

Cybersafety Tips For Parents

Children and young people are growing up in a world where the line between 'online' and 'offline' is blurring away to nothing. Technology is central to how they connect and communicate...and also to how they create and learn.

As parents, it's our responsibility to make sure that our children are fully aware of the benefits and risks of being online.

Here are some key internet safety messages from the Cybersmart website (cybersmart.gov.au) that could help parents help their children.

- 1.** Don't let potential problems stop you from letting your child use technology for their education and personal interests.
- 2.** Put computers in a communal area of the house and don't allow portable internet devices (laptops, phones, tablets etc) in the bedroom.
- 3.** Find out what your child is doing online. Talk to them regularly about what websites they visit and take the time sit with them as they use the internet. Make sure you're familiar with how the sites that they visit work.
- 4.** Encourage your child to tell you if they ever have a problem on the internet or if they're ever unsure about anything. Reassure them that you won't take away their connection to the internet if issues occur.
- 5.** Remind your child to keep personal information private. YAPPY is a useful acronym to remind children of the personal information they should **not** share on public online spaces (blogs, forums etc.) – **Y**our full name, **a**ddress, **p**hone number, **p**asswords, **y**our plans.
- 6.** Remind your child that not everything on the internet is true and not all internet users tell the truth.
- 7.** Don't support your child to sign up for sites that are 13+ if they are under age (Facebook, YouTube, Instagram etc). Make sure your child sets their online accounts to private to limit access to people they know well (when they are old enough to sign up).
- 8.** Encourage your child to balance their leisure time so they're not spending all of their time online.
- 9.** Create your own internet rules for your household and have your child agree to adhere to them.
- 10.** Explore government resources for parents and children Cybersmart website: www.cybersmart.gov.au