

Parent & Carer Tips

Online Safety for

EARLY YEARS

MODEL

Model safe practices by:

- Setting profiles to private
- Avoiding hashtags
- Keeping personal information private
- Limiting "friends" and "followers"
- Turning off location services
- Use safer alternatives when sharing pictures (private message rather than public posting)

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

- Ask about their online life in the same way you ask about their offline life
- Shared meals, car trips and walks are good times to chat
- When disclosures are made, thank them for telling you and reassure them that they're not in trouble

SUPERVISE

- Use parental controls and filtering services such as Google's *SafeSearch* on all browsers
- Regularly consult [Common Sense Media](#) for age based media ratings and reviews
- Use devices in shared spaces

DIGITAL WELLBEING TIPS

- Balance offline and online activities
- Consider your family's media diet
- Use Digital Wellbeing apps to set limits
- Reset as a family using our [Digital Wellbeing Challenge](#)

How to encourage your child to speak up...

I know you like to play on...

Your device



Grandma's phone



Mum's computer



Sometimes you might...

See



Hear



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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Early Years ACTIVITIES FOR HOME



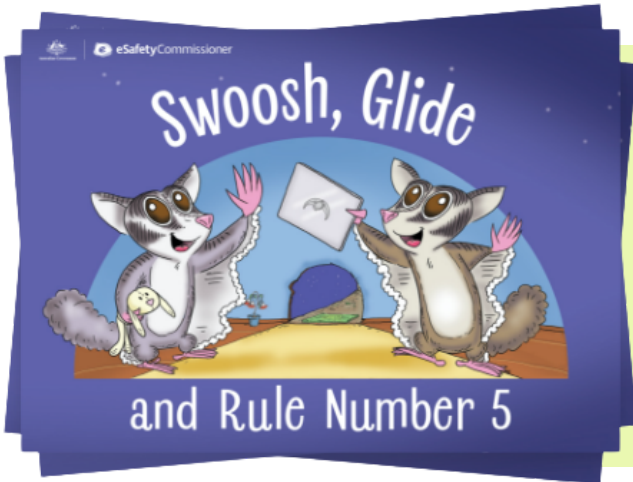
Watch Playschool's Online Safety Episode

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 this ABC Kids icon 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](#)

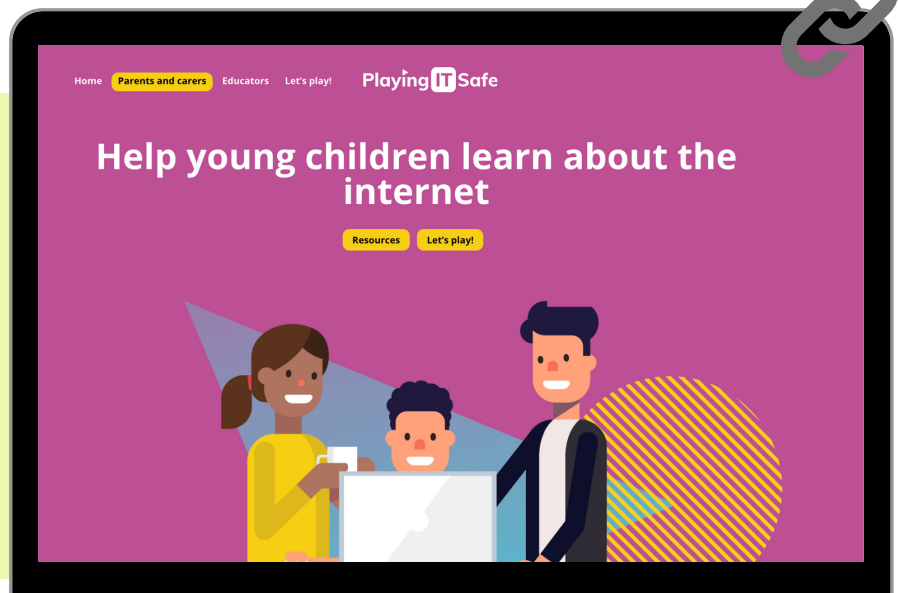
PlayingIT Safe



"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.



Trusted organisations to turn to for help

PARENT 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:



Digital Wellbeing

Evolve Education's have digital wellbeing challenges for adults and children of all ages.

[Digital Wellbeing Challenges](#)



Screen Time Limits
Raising Children Network's
[Checklist for Healthy Use](#)



Location Services
Part 1



Location Services
Part 2



Evolve Education



www.evolve-edu.com.au



Evolve Education



[_evolve_education_](#)



We love feedback!
info@evolve-edu.com.au



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Online Safety... IN YOUR HOME



Securing your Network

How to change your wifi from its default setting

Look on the bottom or back of your modem

You will see a URL address under 'Default Access'

Type this address into the URL bar on your browser

Use the username and password provided on the modem to log in

Go to 'Wireless Settings'

Change username and password for both 2.4G and 5G and apply/save.

*These are general instructions, there may be small differences in how your provider's portal looks. If changing the default network name and password is proving difficult, contact your provider to step you through the process.



Default URL address examples:

<http://tplink.net>
<http://10.0.0.138>
<http://telstra.gateway/>
[http://192.168.8.1\(Optus\)](http://192.168.8.1(Optus))

A browser is the program you use to access the internet, eg Chrome, Safari, Explorer

The URL bar is where you type internet addresses

Default example,

Username: admin
Password: admin

Creating Secure Usernames and Passwords

Change the username and password to your wifi

Pick a username that does not contain personal information.

You can have fun with this!

- Drop Like Its Hotspot
- Keep It On The Download
- Winternet is Coming

Create a complex password.

Good example:
76Eleph@nt23\$

Room for Improvement:
Kate82



What is personal information?

Personal information is information that identifies you.

For example,

- your full name
- your address
- your phone number
- date of birth

What is a complex password?

A complex password should contain all of the following:

- upper and lower case
- letters and numbers
- over 8 characters in length

A complex password should not contain any personal information. Never reuse or share passwords across devices.

Reconnect your Devices

Check that all the devices that are connected in your network are yours.

Be aware, once changed, you will need to reconnect your devices using your new username and password.

While you're logged into your modem's portal, check out 'Parental Controls' and blacklist any explicit websites and key words.



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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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Early Years App RECOMENDATIONS



Red Writing

Australian app for learning handwriting in Victorian Modern Cursive.

Book Creator

Create and narrate your own stories.

ABC Kids

Curated content for Australian kids.

Bugs and Buttons

Counting, patterns, sorting and memory.

Sock Puppets

Helps develop speaking and listening skills.

Playschool Art Maker

Create pictures, animated movies and story slideshows using their favourite Play School toys



Additional early years resources...

