice/online-safety-basics>

<https://bravehearts.org.au/what-we-do/education-and-training/for-parents/keeping-safe-online/>

<https://www.scholastic.com/parents/family-life/social-emotional-learning/technology-and-kids/keeping-kids-safe-online.html>