Cybersafety

The internet can help your child to learn different things.

Your child might use the computer, a phone or a tablet to do things like:

- communicate

- use social stories

- do schoolwork

- talk to friends

- play games

- watch TV and movies

Lots of the pages on Planet Puberty will have resources from the internet.

Parents and carers can worry about how their child uses the internet, and how to keep them safe.

Keeping safe on the internet is called cybersafety.

What is on this page?

This page is about how you can support your child to be safe when they use the internet.

It has easy read information about different things you can try to teach your child about cyber safety.

Create a family agreement

A family agreement can help people to understand what is OK and what is not OK when using the internet.

Making an agreement as a family is a good way to set rules and practice making choices.

If your child uses a computer or tablet at school, they might already have a tech agreement.

The agreement might have rules about:

- how long you can spend on the internet

- what types of websites and games you can visit

- what is good online behaviour

- what to do if you see something that makes you feel bad

Internet rules will be different for every family.

You can find an easy agreement to make at home by visiting the eSafety Commissioner here: **Family Tech Agreement**

Keep information private

Talk to your child about how they can keep their important information private.

Important information can be:

- passwords

- bank details

- phone numbers

- addresses

It is important that your child does not share this information with anyone except their parent or carer.

Check your privacy settings

Privacy settings can help you control the information that other people can see about your child.

Social media like Facebook or Instagram will all have different privacy settings.

Here are some good privacy settings to remember.

- Make sure social media profiles can only be seen by people who have added them as a 'friend'

- Make sure social media accounts ask for your child's permission before they can 'tag' photos of your child

- Go through your social media 'friends' and remove anybody you do not know in real life

- Learn where to find the report and block buttons

Your child should report and block any people or content that makes them feel unsafe.

It is safe to report and block.

- Delete any 'friend' requests you receive from people you do not know

You can find information about different privacy settings [here].

Talk about sharing

CONFIDENTIAL

Talk to your child about what type of information is OK and not OK to share with other people online.

Your child should not share their:

- full name

- address

- phone number

- school name

- photos of their school uniform

You can create a 'private information' list to help your child remember what is private when they are using the internet.
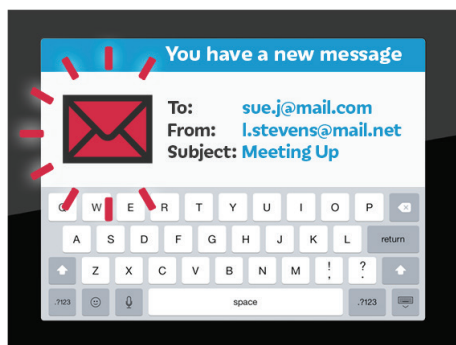
Talk about attachments

Attachments are documents, files or photos that might be sent through social media or an email.

Not everything you get in an email or message is safe to open.

Emails or messages that try to trick you are called spam.

Spam will have fake names and might offer you things like money or talk about sex.

Spam emails are NOT safe.

It is important to talk to your child about spam and what it looks like.

Your child should not open documents, files or photos from people they do not know.

You can avoid spam by using anti-virus software.

It is important to encourage your child to ask you for help if they are not sure.

Talk about sexting and nudes

'Sexting' is when people share sexy talk, images or videos on a device like a computer, phone or tablet.

'Nudes' is a word used for sexy photos or videos.

Sexy photos or videos usually show private body parts.

They might be photos or videos taken of people or they might be pornography.

Sometimes teenagers send and receive sexy photos or videos over the phone or social media.

It is important to tell your child to let you know if they are sent a photo or video that makes them feel unsafe.

In some states and territories there are different laws about sexting and nudes.

These laws will depend on:

- the age of the person sending the photos or videos

- the age of the person receiving the photos or videos

- the age of the person or people in the photos or videos

It's important for you and your child to understand the laws about sexting and nudes.

You can use the easy Read 'Sexuality, Your Rights and Relationships' book from SECCA to learn more: **Sexuality, Your Rights and Relationships**

Talk about strangers online

You can talk to your friends online, but not everyone online is your friend.

People can lie about who they are and pretend to be somebody that they are not on the internet.

The internet is a big place and has lots of different people on it.

Not all of these people are safe.

It is important to talk to your child regularly about being safe online.

It is very important to help your child understand that you do not really know people online unless you know them in real life.

You should only meet people online in real life in a public place and with a safe person like a parent or a support person.

You can visit the eSafety Commissioner to learn more about keeping your child safe from strangers on the internet: **Unwanted contact**

Keep yourself up-to-date

The internet changes every day.

It is important for parents and carers to keep up-to-date with new information about things like social media and games online.

You can learn about different games, apps and social media by reading the eSafety guide here: **e-safety guide**

You can also use the eSafety cards from SECCA to help your child learn about:

- online safety

- good online behaviour

- safe online relationships

You can get the cards by visiting SECCA here: **eSafety cards**

Resources for you to use

Let's get technological

Body Talk

https://bodytalk.org.au/puberty/lets-get-technological/

Sexting

Body Talk

https://bodytalk.org.au/relationships/technological-relationships/sexting/

eSafety Cards

SECCA

https://www.secca.org.au/re-sources/internet-safety-cards/

Sexuality, Your Rights and Relationships

SECCA

https://www.secca.org.au/resources/sexuality-relation-ships-and-your-rights-resource/

eSafety guide

eSafety Commissioner

https://www.esafety.gov.au/key-issues/esafety-guide

Unwanted contact

eSafety Commissioner

https://www.esafety.gov.au/parents/big-issues/unwanted-contact

Taming technology

eSafety Commissioner

https://www.esafety.gov.au/parents/skills-advice/taming-technology

Family tech agreement

eSafety Commissioner

https://www.esafety.gov.au/parents/children-under-5/family-tech-agreement

Sexting

Youth Law Australia

https://yla.org.au/nsw/topics/internet-phones-and-technology/sexting-laws/

What to read next?

- **Making friends online safely**

- **Healthy and unhealthy relationships**

- **Pornography**

For more information go to the Planet Puberty website

www.planetpuberty.org.au