

Helping kids thrive online

Webinar information sheet for parents of primary school students

General tips for supporting your child online:

- Support your child's friendships online and off by talking with them about their friends and activities.
- Ask your child to demonstrate the games and apps they use to better understand what they play, why it's fun and possible pitfalls they may encounter.
- Help build confidence by encouraging children to share their knowledge of the online world.
- Encourage routines that promote health and balance. For example, create device-free times and places in your home.
- Model your own behaviour, by demonstrating that you can put your phone down and concentrate on spending time with your child, without the distractions of being online.
- Talk to your child about who could be their 'askable adult', and when they would speak with them.

Harmful content

[Harmful or inappropriate content](#) is content that a child might find upsetting, disturbing or offensive.

Ways to start the chat:

- Use eSafety's information on how to approach the [hard-to-have conversations](#).
- Use the [eSafety guide](#) to learn more about popular apps, games and social networking sites.
- Explore [eSafety kids](#) pages with your child to discuss topics such as [I saw something online I didn't like](#).
- Learn how to [report illegal content](#).

Contact with strangers

[Unwanted contact](#) is any type of online communication that your child finds unpleasant or confronting, or that leads them into a situation where they might be harmed. At worst, it can involve 'grooming' a child — building a relationship with a child in order to sexually abuse them. To help your child:

- Learn and discuss what children can do in [situations where they might feel unsafe](#).
- Explore [eSafety kids](#) pages so you can more easily discuss topics like [someone is contacting me and I don't want them to](#).
- Learn about the features of apps that can expose children to contact with strangers by exploring the [eSafety guide](#).

Cyberbullying

[Cyberbullying](#) is using technology to bully a person, hurt or scare them. eSafety can help with the removal of serious cyberbullying content. To help:

- Use the [eSafety guide](#) to show your child how to block and report users that make them feel uncomfortable.
- Explore [eSafety kids](#) to discuss topics such as [someone is being mean to me online](#) and [people are being mean to others online](#).
- Teach your child [how and when to report cyberbullying to eSafety](#).

Resources

- Download the [online safety guide for parents and carers](#) — available in 5 languages.
- Use [online safety basics](#) to explore technology issues with your child, negotiate rules and get to know the technology.
- Refer to eSafety's [taming the technology](#) to set screen time tools and parental controls.
- Read eSafety's [privacy and your child](#) to help manage privacy and safety settings. It also offers advice about how to check [location settings](#).
- Explore [the big issues](#) and find out more about cyberbullying, online pornography, time online, gaming, unwanted contact and grooming.
- Check eSafety's [skills and advice](#) resources—establishing good habits, hard to have conversations and using parental controls.
- Show your child how to contact [Kids Helpline](#) and learn the details of [Parentline](#) in your state or territory.
- Be smart and secure when choosing tech gifts for children by reviewing the [eSafety gift guide](#).
- If you have children under five, read [eSafety Early Years](#) for more information and resources.
- For parents of teens, visit [eSafety young people](#).
- Look at [eSafety parents](#) for advice, resources and links specifically tailored for parents' needs.
- For parents of primary school aged children, visit [eSafety kids](#).

References

[eSafety Research](#)