

# Parent & Carer Tips

## Online Safety for

# CHILDREN

### MODEL

#### Model safe practices by:

- Setting profiles to private
- Avoiding hashtags
- Keeping personal information private
- Reviewing your 'friends' and 'followers'

#### Model consent by:

- Asking before taking and sharing pictures

### PARTICIPATE

- Praise the positive
- Co-view and co-play
- Ask open questions about their online world
- Watch for changes in behaviour around device use

### COMMUNICATE

*Talk early, talk often, talk openly*

- Encourage children to seek your help
- Reassure rather than react (eg ban devices)
- Listen and believe
- Support and find a solution together

### SUPERVISE

- Turn on SafeSearch for Google
- Try safer alternatives to Youtube
- Use parental controls where practical
- Use devices in shared spaces
- Use Common Sense Media for reviews

### DIGITAL WELLBEING TIPS

- Balance offline and online activities
- Consider your family's media diet
- Use Digital Wellbeing apps to set limits
- Set family values using the PlayingITSafe

## How to encourage children to speak up...

I know you like...

Among Us



Roblox



Youtube



Sometimes you might...

See



Hear



Receive



Words



Photos



Videos



That might make you feel...

Upset



Confused



Worried



You can always tell me.

There's nothing you could ever do, or tell me, that would make me love you any less.



trusted  
**eSafety** provider  
esafety.gov.au



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# Trusted organisations to turn to for help

# CARER RESOURCES



Click on the circles below for our 60 second video tips

## Beacon App

"Beacon is designed specifically for parents as a personalised, one-stop-shop for reliable information about the online world.

It arms parents and carers with the knowledge they need to confidently help navigate their children's digital behaviour and reduce harms we know are associated with being online."

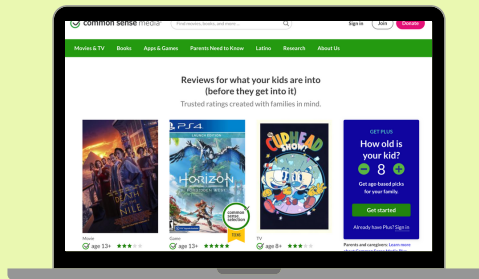
Free for download on:



## Common Sense Media

For reviews and age classification ratings on games, apps and media

Families and teachers everywhere trust Common Sense for expert reviews, objective advice, helpful tools, and so much more.



## Evolve Education



[www.evolve-edu.com.au](http://www.evolve-edu.com.au)



Evolve Education



[\\_evolve\\_education\\_](https://www.instagram.com/_evolve_education_)



We love feedback!  
[info@evolve-edu.com.au](mailto:info@evolve-edu.com.au)



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# Early Years ACTIVITIES FOR HOME



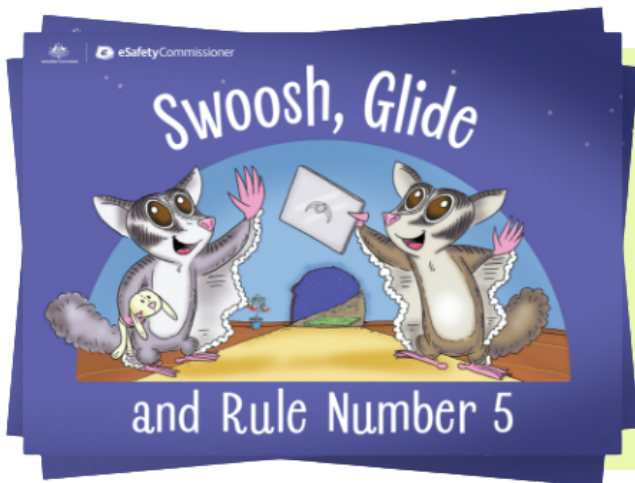
## Watch Playschool's Online Safety Episode

Kiya's Excellent eBirthday

Join Teo, Leah and the Play School crew as they team up with the eSafety Commissioner in this special episode exploring National early childhood online safety messages.



Click the Playschool gang to watch!



## Read Swoosh and Glide

Read the picture book online or download it. You can also read along to the video or audio version. Discuss your online values as a family.

- [Read the book](#)
- [Watch the video](#)
- [Listen to the story](#)

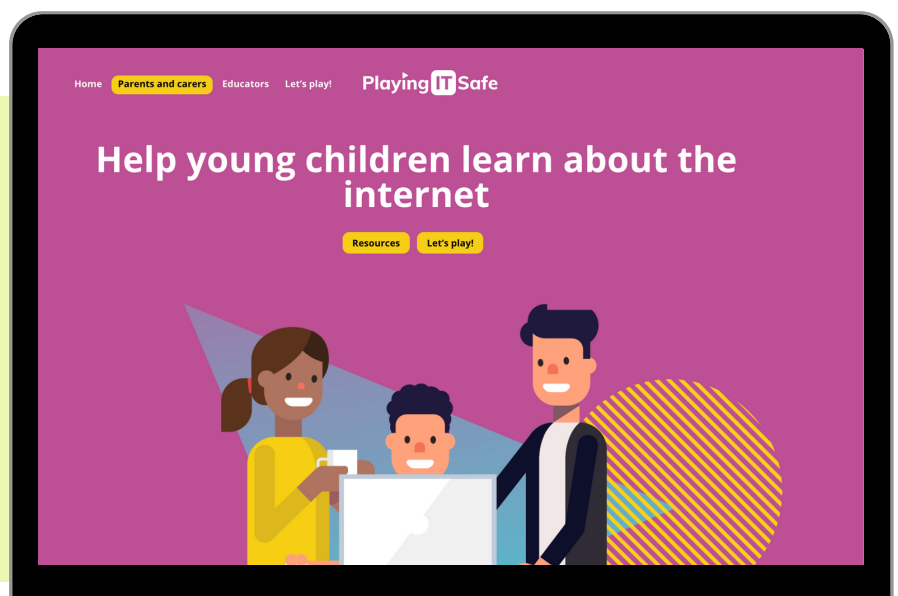
## PlayingIT Safe



*"Helping parents, carers and educators teach young children how to stay safe online."*

Explore the activities with your child to improve their online safety.

Click on the screen to access family media agreements and complete for your family members.



# How to use PARENTAL CONTROLS



## What are parental controls?

Parental Controls are used to block, filter, monitor and limit use.



## How do I turn them on?

Internet Matters has a comprehensive, step by step guide on how to set up parental controls on devices, networks and programs.

[internetmatters.org](https://www.internetmatters.org)

## Where can they be used?

Parental controls are available on devices, networks and programs.



## Why use them?

Physical supervision is always best. However, parental controls can help reduce accidental exposure and provide some coverage when 'over the shoulder' supervision isn't possible.

**No parental control is 100%**, which is why building an open and trusting relationship with your child and their online world is so important.

## Which option is best for my family?

Every family is different, so you need to consider the following when choosing which parental controls are right for you.

- The age of your child/ren
- Whether devices are shared between adults and siblings
- Where the devices are used and how they connect.

## Simple changes you can make today

- Set Google as the default search engine and turn SafeSearch on
- Use Youtube Kids or curated content like ABCKids
- If using Youtube, lock restricted mode
- Create profiles for your kids on streaming services and password protect adult profiles.



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