

CREATING A SAFE ONLINE ENVIRONMENT

While social media offers plenty of great opportunities to share moments with friends and family, it's also important for everyone – parents and children alike – to ensure they are being cyber safe. Important safety steps when sharing photos and videos on social media include:

 Having a **private profile**

 Not geotagging photos or posts **with your location**

 Checking **photos don't contain identifying information** e.g. name badges, school uniform, school buildings

 **For more information on cyber safety, and guides on how to set personal privacy settings, visit the Cyber Savvy website or the Officer of the eSafety Commissioner**

Cyber Savvy Top Tips for parents

 **Don't feel pressured** to introduce technology early. Technology is so intuitive that children will work out how to use technology easily when they are older*.

 **Avoid digital media use (except video-chatting) in children younger than 24 months*.**

 **For all young children, treat online devices like a book.** If your children would like to use the technology, sit with them and help them understand what they are viewing. Avoid solo media use in children under 24 months*.

 **Avoid using media as the only way to calm your children*.**

 **For children 2-5 years of age, limit screen use to 1 hour per day** of high quality programming that improves thinking, understanding, learning, reading, writing and social outcomes for children*.

 **Turn off televisions and other devices when not in use.** Background media can interfere with your children's development.

 **Talk with your children** from a young age about their use of technology. Be interested and involved so these conversations form a natural part of family discussions into the future. Talk to them regularly about the places they like to go online. Get to know your children's online friends and encourage your children to only have online friends who they also know offline.

Make an online agreement with your child.

Agree on what is and is not acceptable use of technology. Discuss with your child the consequences of breaking this agreement.

 **Keep computers in areas of your house where everyone has access and where you can easily see the screen.**

Remember laptops, mobile phones, games and other forms of technology can be connected anywhere in your home if you have wireless access, even bedrooms and bathrooms!

 **Visit cyber space yourself.** Stay as updated as you can. Ask your children where they are spending time in cyber space and try it yourself. Model appropriate use of technology.

 **Ask your children to show you how they can get help** in each of the online places they like to spend time.

 **Set parental controls.** Setting parental controls on devices helps monitor and limit what your child does online. For instructions to set parental controls on a range of devices, head to www.cybersavvy.com.au/family/parental_controls

 **Encourage your children to not share their passwords with anyone** – other than you.

 **Keep technology out of bedrooms after bedtime.** Sleep is essential for growing bodies. Help your child to establish a good sleep routine uninterrupted by devices.

 **If problems arise, listen non-judgmentally to what your child is saying, stay calm and work with your child to solve the problem together.**

Ask your child what action they have taken to try and solve the problem. Offer suggestions rather than taking away the technology. If you take away the technology your children may stop telling you if there is a problem. **Ask for help from organisations such as your child's school, counselling services, Kids Helpline and Office of the eSafety Commissioner.**