

Information for Parents - Where to get help:

Phone support and counselling:

Kids Help Line - <http://www.kidshelp.com.au/>

Complaints and reporting:

eSafety Commissioner - <https://www.esafety.gov.au/complaints-and-reporting/cyberbullying-complaints/i-want-to-report-cyberbullying>

Information Websites:

Parent resources eSafety - <https://www.esafety.gov.au/education-resources/parent-resources>

Classroom resources eSafety - <https://www.esafety.gov.au/education-resources/classroom-resources>

Yoursphere for Parents: Helping families live healthy digital lives - <http://internet-safety.yoursphere.com/>

Be Web Smart: For the analog parent in a digital world - <http://www.bewebSMART.com/>

Scam Watch: Australian Competition and Consumer Commission - <https://www.scamwatch.gov.au/>

The Kids Are All Right: For Parents of Australian Teens - <http://www.thekidsareallright.com.au/>

Think U Know: Internet Safety Program for Parents, Carers, Teachers and Young People - <http://www.thinkuknow.org.au/>

Google Safety Centre and Safety Tools - <http://www.google.com.au/safetycenter/families/start/>

NSW Department of Education: Schools A- Z – Technology – <http://www.schoolatoz.nsw.edu.au/technology>

Videos to watch with your children:

Cyber bullying: Laurens Ordeal - <https://www.youtube.com/watch?v=Xk5X1dTpVc8>

Stand Up to Bullying - <http://www.onguardonline.gov/media/video-0005-stand-cyberbullying>

Online Predatory Behaviour: Jig Saw for 8 – 10 year olds - https://www.youtube.com/watch?v=_o8auwnJtqE&feature=youtu.be

Digital Footprint: Tracking Teresa - <https://www.youtube.com/watch?v=toXEdisa6hI>

Digital Literacy

Pacific Northwest Tree Octopus - <http://zapatopi.net/treeoctopus/>

Some useful safety tips:

- ▶ Turning on Google Safe Search is an easy way to help you hide images, search results and videos intended just for adults.
- ▶ Enable YouTube safety mode. To screen out potentially objectionable content.
- ▶ Increase your password strength, use a combination of letters and numbers. Use different passwords and make them hard to guess, keep them safe. Never share them.
- ▶ Create a strong password for your WiFi network at home.
- ▶ Set a good example with mobile phone and internet use.
- ▶ Be courteous and respectful online. Treat others as you would like to be treated.
- ▶ Use emoticons and emoji to convey emotions in communications. :-) 😊 😐 😞
- ▶ Show sensitivity to others (including cultural awareness).
- ▶ Never create public EVENTS on Facebook.
- ▶ Know your children's online friends
- ▶ Don't tag photos in Facebook (they can be searched online)
- ▶ Don't open messages from people you don't know. They could contain viruses or be trying to sell you something. Don't get phished.
- ▶ Watch your bank account. Respond immediately to any unexpected withdrawals or spending.
- ▶ Know how to check the validity of sources (SMS, email, websites)
- ▶ Acknowledge the content and work of others from online sources.
- ▶ Think before you hit send, post or upload.

What else can I do:

- ▶ Pseudonyms – work with your child to come up with an appropriate screen name
- ▶ Privacy Settings and History – Check them with your child, talk about privacy. You are not anonymous online. Despite what you may think.
- ▶ Location Settings – turn off geo tagging
- ▶ Accepting Followers /Friends– if you don't know them personally don't accept them (having friends you don't know places you at risk)
- ▶ Avoiding Portraits/Photos – use avatars
- ▶ Talk to your children – what they are downloading, posting, privacy settings, grooming, bullying, digital footprint, phishing, copyright and plagiarism.
- ▶ Report Abuse - encourage children to collect and keep the evidence to report misuse/abuse and support their friends (being active bystanders).
- ▶ There is no such thing as safe sexting
- ▶ Online actions sometimes = offline consequences
- ▶ Time online = risk
- ▶ Set limits on device and internet use and where devices can be used in the home.