



TIP SHEET

Keeping kids safe online

Bravehearts
Educate Empower Protect
Our Kids

Today more than ever, our kids are learning, interacting, and communicating in an online world. There are so many positives for children online, however we want them to know that just like in the real world, the online world does require them to take care. Below are tips for keeping children of all ages safe online.

KEEPING KIDS SAFE ONLINE: TIPS FOR PARENTS

- Learn for yourself how to use the apps your child is using and the sites they are visiting. The more familiar you are with them, the easier it is for you to talk to your kids. Ask your kids questions - encourage them to teach you.
- Without alarming them, have conversations with your kids about the importance of safety online and why.
- Teach your children about what they should and shouldn't be sharing online and what happens to information once posted or shared. Talk about respectful interactions and encourage them to critically think about what they read and see online.
- Talk to your child about ways to not only stay safe, but also how to respond to anything that may concern them. Show them online safety resources they can access themselves to report suspicious online behaviour, such as Bravehearts' *Join the Dots* bravehearts.org.au/join-the-dots
- Ensure the computer is kept in an open family space (such as the lounge room) and not in the child's bedroom. Don't allow your child to play a connected iPad or mobile unsupervised.
- Install safety and security software - be sure to keep it updated, use internet and spam filters and pop-up blockers, install monitoring software and monitor downloads to your computer, enable internet browser security and regularly check the internet usage history.

ONLINE SAFETY: RULES TO TEACH YOUR KIDS

- **Never** tell anyone your full name, address, number or school.
- **Never** send a photo of yourself (or your friends or family) to anyone, especially one that identifies where you live, your name, where you go to school (including your school uniform).
- **Never** tell anyone your credit card or bank details (or any other personal details).
- **Never** friend or talk to someone online who you do not know in real life.
- **Never** make plans to meet in real life anyone you meet online.
- **Never** talk to anyone who makes you feel uncomfortable.
- **Always** be careful who you talk to on social media. People are not always WHO or WHAT they seem online.
- **Always** tell your parents if someone says something to you online that makes you feel uncomfortable or unsafe.
- **Always** stay away from websites that are not meant for children.
- **Always** be careful of your online footprint and remember that WHAT YOU SHARE WILL ALWAYS BE THERE.

NEED SUPPORT OR MORE INFORMATION?
Bravehearts Information and Support Line
FREECALL **1800 272 831**
Mon-Fri 8:30am - 4:30pm AEST

bravehearts.org.au