

Cybersafety @ Home



The following advice looks at ways you as a parent can support your student in using the internet effectively, so they can enjoy and learn from the Internet safely and securely.

Set Boundaries

- Students don't need to use the device all the time at home.
- If you are experiencing problems, we recommend that you specify:
 - where in the house the device can be used.
 - where it is to be stored when not in use.

Monitor

- Talk about Internet activities openly and freely.
- Have your child use the device in a shared family area where you can monitor how long your child is online as well as the websites your child is visiting.
- Mobile phones and other digital devices have access to the Internet, so these devices need to be monitored also.

Share the Experience

- Ask your children to demonstrate the way they use their device for school and teach you how to use it.
- Focus on the positive aspects of the internet when you sharing the experience with your child. Spend time looking together at sites that are fun, interesting or educational.
- Encourage your child to question things on the internet, e.g. "Who is in charge of this site?", "Have I found information, or is it just opinion?" or "Is this site trying to influence me or sell me something?".



Protect

- Explain to your child that not all information on the Internet is good, true or helpful, and that some areas are not intended for children to see.
- Help your child identify unsuitable material by naming some things to look out for, such as sites that contain scary or rude pictures, swearing or angry words.
- Empower your child to use the Internet safely by showing your child safe sites and explaining why they are safe. It's also important to educate your child on why it's not safe to give out any personal details online.
- Investigate an internet filter, which provides parents a way to secure their internet connection and prevent access to restricted web sites. The advantage for parents is that this can be applied to ALL devices in the home.

Further helpful information:

ThinkUKNow: <http://thinkuknow.org.au/>

Office of eSafety Commissioner: <https://www.esafety.gov.au/>

Raising Children Network: <https://raisingchildren.net.au>

