

## Online Safety Resources for Parents

Online safety is paramount to keeping children and young people safe. Parents and carers can play a key role in their children and adolescent's mental health and wellbeing by ensuring steps are taken to regularly monitor and supervise your child or young person's online presence.



### Online Safety Resources and Websites

|                                                                                     |                                                                                                                                                                                                                              |
|-------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|    | <a href="https://www.esafety.gov.au/parents">https://www.esafety.gov.au/parents</a><br>Advice for parents to help children have safe experiences online                                                                      |
|    | <a href="https://raisingchildren.net.au">https://raisingchildren.net.au</a><br>Information on media and technology safety for different age groups                                                                           |
|    | <a href="https://aifs.gov.au/cfca/topics/cyberbullying-and-online-safety">https://aifs.gov.au/cfca/topics/cyberbullying-and-online-safety</a><br>Evidence based information and resources on cyberbullying and online safety |
|  | <a href="https://parents.au.reachout.com">https://parents.au.reachout.com</a><br>Information for parents on technology use and cyberbullying                                                                                 |
|  | <a href="https://kidshelpline.com.au/parents">https://kidshelpline.com.au/parents</a><br>Information for parents on cyberbullying, social media and safety                                                                   |
|  | <a href="https://www.internetsafeeducation.com">https://www.internetsafeeducation.com</a><br>Information and courses for parents on internet safety                                                                          |
|  | <a href="http://www.cybersafetysolutions.com.au">http://www.cybersafetysolutions.com.au</a><br>Information and courses for parents on internet safety                                                                        |



### Helpful Tips for Parents and Carers

- **Educate yourself** to become familiar with the online activities your children engage in
- **Supervise and regularly monitor** your children's online activities. Keep a look out for inappropriate or harmful content and any change or unusual behaviour in your child.
- **Empower children and young people** to use the internet safely and educate your children on internet safety
- **Report** prohibited or inappropriate material to the [eSafety Hotline](#)

#### References:

1. Robinson, E. & Carlow, M. (2018). Online Safety. CFCA Resource Sheet– April 2018. Retrieved from <https://aifs.gov.au/cfca/publications/online-safety>