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

Australian Government | eSafety Commissioner	**https://www.esafety.gov.au/parents** Advice for parents to help children have safe experiences online
raisingchildren.net.au — the australian parenting website	**https://raisingchildren.net.au** Information on media and technology safety for different age groups
Australian Government — Australian Institute of Family Studies	**https://aifs.gov.au/cfca/topics/cyberbullying-and-online-safety** Evidence based information and resources on cyberbullying and online safety
REACH OUT.com	**https://parents.au.reachout.com** Information for parents on technology use and cyberbullying
kidshelpline — Anytime Any Reason	**https://kidshelpline.com.au/parents** Information for parents on cyberbullying, social media and safety
INTERNET Safe Education	**https://www.internetsafeeducation.com** Information and courses for parents on internet safety
CyberSafety SOLUTIONS	**http://www.cybersafetysolutions.com.au** 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