



ONLINE AW AWARENESS

**FOR
PARENTS AND
CAREGIVERS!**

A decorative wavy line in dark blue and red colors runs vertically along the left side of the slide.

Start the conversation

Engage in their online world

Do some 'research'

Set some rules

Use the technology

A purple circle containing yellow text, positioned in the bottom right corner of the slide.

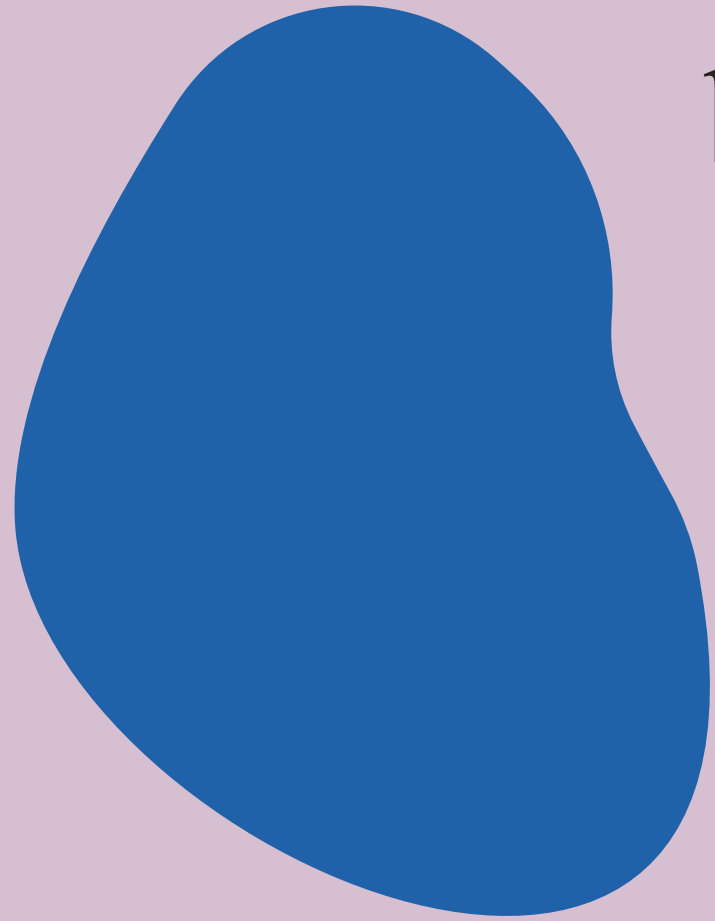
**THERE WILL
BE
HOMEWORK...
SORRY**

Start the conversation: how do we build digital intelligence?

- Good habits start young - 81% of pre-schoolers are using the internet (eSafety).
- Have conversations: downside of device confiscation.
- Framing the conversation - consider the maturity of your young person/s.

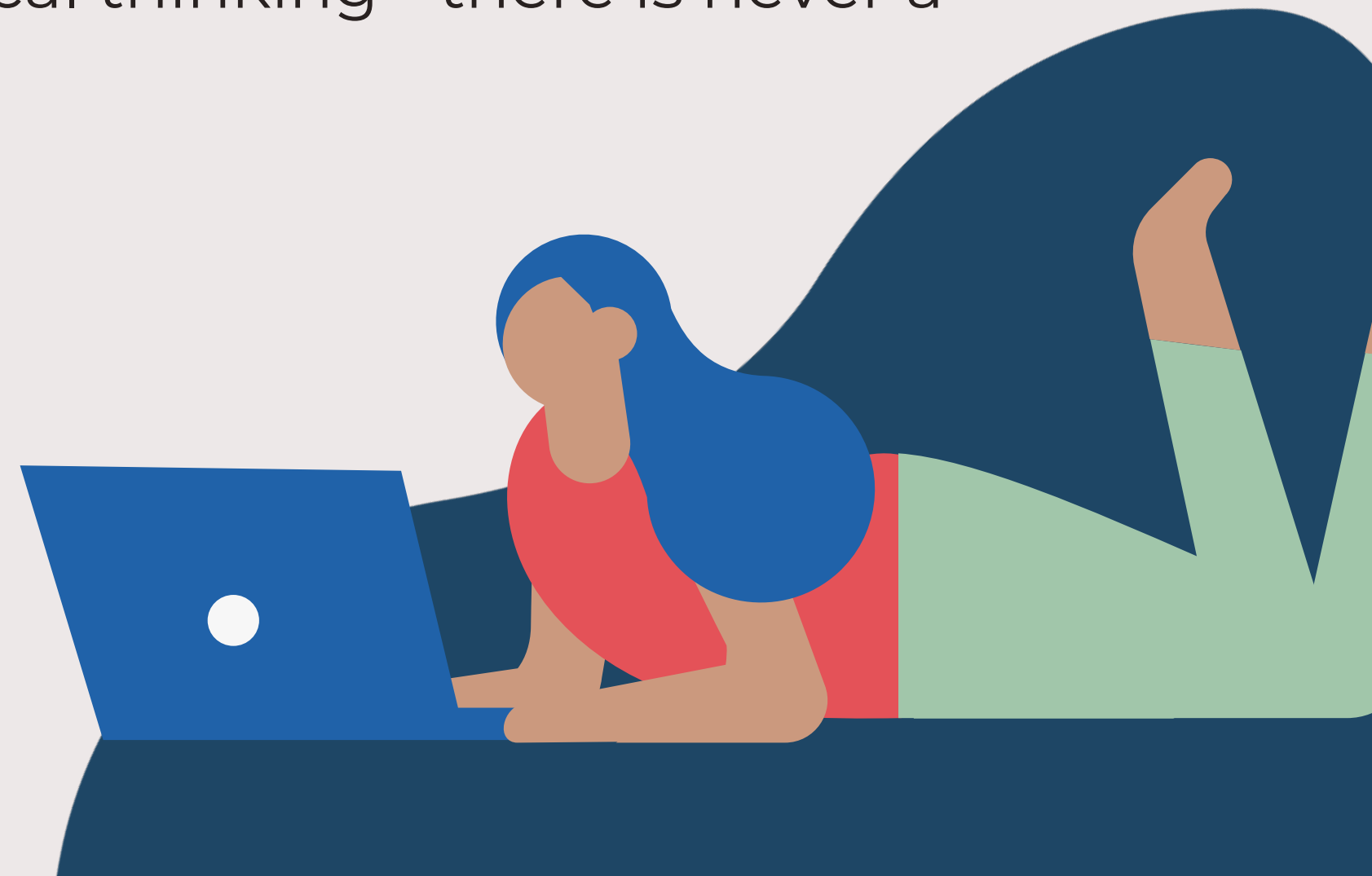
- Open up the lines of communication

Talk openly, ensuring they can come to you with questions, concerns or even if they generally excited about an online experience.



Start the conversation: how do we build digital intelligence?

- Set a positive example - display positive online behaviours yourself.
- Encourage questions and critical thinking - there is never a silly question.
- Promote respectful communication - bring it into the real world.
- Would your child speak that way to grandma?
- Take 10 before they send!



Start the conversation: how do we build digital intelligence?

- Encourage safe and responsible behaviour –
Healthy balance of online and offline time,
privacy settings and sharing personal
information
- Building resilience - how you respond to a
negative online experience (i.e device
confiscation).
- Alternate contacts - Who would they speak
to if they had an online issue or were having
a tough time



Screen Time – a healthy balance

- Involve your child in creating a family plan for leisure and entertainment time that balances time spent sitting in front of screens — including time online and watching TV — and a variety of offline activities.
- Work out the plan together. Young people are more likely to respond to rules they have contributed to and see as being fair and consistent.

- <https://www.esafety.gov.au/parents/big-issues/time-online>

- <https://parentline.com.au/issues/addiction-technology-warning-signs>





Be Internet Awesome by Google

https://beinternetawesome.withgoogle.com/en_us/families

e Safety for Parents and caregivers

Google

Google Search

I'm Feeling Lucky



TOP 5 NEGATIVE EXPERIENCES OF 8-17 YEAR OLDS

- Being contacted by strangers / someone they did not know
- Being left out by others
- Having mean things said about them / called names
- Receiving repeated unwanted online messages
- Having lies / rumours spread about them

(eSafety Commissioner)



Engage in their online world

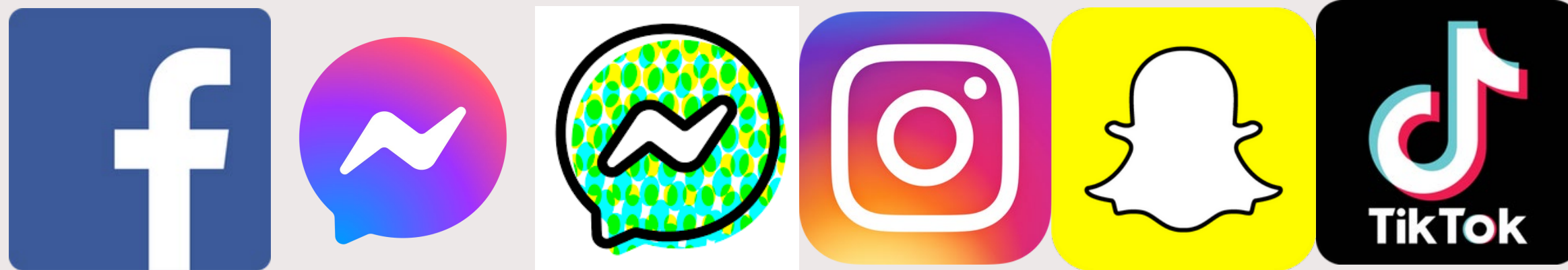
Can you list all the apps, games or websites your young person uses?

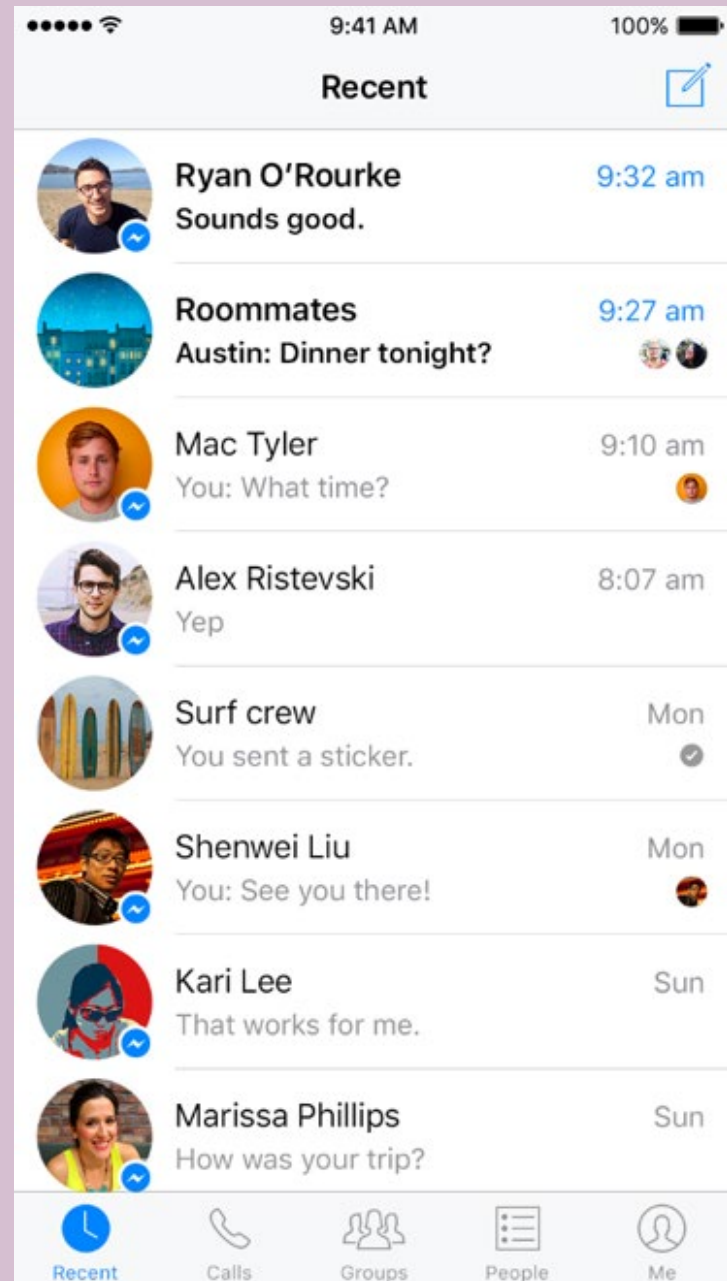
Have you played, downloaded and/or experienced all of the apps, games or websites your young person uses?



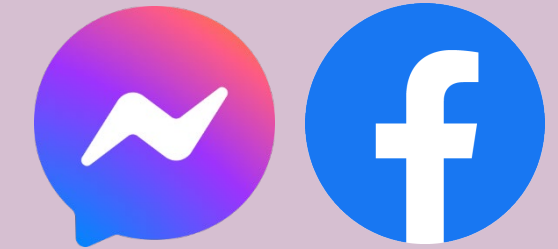
Do some 'research'

Age requirement for social media?





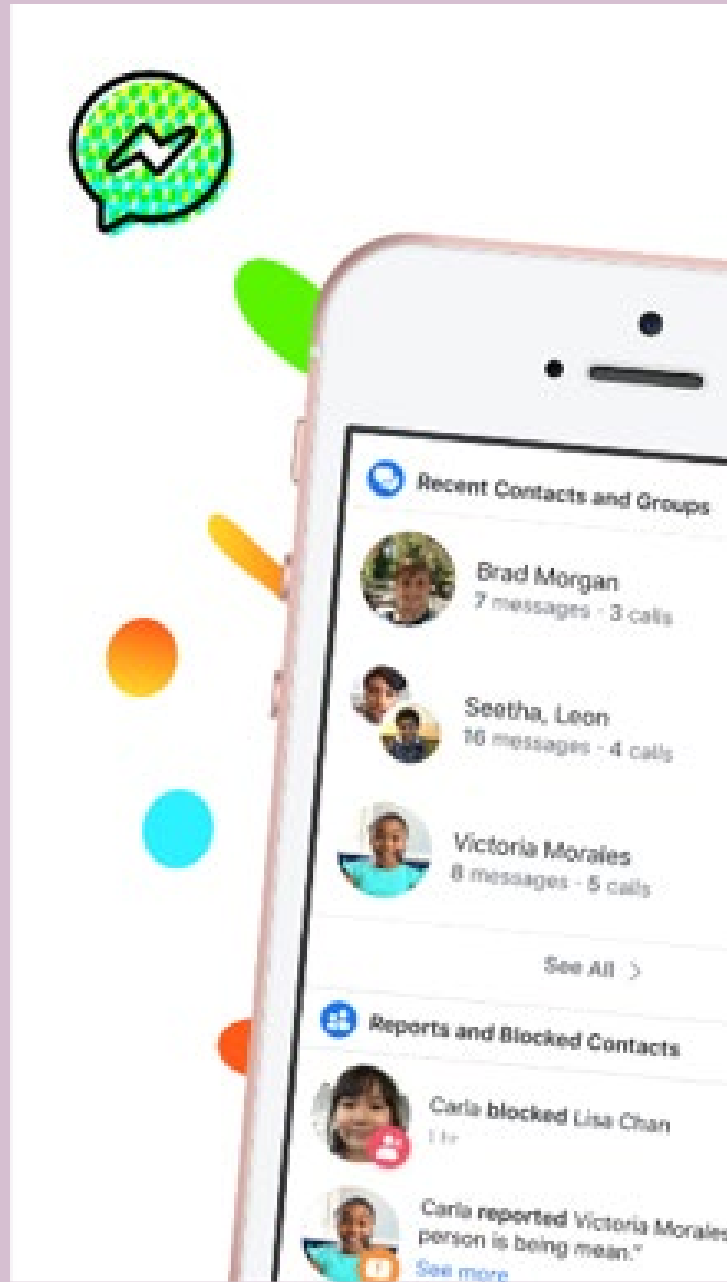
Messenger & Facebook



13+

Messenger allow you to message your Facebook friends.

Facebook allows you to connect with friends and family and share photos, videos and status updates.

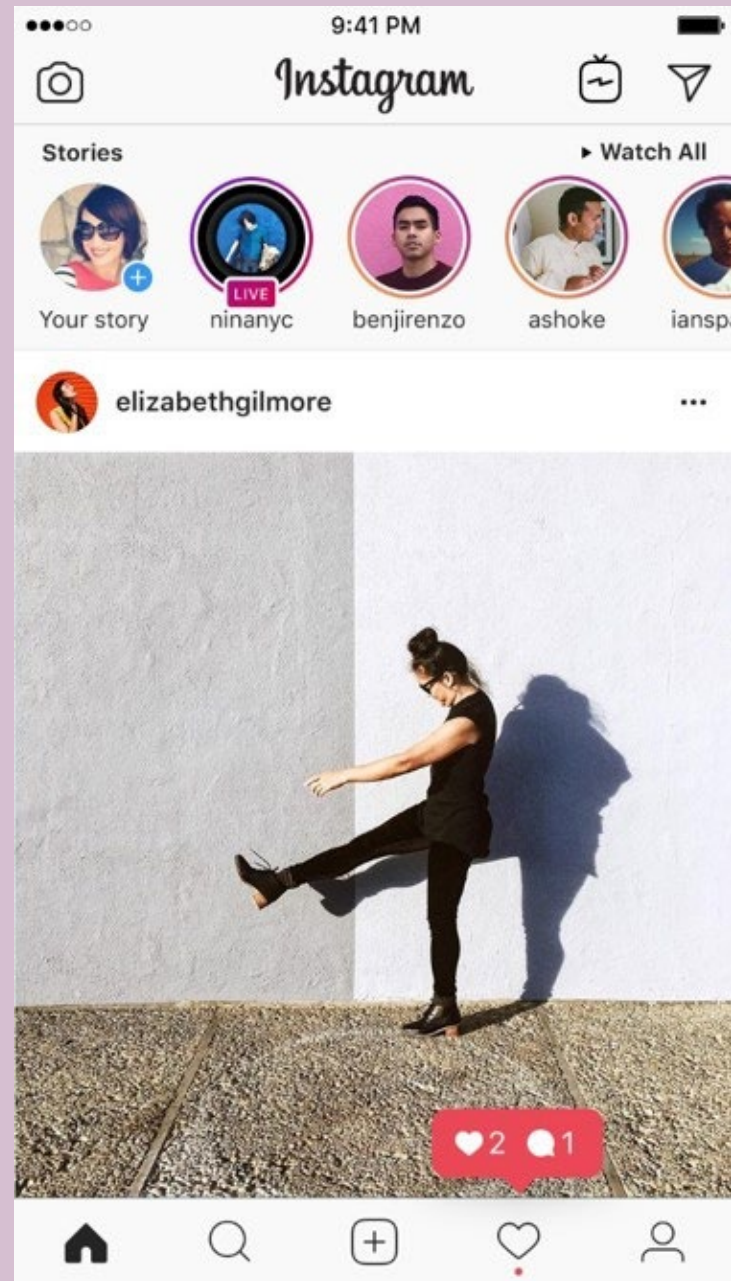


Messenger Kids



6+

Messenger Kids is a video calling and messaging app where parents can manage the contact list and monitor conversations.



Instagram

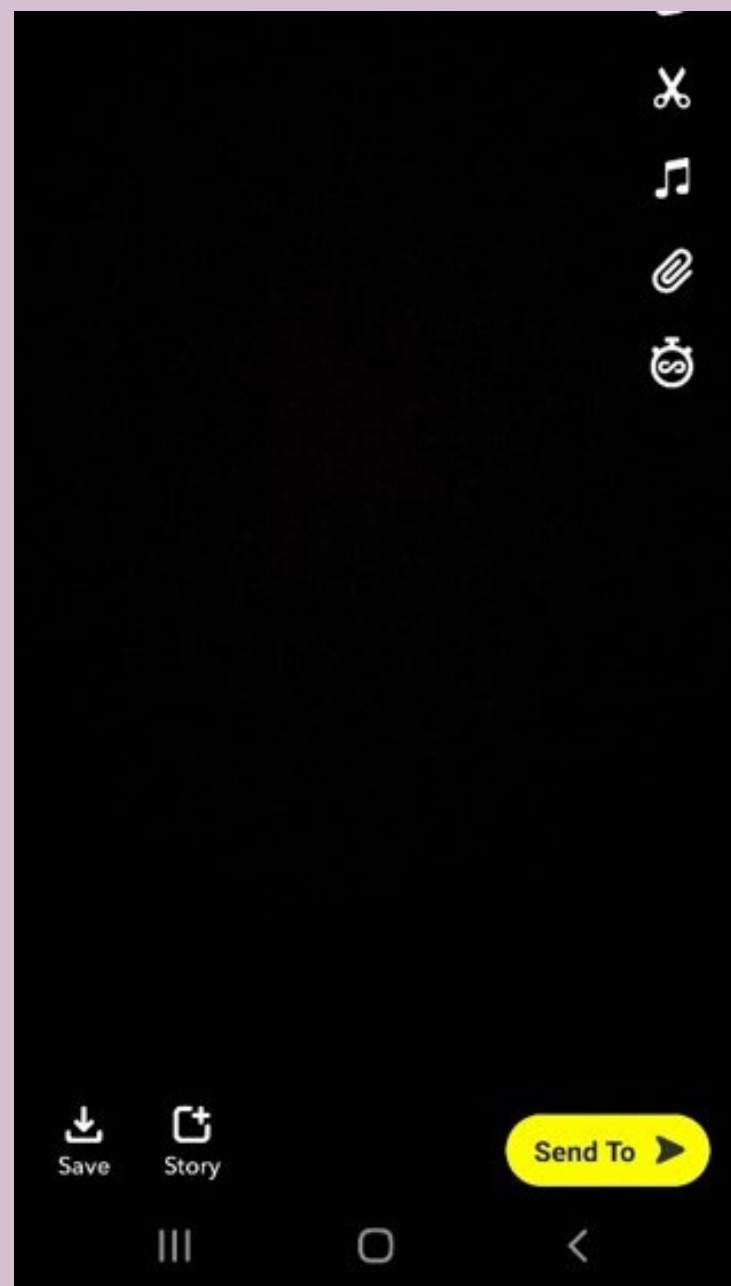
13+



Instagram allows you to share photos and videos with followers.

Instagram direct allows you to send messages, photos and videos to friends across Instagram or Facebook.

Instagram "for kids" halted development in October 2021.

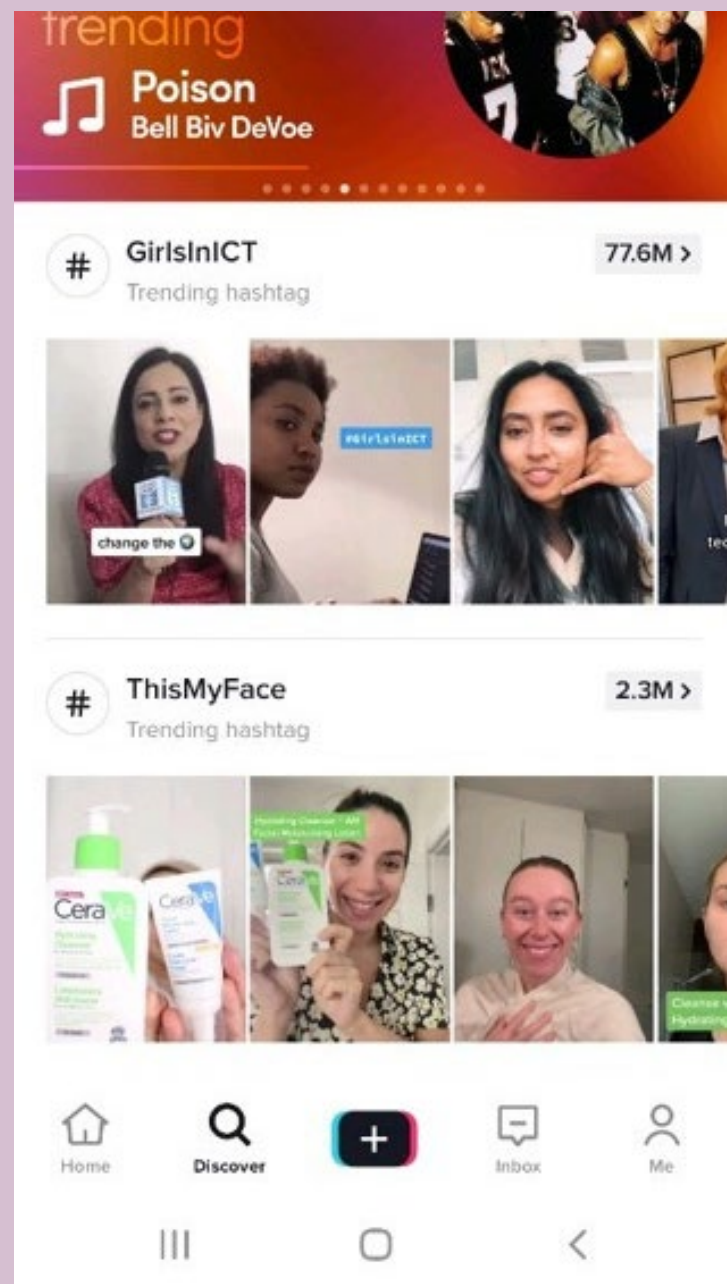


S n a p c h a t



13+

Snapchat allows you to send photos, videos and messages to friends that can 'disappear'.



TikTok

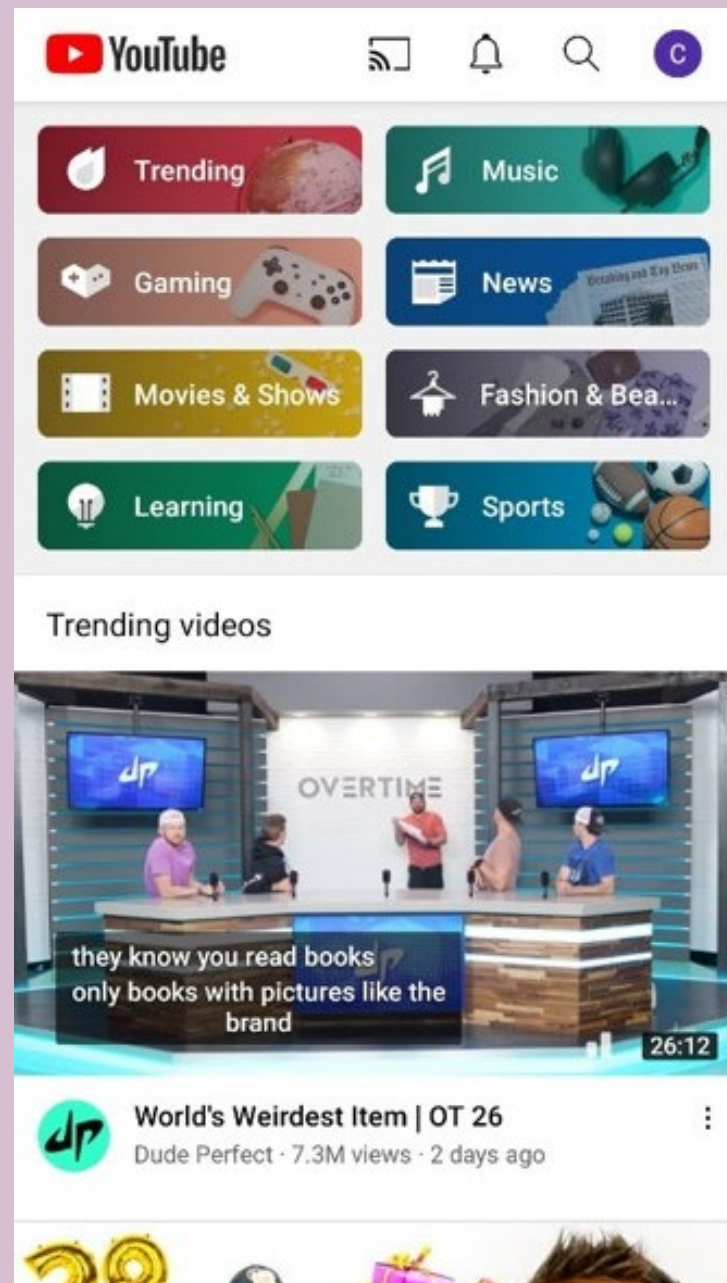


13+

TikTok allows you to share short videos.

There are now additional privacy settings by default for users under 16.

Family pairing: screen-time management, restricted mode & direct messages.



YouTube

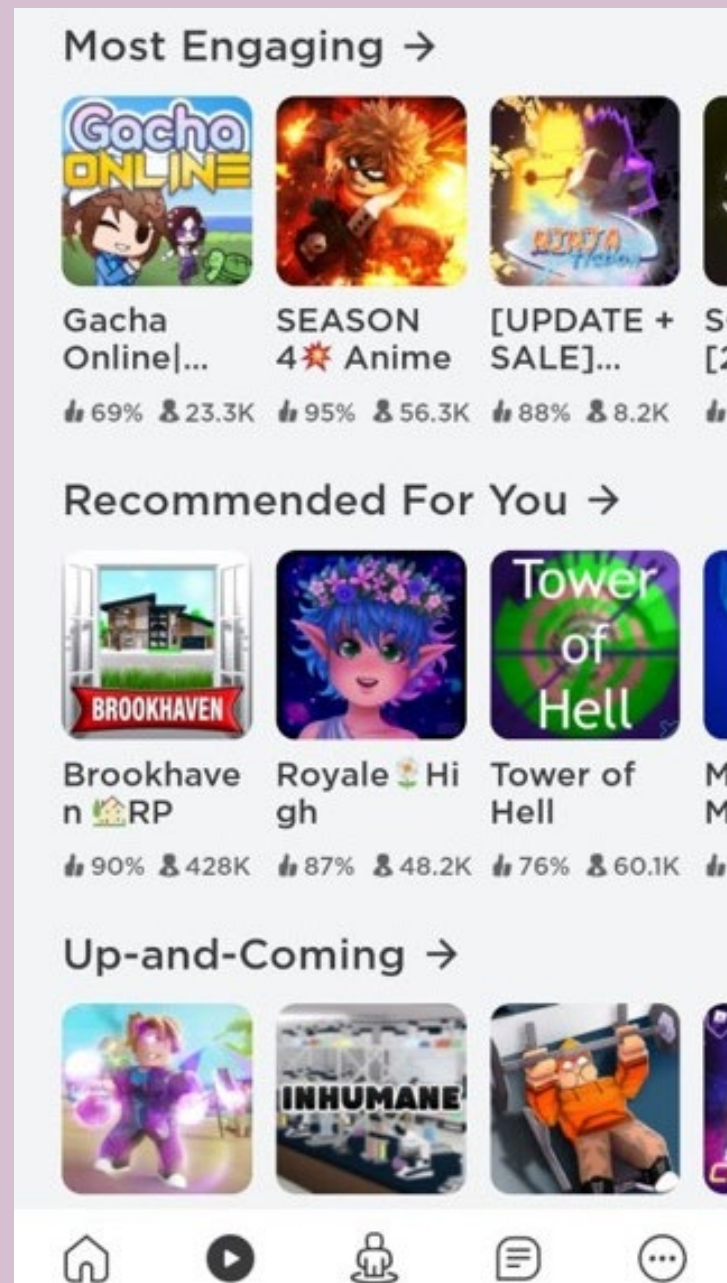


YouTube

13+

YouTube allows you to share videos to your own channel for others to view.

YouTube Kids



Roblox

8+

Roblox allows you to play games created by other users. There are various settings you can adjust such as limiting chat.

ROBLOX



Fortnite 13+ Call of Duty 15+

Fortnite is a third-person game shooter

Call of Duty: Warzone is a first person shooter

Players compete against each other to be the last person standing in player vs player (PVP) combat. Players use military style weapons, such as machine guns and grenades to kill their opponents. Players make purchases for access to the full game or for bonus weapons. Players communicate with other plays through online messaging or voice chat.



The Classification Guide - classification.gov.au



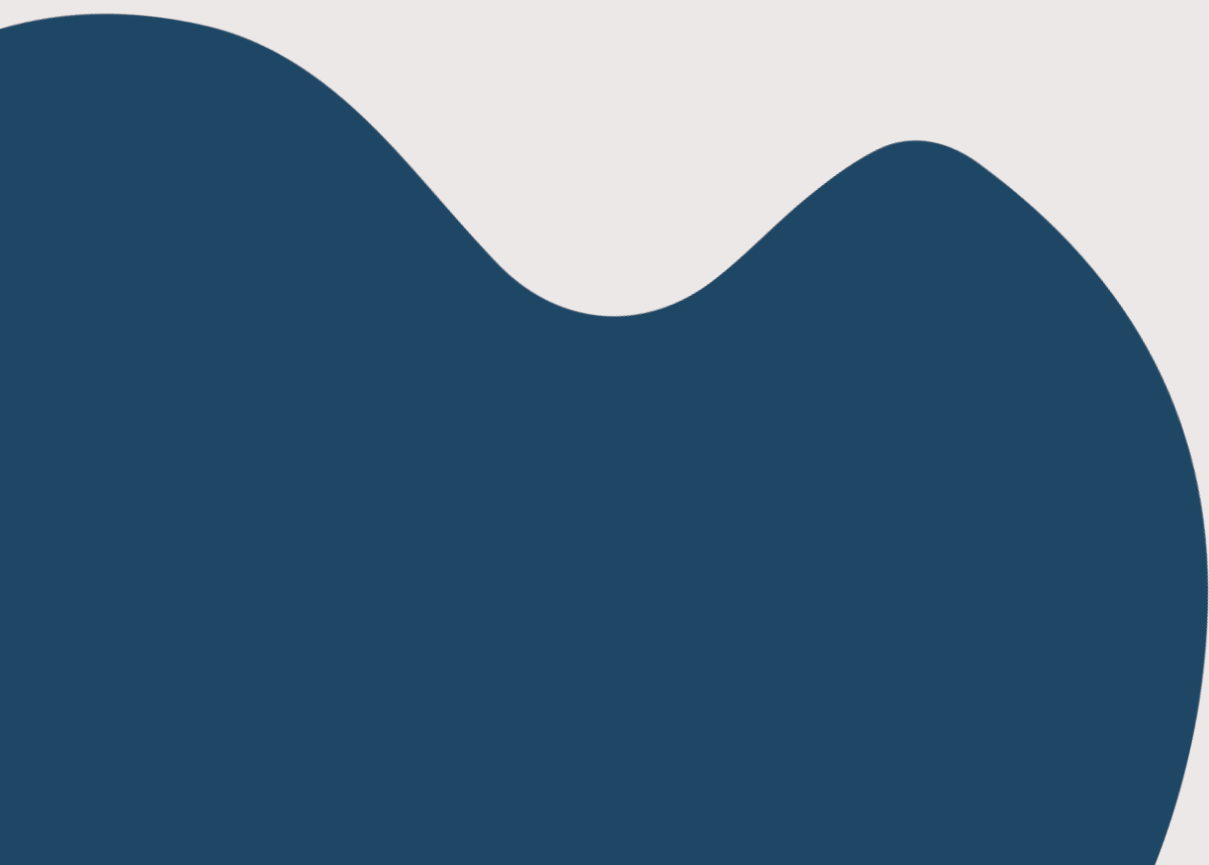
The G classification is suitable for everyone



PG-rated content is not recommended for viewing by people under the age of 15 without guidance from parents or caregivers



M-rated content is not recommended for children under the age of 15



M

Violence,
online
interactivity

What do the ratings mean? >

FORTNITE

Category: **Computer Games**

Duration: **Variable**

Classification date: **27 June 2017**

[Jump to industry details ↓](#)



Why this classification?

	None	Very mild impact	Mild impact	Moderate impact	Strong impact	High impact
Themes	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>
Violence	<div></div>	<div></div>	<div></div>	<div>M</div>	<div></div>	<div></div>
Language	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>
Drug use	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>
Nudity	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>
Sex	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>



Check out:

esafety.gov.au/parents/skills-advice/are-they-old-enough

childrenandmedia.org.au

raisingchildren.net.au/pre-teens/entertainment-technology

Do some research: reporting

Become familiar with blocking and reporting functionality on the apps, games and websites your child uses.

You can find information about reporting and blocking for different platforms on Google or eSafety.

Report online using eSafety's reporting tool:

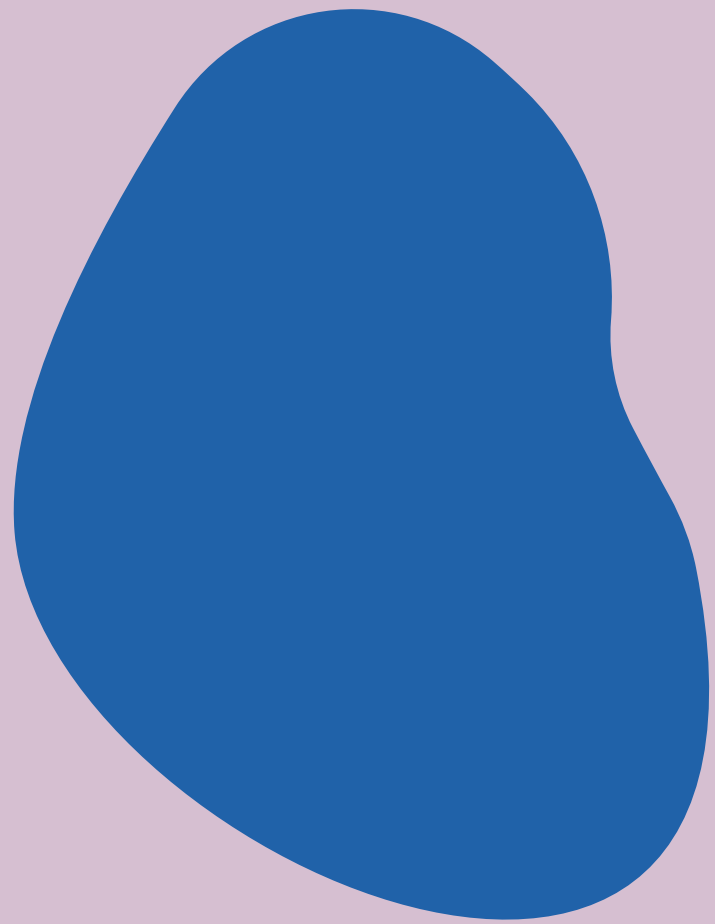
esafety.gov.au/report

Report online using Australian Cyber Security Centre:

cyber.gov.au/report

Set some rules: home filtering

- Google Safe Search
- Circle with Disney
- Family Zone
- Net Nanny
- Dinnertime Plus
- Norton Family
- MMGuardian



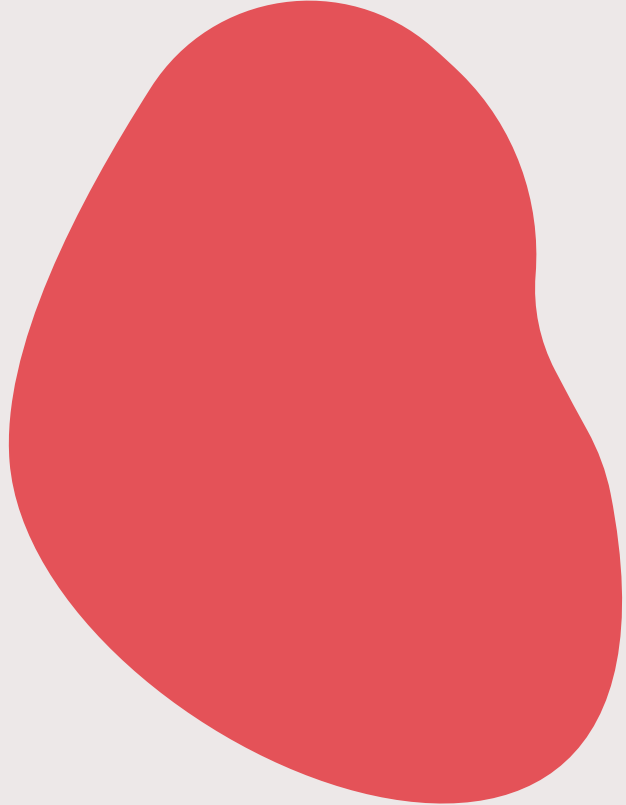

Set some rules: devices

- Apple Devices: Family Sharing & Screen Time.
- Android Devices: Google Family Link for parents app.
- Samsung Kids: kid safe version of phone.

Time-zone setting alterations by young people (lock this setting). Reminder: they'll always find a way around.
Communication is key.

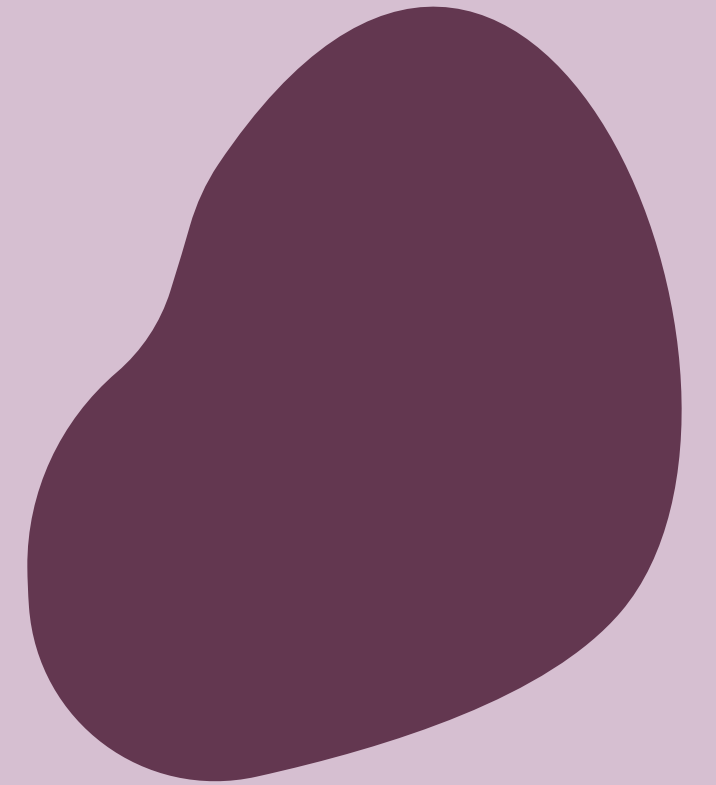


Set some rules: online friends

- 
- Use real world examples of stranger danger to help explain that interacting online with strangers is the same.
 - Ask your child to tell you who their online friends are.
 - Make sure you know how to block and unfriend on the apps and games your child uses.
- 

Set some rules: accounts

- Privacy settings turned ON
- Friend your child on social media
- Have a record of the usernames and passwords of their accounts
- Discuss what is an appropriate images or video to share online.



Set some rules: school consequences

School based consequences can occur if online behaviours negatively affect the 'good order and management' of the school, giving the Principal certain disciplinary actions such as suspension/exclusion.

This is regardless if the behaviour is happening outside of school hours.

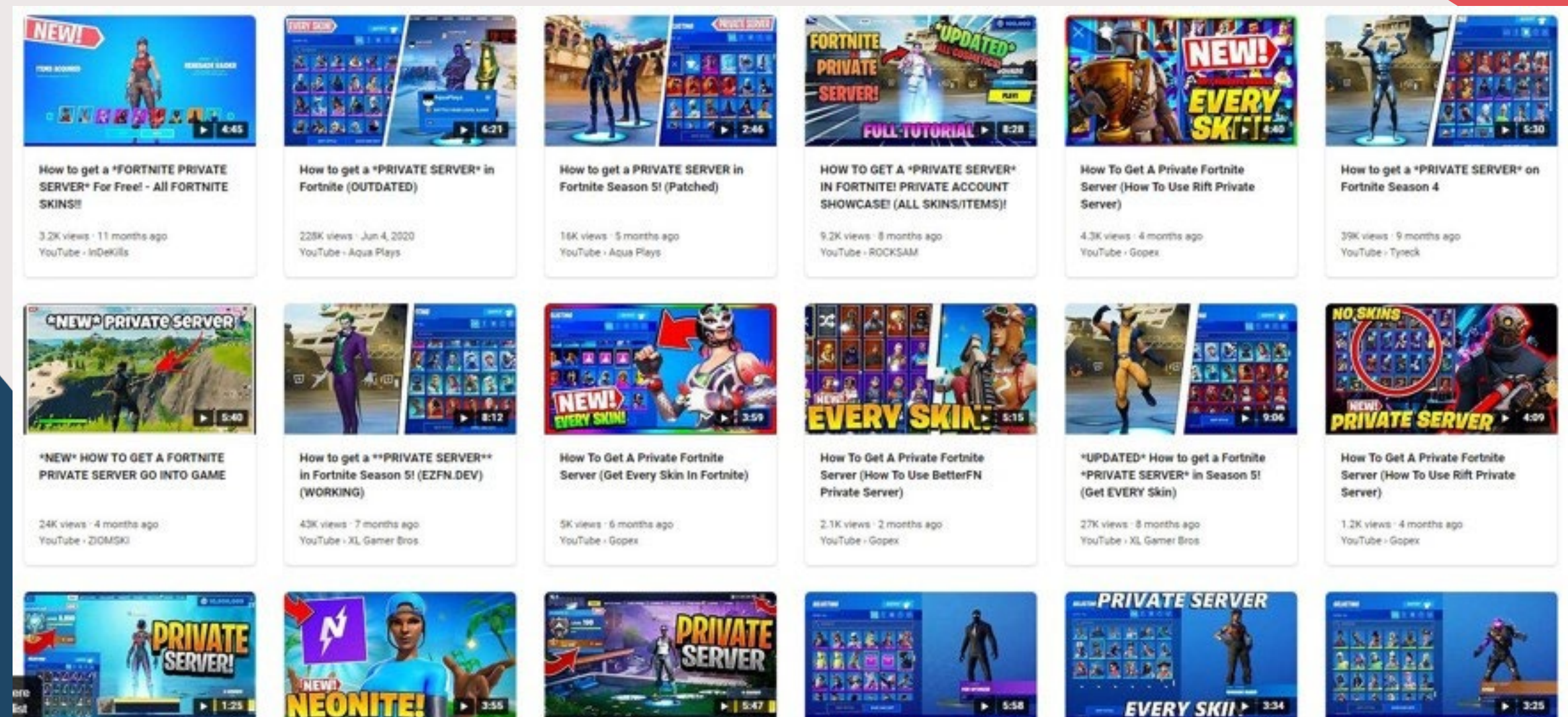


Set some rules: the law

- Using a carriage service to menace, harass or cause offence (5 years)
- Distribution of intimate images without consent (3 Years)
- Making threats to seriously harm (7 years)
- Identity theft - fake profiles and hacking (10 years)
- Stalking (5 years)
- Possession/Making/Distribution of child exploitation material (25 years)
- NCMEC linked to Meta, Google, Microsoft & Apple services

Use the available technology

- Create an account and have a go!
- Young people are always going to know more about this fast-changing space, but we need to give them the life advice to help them navigate this online world.



Use the available technology: Emergency contacts

Apple iPhone:

Settings > Emergency SOS > Enter details under Emergency contacts

Android:

Settings > Advanced features > Send SOS message > Send message to...



Use the available technology : SOS Features

Apple iPhone:

- 1) Hit the power button 5 times quickly to contact 000 and notify your emergency contacts
- 2) Hold power button and volume up button until the SOS slider appears

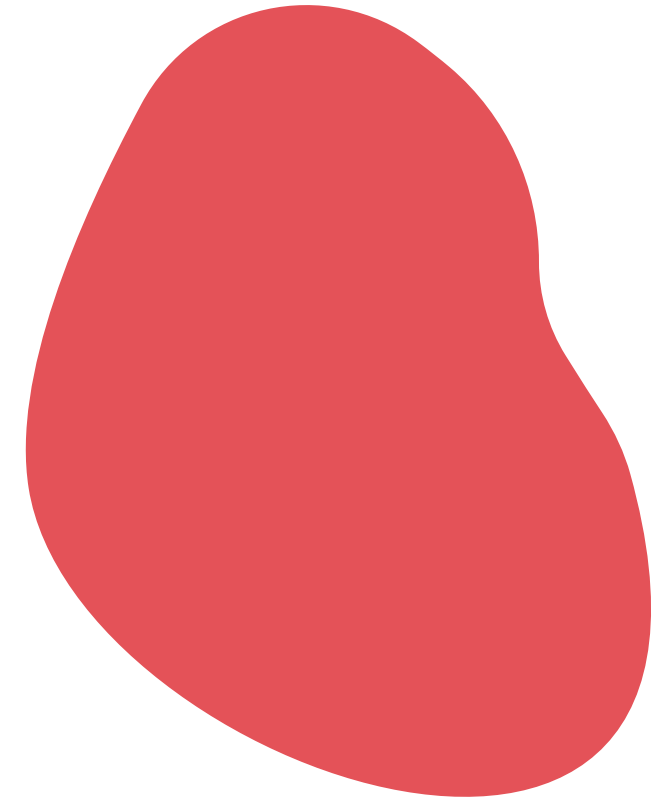
Android:

Hit the power button three times in quick succession - you can then send photos to emergency contacts with your location, an audio recording and a message.




Take home tips and homework

- Communicate
- Set Rules and Boundaries
- You make the decisions
- Keep devices in common room spaces
- Know who and know where



Take home tips and homework

1. Which apps or games does your child use?
 2. Is your child old enough to be using those apps or games?
 3. Ask your child to show you the app or game and how they use it
 4. Learn how to report on each app or game they are using
 5. Have a conversation with your child about what they would do if something went wrong online
 6. Set a time limit for devices / a turn-off time
 7. Ask your child to teach you something new
 8. Explore home filtering options
- 

Extra Reading and Support

eSafety Commissioner – **esafety.gov.au/parents**

Family Online Safety Institute - **fosi.org/good-digital-parenting**

Parentline: **parentline.com.au/Cyberbullying**

Beacon Telethon Kids: **beacon.telethonkids.org.au/**



FIND US ON FACEBOOK



QUESTIONS?