

Be brave - you got this!

It's important to be the one to turn to when our kids feel unsafe online – even if they know more about technology than we do. They might not tell us about a problem if they think it will upset us.

Trust your instincts, and help your kids to build and trust theirs. We all know that if something feels off, or seems too good to be true, it probably is.

Young people might push back against rules or boundaries, and that's normal! Most do understand that their carers want to keep them safe.

It's important to keep talking, build trust, and stay aware of the issues.

Where to get help?

ACWA online safety for carers has a free online safety for carers training course, as well as videos aimed directly at children and young people in care, too. There are videos with real carers sharing their experiences, and lots of practical tips.

eSafety commissioner - resources for parents

esafety.gov.au/parents

The eSafety website has loads of information and tips to help stay safe online.

The Raising Children Network

raisingchildren.net.au/teens/entertainment-technology/cyberbullying-online-safety/internet-safety-teens

The Raising Children Network has good articles and parenting tips to help manage challenging times.

Kids Helpline

kidshelpline.com.au/teens/issues/staying-safe-online

Kids Helpline also has good online safety information – and kids can talk to them by phone, chat or email any time.

Key messages

- ➔ Children, young people and adults all have roles in online safety.
- ➔ Working together as a family helps children and young people understand any rules and boundaries, and trust that they're in place for a good reason.
- ➔ It's really helpful to involve the wider family in online safety, including biological family members. This helps ensure rules are consistent and feel fair.
- ➔ There's lots of places to get help. Don't be afraid to reach out – and to reach out again, if you need to.

