

Parent/Carer Tips

Online Safety for

YOUNG PEOPLE

MODEL

- Keeping personal information private
- Review friends/followers together
- Ignore/block unknown requests
- Choose appropriate media together

PARTICIPATE

- Ask open and non-judgemental questions
- Become more involved in their online world
- Become empowered by using the eSafety Guide

COMMUNICATE

- Talk early, talk often, talk openly
- Good times to chat include shared meals, car trips and walks
- Praise them for speaking up

SUPERVISE

- Set clear boundaries for use
- Porn isn't real life
- Turn on SafeSearch for Google
- Keep and charge devices in shared spaces
- Watch for signs

DIGITAL WELLBEING TIPS

- Set goals together as a family
- Prioritise positive offline activities first
- Harness your teen's inner skeptic - filters or airbrushing to sell us things
- Shift your algorithm - follow body positive content
- Model positive talk in your home about your own body

Encouraging Young People to Speak Up...

You might not want to tell me the details, but if we can talk openly and honestly about what you've seen,

I promise I will listen and stay calm



Thank you for telling me, let's find a solution together

Remove the Barriers to Speaking Up

Be open-minded

Validate their use

Avoid banning device access

Let them know you won't judge



trusted
eSafetyprovider
esafety.gov.au



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Trusted organisations to turn to for help

CARER RESOURCES



Quick Tips
Evolve
Education
Videos

Reporting Cyberbullying

Report Abuse:
[eSafety Commission](#)



Support:
[A Guide to Online Bullying for parents and Carers](#)

Reporting Online Grooming

Report Abuse:
Australian Centre to Counter
Child Exploitation ([ACCCE](#)).



Additional Support:

- [Think U Know](#)
- [eSafety Commission](#)

Reporting Image Based Abuse

Report Abuse:
[eSafety Commission](#)



Support:
[Image Based Abuse Guide](#)

Counselling for Children



The Kids Helpline is 24/7

Counselling for ages 5-25
Confidential and via webchat,
phone or email.

Sexting and the Law

[Youth Law Australia](#)

[Victorian Legal Aid](#)



Support:
Advice for parents/carers on how
to talk about sexting with your
children can be found [here](#)

The Ethics of Sexting

Sexual Health Victoria
Relationships and Sexuality
Podcast '[Doing IT](#)'



Body Image

Support for eating disorders and
body image issues.

[The Butterfly Foundation](#)



Digital Wellbeing

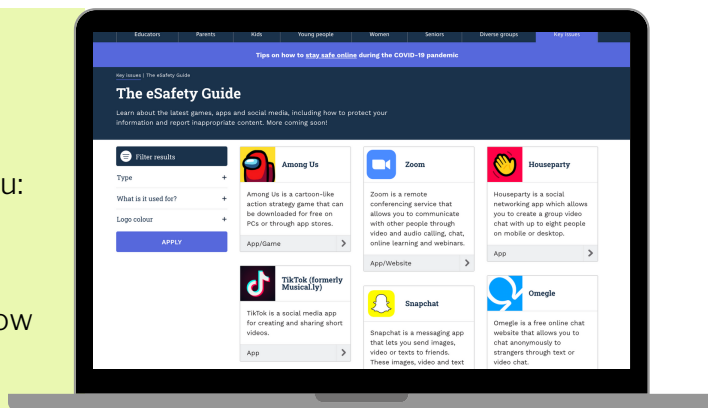
Evolve Education's
[Digital Wellbeing Challenge](#)

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

Games and Social Media Guide

The [eSafety Guide](#) can help you:

- Minimise risks for popular games and apps
- Block and report users
- Provide a description on how the program works
- Privacy settings



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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."

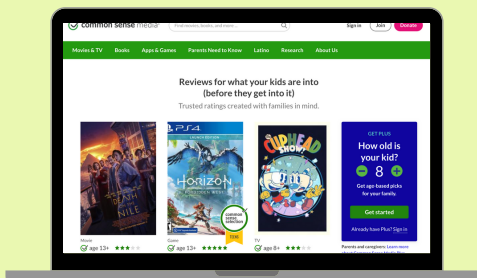
Free for download on:



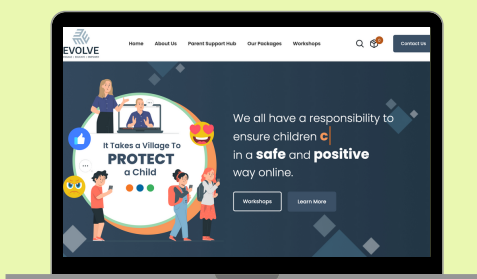
Common Sense Media

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



Evolve Education



[_evolve_education_](https://www.instagram.com/_evolve_education_)



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



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Evolve Education's

GLOSSARY OF TERMS



Catfishing

Catfishing involves luring someone into an online relationship, via social media, using a fake identity.

Child Sexual Abuse Material

Material that depicts or describes:

- a person who is, appears to be or is implied to be, a child as a victim of sexual abuse, or
- a person who is, appears to be or is implied to be, a child engaged in or apparently engaged in a sexual pose or sexual activity (whether or not in the presence of other persons), or
- a person who is, appears to be or is implied to be, a child in the presence of another person who is engaged or apparently engaged in a sexual pose or sexual activity, or
- the private parts of a person who is, appears to be or is implied to be, a child.

In contemporary Australian legislation, the term 'child pornography' has been replaced with the term 'child abuse material'. This is to avoid any suggestion of compliance on the part of the victim, or legality on the part of the sex offender. It also tends to imply images of children posing in 'provocative' positions, rather than children suffering horrific abuse. The term 'child pornography' does not accurately reflect the serious nature of this material.

Cyberbullying

Cyberbullying is the use of technology to bully someone – to deliberately and repeatedly engage in hostile behaviour to hurt them socially, psychologically or even physically.

This term specifically refers to the online abuse of children and young people aged 18 and under. Groups and individuals can be both the perpetrators and targets of cyberbullying, (which is also known as 'online bullying').

Cyberbullying can take place on social media, through online chat and messaging services, text messages, emails, on message boards and in online forums that allow people to comment publicly. Young people may also refer to this behaviour as 'creating drama' and 'saying mean things'.

End User Notice

In the context of eSafety's cyberbullying and image-based abuse complaints schemes, this is a formal legal notice issued by eSafety to a user who has posted cyberbullying material or intimate images without consent. The notice can require that the person remove the image or material, stop posting further cyberbullying material and apologise.

Evolve Education's

GLOSSARY OF TERMS



Grooming

Grooming is when an adult deliberately establishes an emotional connection with a child in order to lower their inhibitions, to make it easier to have sexual contact with them. It may include adults posing as children in chat rooms or on social media sites to 'befriend' a child in order to meet with them in person.

Grooming by a sexual predator can include obtaining intimate images of young people. It is a criminal offence under Commonwealth law and in several states.

Image Based Abuse

Image-based abuse means sharing or threatening to share intimate images or videos of a person without their consent. This can include photos, screenshots and photoshopped or fake content. Alternative terms for image-based abuse include 'non-consensual sharing of intimate images', 'revenge porn' or 'intimate image abuse'. Sextortion is a type of image-based abuse.

This type of abuse also includes digitally altering a photo or video (for example, by photoshopping) or depicting a person without religious or cultural attire which they would usually wear in public. Even threatening to share intimate images in this way is image-based abuse. It is a criminal offence under state and territory laws.

Online Child Exploitation

The use of technology or the internet to facilitate the sexual exploitation of a child, including the production and sharing of child sexual abuse material online. The most common forms of online child sexual exploitation includes grooming, live streaming, consuming child sexual abuse material, and coercing and blackmailing children for sexual purposes.

Self Generated Child Sexual Exploitation Material

Content created knowingly by someone under the age of 16 that is nude, semi-nude, or sexual in nature.

Sexual Extortion (Sextortion)

A form of online blackmail where an offender threatens to reveal a person's personal sexual images, unless they give into their demands.

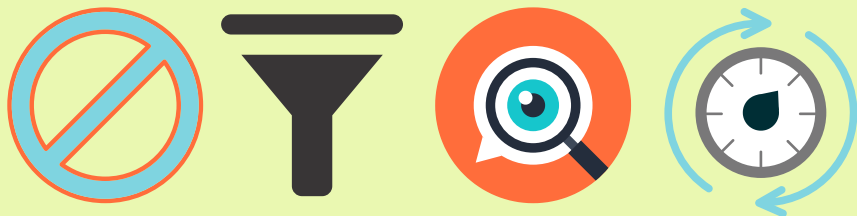
Pornography

Material that contains sexually explicit descriptions or displays that are intended to create sexual excitement, including actual sexual intercourse or other sexual activity.

How to use PARENTAL CONTROLS

What are parental controls?

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



Where do I learn how to put 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)

How are they used?

Parental controls are available on devices, networks and programs.



Why use them?

Physical supervision is always best, but 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 about your child's online use 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

- Turn SafeSearch on for Google on each browser
- Replace Youtube with Youtube Kids or curated content like ABC Kids/ABC Me
- Create 'Kids' profiles on streaming services and password protect adult profiles ([Netflix](https://www.netflix.com))
- Search online or call your internet provider to see if parental controls can be applied to your wifi router



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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)

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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