



## TIP SHEET

# Keeping children safe online

**Bravehearts**  
Educate Empower Protect  
Our Kids

Today more than ever, our children 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 some tips for keeping children of all ages safe online.

### KEEPING KIDS SAFE ONLINE: TIPS FOR PARENTS

- **Educate yourself:** Check out different sites, games and apps for yourself. The more familiar you are with them, the easier it is for you to talk to your children. Check privacy settings and recommended age restrictions.
- **Talk with your children:** Have conversations with them about the importance of safety online and show them what that means. For example, let them know you have been hearing about online safety and ask what they think the risks are and what they can do to keep safe. Encourage an ongoing open dialogue with your child, not just a one-off chat.
- **Teach your children to think about online behaviour:** How much should they be sharing online and what happens to information once shared? Talk about respectful interactions and responsible behaviour, and encourage them to critically think about what they read and see online (remind them that not everything they read may be true, what they share will always be there, and not everyone is who they say they are online).
- **Make all devices safer for your children:** Familiarise yourself with all sites, games and apps your children use and check the privacy setting on these. Install safety and security software and keep it updated; use internet and spam filters and a pop-up stopper, install monitoring software and monitor downloads to your computer, enable internet browser security and regularly check the internet usage history.
- **Come up with a plan around safety:** Talk about ways to not only stay safe, but also how to respond to anything that happens that may concern them. Let them know they can talk to you or another adult they can trust. Encourage them to be proactive by accessing information on safety, for example, through the eSafety Commission website

esafety.gov.au. Keep usage of devices in a public area; but also be vigilant and monitor your child's activity. Do not assume that public area usage alone is a sufficient protective measure.

### 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, or a trusted adult 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**

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