



Online Safety Presentation

A Family's Guide

www.lifedqld.org.au

Who is this presentation for?



It's never too early to teach your child how to safely navigate technology and the online world.

This presentation has been developed by Life Ed Queensland's education team in line with advice from the eSafety Commissioner of Australia (esafety.gov.au). As well as up-to-date advice for parents and carers, the presentation provides simple steps to help children make positive choices and stay safe online.

For decades, the Life Ed program has been a rite of passage for millions of children. Supported by our much-loved mascot Healthy Harold and a team of specialist educators, our program includes:

- Nutrition and the benefits of exercise
- Legal and illegal drugs including alcohol, cigarettes and vaping
- Bullying and cyberbullying
- Cybersafety
- Sexual health
- Respectful relationships and consent
- Mental wellbeing

Thanks to valuable supporters like you, and the generosity of thousands of donors through our Kids Protect Team, we're able to take the program to schools across Queensland, reaching even the most remote and disadvantaged communities where health and safety education is often needed most.

We want to raise resilient and happy children. I hope this online safety guide is a helpful tool to support your children and family.



Taryn Black
Life Ed Queensland CEO

Preschool parents

Four out of five parents say their preschooler uses the internet. While there are a host of learning opportunities for children under five, unsupervised use or extensive screentime can present risks.

Here are some tips to navigate your youngster's start online:



Check the ratings.



Talk to your child.



Make some rules.



Make the most of parental controls.



Lead the way.



Be a role model.



<https://www.esafety.gov.au/parents/issues-and-advice/parental-controls#built-into-mobile-devices>

Built into desktop and laptop computers

PC/Windows

[Microsoft Family](#) provides the ability to manage your children's online activity on Windows devices through website blocking, checking in online at any time, and viewing activity reports on sites, apps and games visited. You'll need to set up a family group of at least one parent and one child, each with their own Microsoft account.

Mac OS

The [OSX Parental Controls](#) allow you to set profiles for each child to do things like limiting access to websites or apps, restrict functions like Siri or the iTunes store, set time limits for days of the week and for bedtime, and hide profanity in the dictionary and other sources.

Built into mobile devices

Apple tablets and smartphones

Apple operating systems from iOS12 enable you to restrict access to browsers and applications, in-app purchasing, social networking, inappropriate internet content, sharing of data (including photos and location), media streaming and online gaming. [Find out how](#).

Android tablets and smartphones

Although Android has no general built-in parental control features, Android devices can be controlled using Google Family Link. See using third-party software below.

You can also set up parental controls on [Google Play](#) to restrict the content your child can download or purchase.



Primary school parents

As your child gets older, their tech and internet use will increase. Gauging the level of access a child should have at any given age, can be a minefield. There are no hard-and-fast rules, but consider your child's level of maturity, their sense of responsibility, and adherence to your technology-use rules.

Here are some handy tips to help you navigate the primary school stage:



Think before sharing.



Encourage open conversations.



Protect privacy.



Create a family tech agreement.



Secure accounts

You can find one on
our Life Ed website
[lifeeducationqld.org.au/
cybersafety-guide/](https://lifeeducationqld.org.au/cybersafety-guide/)



Our family tech agreement



When the whole family agrees about the rules for using technology, everyone can be safer and have a better experience online. Talking with children encourages their critical thinking and helps them develop good habits around technology. Setting boundaries around how much time can be spent online/ gaming, where the device can be used and what to do in an unwanted situation is important.

Instructions: Use the template on the next page to write or draw some rules the family agree on and then print and sign the agreement.

Here are some examples of rules your family might create:



Our family tech agreement



These rules help us to remember how to stay safe online and how to use our devices at home.

Date:

Names of family members who agree to rule:

Names of family members who agree to rule:

Names of family members who agree to rule:

Names of family members who agree to rule:

Names of family members who agree to rule:



Secondary school parents

As children move into secondary school, they may spend even more time online and choose to take their first steps into the world of social media. Parents can help manage this stage by having some important conversations. Here are some things to be aware of:



Inappropriate images.



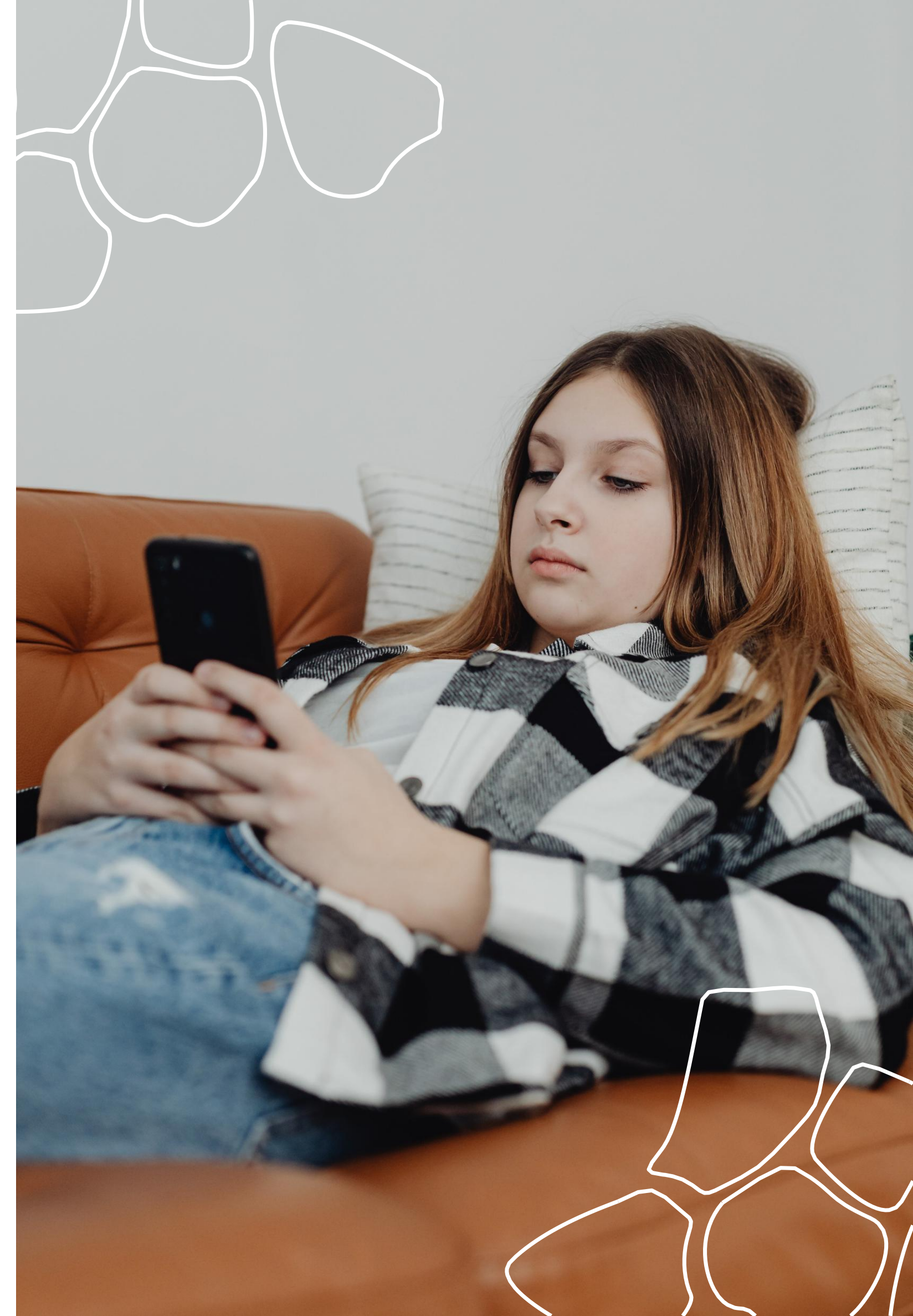
Location, location, location.



Manage digital reputations.



Safeguard data.



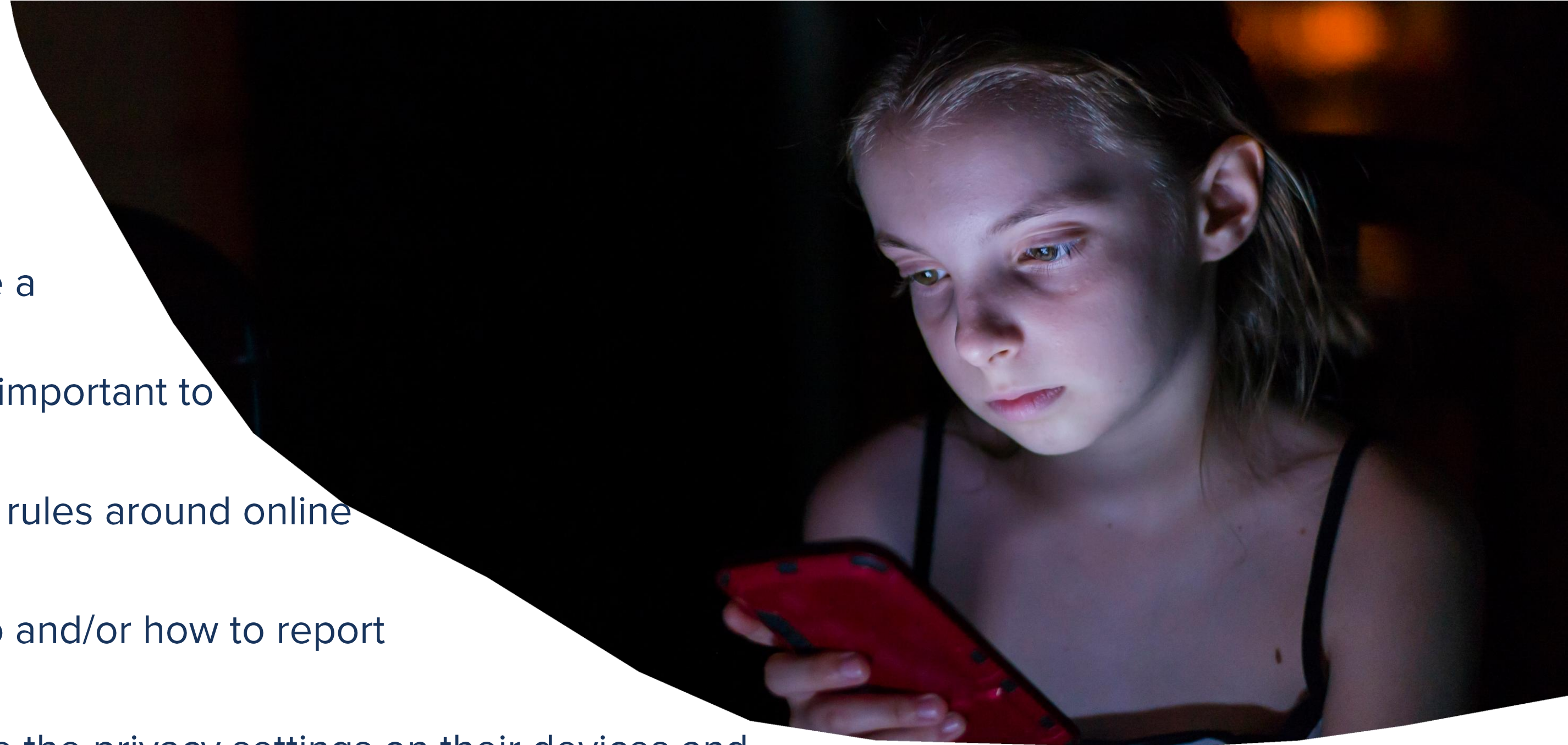
Social media

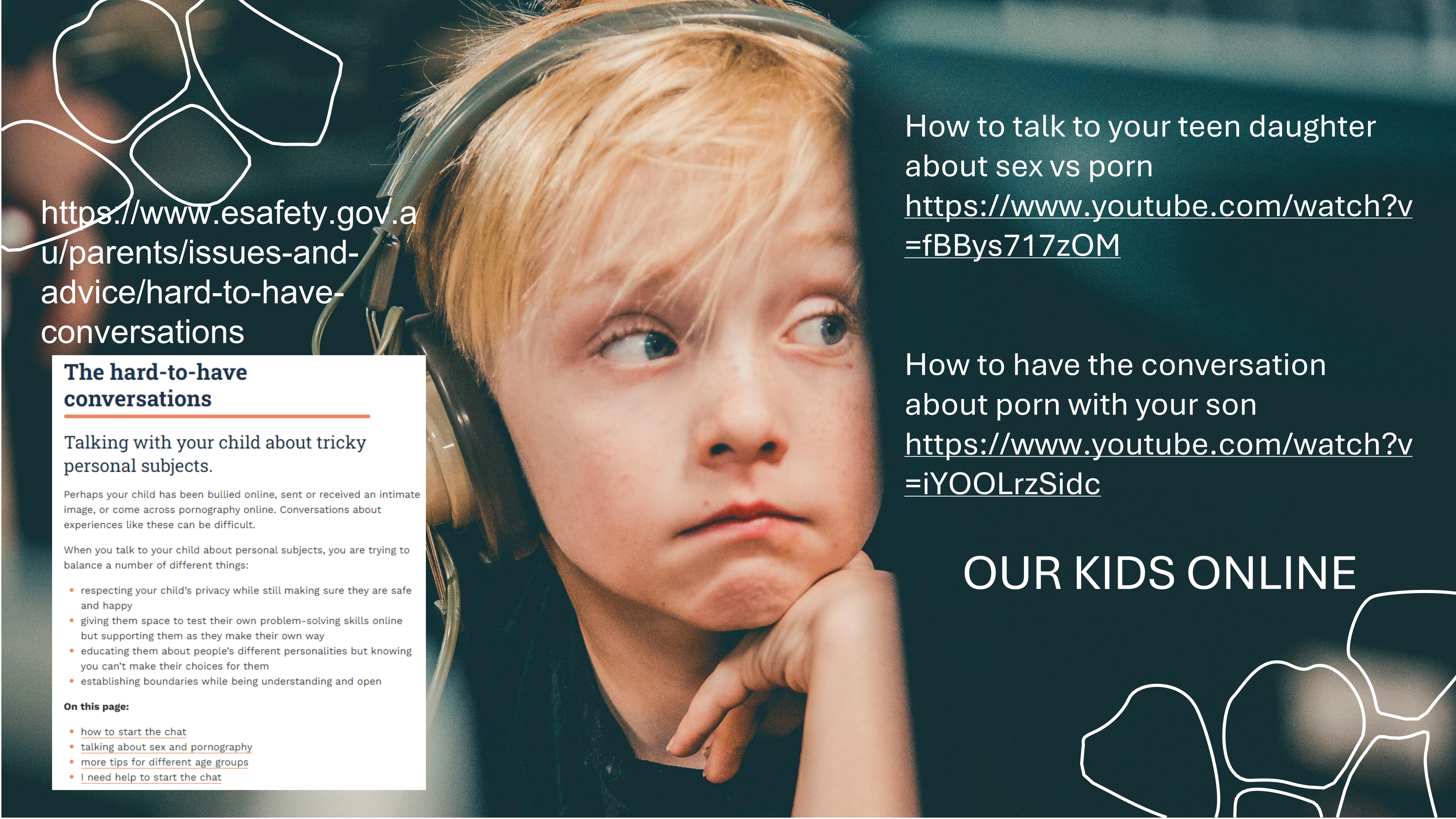
Ask yourself these questions:

- Do they know what to do if they have a negative experience?
- Does your child understand why it is important to protect their privacy online?
- Has your child followed your existing rules around online use and behaviour?
- Is your child clear on who to speak to and/or how to report cyberbullying and online abuse?
- Does your child know how to manage the privacy settings on their devices and within apps? Are they willing to let you supervise their social media use and accounts?
- How are your child's current friendships? If they already have had some negative experiences and interactions in friendship groups, these are often exacerbated when using social media.

If you feel confident in your child's ability to manage their social media profile, behaviour and privacy, they may be ready to begin exploring this medium.

Remember: readiness will vary from one child to the next, and it is important to consider your child, independent of their friends or siblings.





<https://www.esafety.gov.au/parents/issues-and-advice/hard-to-have-conversations>

The hard-to-have conversations

Talking with your child about tricky personal subjects.

Perhaps your child has been bullied online, sent or received an intimate image, or come across pornography online. Conversations about experiences like these can be difficult.

When you talk to your child about personal subjects, you are trying to balance a number of different things:

- respecting your child's privacy while still making sure they are safe and happy
- giving them space to test their own problem-solving skills online but supporting them as they make their own way
- educating them about people's different personalities but knowing you can't make their choices for them
- establishing boundaries while being understanding and open

On this page:

- [how to start the chat](#)
- [talking about sex and pornography](#)
- [more tips for different age groups](#)
- [I need help to start the chat](#)

How to talk to your teen daughter about sex vs porn

<https://www.youtube.com/watch?v=fBByS717zOM>

How to have the conversation about porn with your son

<https://www.youtube.com/watch?v=iYOOLrzSidc>

OUR KIDS ONLINE

Online time

The age and maturity of your child will help you to determine the appropriate amount of screen time for your family. Factors such as homework or school requirements, personal attitudes and family device use rules will all serve to influence your decisions regarding screen time.

How much screen time is too much?

Parents often worry that their kids are spending too much time online. We know that excessive screen time can impact on sleep, exercise and interpersonal relationships with friends and family. If your child is constantly connected to their device, they could be missing out on their daily dose of exercise to maintain good physical and mental health. If they are choosing their device over time with friends when they visit or ignoring family members in favour of online activities during mealtimes or other events, it may be time to switch off.

Aim for a healthy balance by encouraging your child to play outdoors, read or join in other activities. Studies show that time offline has a positive impact on mental and physical wellbeing.





What can I do to reduce screen time?



Ask. Find out why your child wants to go online. Perhaps you could suggest an alternative activity



Zone out. Create device-free spaces in your home



Be the leader! Role model time away from screens in your own daily life



Turn off notifications. Switching off notifications can minimise distractions



Clear consequences. Be consistent with rules and guidelines

There are plenty of additional tools and apps available for parents who wish to further monitor their child or family's internet use, but experts say it's best to work towards maintaining open and honest communication with children. Building a foundation of trust is important for a safe online experience for your child.

Cyberbullying

When someone uses technology and digital platforms to insult, hurt or humiliate another person or group it constitutes online bullying or cyberbullying. Unfortunately, one in five children experiences cyberbullying each year.

Cyberbullying can take many forms including nasty or abusive text messages and sharing hurtful images or videos online via social media platforms or digital apps.

Is my child being cyberbullied?

Watch out for these signs that could mean your child is being cyberbullied. These include:

- Being upset after using their phone or going online
- A change in mood - becoming more withdrawn, quiet, anxious or sad
- Sudden changes in friendship groups
- Acting secretive about online activity, mobile phone use and social media posting
- Decline in schoolwork or sporting performance
- Changes in sleeping patterns





What should I do if my child is being cyberbullied?

Keeping the lines of communication open with your child is the key to getting on top of cyberbullying. Many children avoid telling their parents because they worry it will make the situation worse for them or fear their device will be confiscated.

Here are some steps you can take to address the issue:



Stay calm.



Record the evidence.



Think first.



Report.



Put the child first.

Unwanted contact

While the internet offers many positive opportunities for children, parents should be aware of the darker aspects of technology.

Unwanted contact is any message received that makes your child feel uncomfortable or unsafe. These messages could be sent by someone your child knows, or originate from strangers, and could include inappropriate messages, online 'grooming' and sexualised messaging.

What is grooming?

Grooming is the process by which paedophiles and other predators build a relationship with a child in order to abuse them. Grooming is not only used on the child, it may also be used on parents and others in the child's immediate environment to gain access to the child. Building trust, isolating the child, using intimidation, and having rules of secrecy are all ways in which predators seek to gain influence over vulnerable children



How can I protect my child?



Communication.



Say no to meet ups.



Face-to-face relationships.



Privacy settings.

Be involved. Taking an active role in your child's digital activities can increase your child's safety. Educate yourself about the apps and sites they use regularly and make the most of privacy and parental controls available at both the device and app level. It is important to report suspicious or concerning online behaviour to the eSafety Commissioner or the police. If your child is in immediate danger, call Triple-0.

Extra resources on the Life Education Podcast

Listen the Life Education Podcast with former detective specialising in child exploitation, Brett Lee, who offers some incredible insight into how predators identify and groom their child targets and shares the key things parents can do to keep kids safe online.

Scan the QR code or visit the website link to listen.





More resources

Reporting online abuse

If you or your child has a negative experience online, you can report it to the eSafety Commissioner.

The Office of the eSafety Commissioner investigates and deals with three types of abuse: cyberbullying, image-based abuse and child sexual abuse material.

To report online abuse, visit: esafety.gov.au/report. The eSafety Commissioner also provides information about how they investigate and act on reports received.

For the latest list of popular apps, along with recommended age-of-use advice, go to the parent section of the eSafety website - esafety.gov.au

Where can I get counselling and support?

1. Kids Helpline - 1800 55 1800

kidshelpline.com.au Kids Helpline offers a free and confidential 24-hour online and phone-based counselling service to children and young people.

2. Parentline (Qld) - 1300 30 1300

Parentline offers counselling, support and information for parents. Available in each state, Parentline also offers a referral service for additional support in your local area. Opening hours vary from state to state.

If you or someone else is in immediate danger or at risk of harm, call Triple-0.

Other resources

Commonsensemedia.org is a great resource for parents. It provides honest and balanced reviews and recommendations for age-appropriate games, apps and other media sources.



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