



6 Steps to Keep Your Child Safe Online



Encourage Open Communication

1

Have regular conversations with your child about online safety, rights and responsibilities and ensure they are educated about potential risks.

Create a Tech Agreement

3

Together with your child, work out appropriate boundaries around device use and draw up a contract to sign with agreements made by all family members.

Keep Devices Out of Bedrooms

5

Unsupervised use increases risk. Keeping devices out of bedrooms at night will reduce the likelihood of online harm and accessibility. Adequate sleep is important for a child's physical, mental and emotional wellbeing.

Activate Privacy & Account Settings

2

Familiarise yourself with settings available within apps and devices that can be activated to reduce risk and unwanted contact.

Supervise & Monitor

4

Supervise and monitor games and online conversations. Ensure your child is using age appropriate apps and remind them you have a duty of care as a parent or guardian. Research parental control apps.

Know Where to Seek Help

6

Ensure you and your child know when to seek help. Educate your family on steps to take and know how to report any negative online experiences..



Get a FREE copy of our
Family Technology Agreement by emailing
info@bullyzero.org.au

For more information visit www.bullyzero.org.au

