



How to keep your child safe online

TIPS FOR PARENTS

Here are some tips for parents to keep your child safe online

BE SAFE

- * Be aware of how your child uses the internet and explore it with them
- * **Set rules and monitor** to make sure your child knows what information they can share or post online and which websites they can visit
- * **Teach your child to tell a trusted adult** if they feel uncomfortable about something they have found on the internet or received in an email
- * Discuss with your child the importance of keeping **personal information private**. This sort of information can be used to identify or locate where they live, go to school or activities in which they are involved

BE RESPECTFUL

- * Talk to your children about **cyberbullying**. Online communication should be responsible and respectful
- * Children and adolescents who are being cyberbullied sometimes change their behaviour. If you are concerned they might be a victim of cyberbullying, talk to them and tell them you are concerned. Arrange to talk to a teacher or school counsellor
- * Advise your child **not to respond** to any negative messages and to **keep evidence**. Tell them to **report** any negative messages they receive to you or another trusted adult
- * Children and their parents can contact social media companies and ask for defamatory material to be taken down. If the material is not gone within 48 hours, a complaint can be lodged with the Office of the Children's eSafety Commissioner at www.esafety.gov.au

BE RESPONSIBLE

- * Consider using inbuilt **filters** and controls on your digital devices and home network to manage your children's online access. Keep your **virus protection** up to date
- * Talk with your child about being careful when downloading files or clicking on links. Some files or links may be harmful viruses or trying to obtain personal information
- * **Certain online activities** (downloading illegal videos or music, plagiarism, sexting, identity theft, 'hacking' networks) are illegal and can result in criminal charges

For more information visit: www.esafety.gov.au
<http://cnadigitalcitizenship.weebly.com/for-parents.html>



Catholic Education
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