



Cyber Safety

It is important to ensure you can find reliable information, stay connected with family and friends, help your children stay safe online – and stay mentally healthy too. It's not possible to be at your child's side every second of the day/evening, so it's important to talk with them about online safety issues to help develop their critical thinking and ability to make good choices.

eSafety has a wide range of advice for families covering common online safety issues like managing screen time, cyberbullying, inappropriate content, sending nudes and contact from strangers. A COVID-19 online safety kit for parents and carers has been created to support families.

Follow the link to access this resource. <https://www.esafety.gov.au/about-us/blog/covid-19-online-safety-kit-parents-and-carers>

The following is a brief snapshot of topics and strategies discussed via the above link, simplified for ease of access.

Setting boundaries: Time online

Help your child achieve a healthy balance in their online and offline activities.

<https://www.esafety.gov.au/parents/big-issues/time-online>

- how much time is too much?
- signs to watch if online activity may be having a negative impact,
- what to do if you are concerned,
- help your child manage their time online,
- setting boundaries for digital device use in your home

A Family Tech Agreement

It takes a whole family to be safe online. A family tech agreement is a set of rules about how devices, like smartphones, tablets, computers, TVs and gaming consoles are used in your home. It is written down and agreed to by all family members and kept in a place where everyone can see it (such as on the fridge). This agreement is designed to help your family have a smoother time around technology in your home and promote safer online experiences. There is a blank document that can be amended for children of all ages.

Please follow the link to download and work through an agreement for your family. <https://www.esafety.gov.au/parents/children-under-5/family-tech-agreement>



Online safety basics

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

Help your children safely navigate their digital world and educate them to avoid harmful online experiences. Your support and guidance can give your children the confidence to make sound decisions online - and ask for help when they need it.

3 key strategies discussed:

- be engaged, open and supportive
- set some rules (see family tech agreement)
- use available technology (<https://www.classification.gov.au>
Choose apps and games carefully, taking age ratings and consumer advice into account).

Taming the technology

How to use parental controls and other tools to maximise online safety in your home

<https://www.esafety.gov.au/parents/skills-advice/taming-technology>

All the devices that connect to the internet in your home offer lots of benefits. But you also need to understand the risks associated with these devices and how to protect yourself and your family. Explores how to use parental controls to block, filter and monitor technology use. Covers home wifi, desktops, laptops, mobile devices, gaming consoles and Smart TV, online streaming, web browsers and search engines. Video Resource: How to use parental controls?

Check smart toy settings

It's surprising how many toys or devices can connect online these days, from drones and smart teddies to tablets and wearables. While they can be both entertaining and educational, they can reveal your child's personal details and location — and allow other people to contact them without you knowing. You can help keep them stay safe by:

- setting strong passwords
- turning off location settings
- limiting the amount of personal information shared.

The eSafety Gift Guide has advice on what to check for and how to stay safe.

<https://www.esafety.gov.au/key-issues/esafety-guide>



Online safety guide

Available in a range of languages

<https://www.esafety.gov.au/parents/online-safety-guide>

This guide covers some of the key online safety issues for young people and includes a range of practical tips and advice on what to do if things go wrong. You can also find a list of important services that can offer extra support.

Cyberbullying

Online bullying can have a devastating impact on young people, whose online life is a key part of their identity and how they interact socially. Cyberbullying behaviour takes many forms, such as sending abusive messages, hurtful images or videos, nasty online gossip, excluding or humiliating others, or creating fake accounts in someone's name to trick or humiliate them. Targeted advice is also available for kids, young people or adults who may be experiencing online abuse.

<https://www.esafety.gov.au/parents/big-issues/cyberbullying>

Please also refer to WLSS Student Wellbeing Support Guideline & WLSS Bullying and Harassment Support Guideline.

Privacy and your child

You can help your child to stay in control of their personal information, online photos and social media identity. Issues covered;

- What are the risks?
- How can I protect my child's privacy when they are online? (age appropriate information discussed – toddlers and preschoolers, school age children and teenagers)
- Can I safely share photos of my kids online?

Additional Support

<https://www.esafety.gov.au/about-us/counselling-support-services> links to Kids Helpline, Lifeline, Parent Helplines.

Additional Resources

Australian Curriculum: Online Safety <https://www.australiancurriculum.edu.au/resources/curriculum-connections/portfolios/online-safety/>

ThinkUknow <https://www.thinkuknow.org.au/our-program>

Stay Smart Online <https://www.staysmartonline.gov.au/>

For support and advice about the above Cybersafety information please contact the Wellbeing Teacher