How to help kids stay safe online

Julie Inman Grant - eSafety Commissioner

eSafety has a wide range of advice for parents and carers covering common online safety issues like managing screen time, cyberbullying, inappropriate content, sending nudes and contact from strangers. They also have basic online safety advice for parents in languages other than English. Here are some tips to help protect young people.

SET BOUNDARIES

Take the opportunity to set some boundaries around when and where they can use devices like tablets, smart TVs and gaming consoles, to help limit potential tech tantrums — you could even fill in a Family Tech Agreement.
Use parental controls to help block your child from accessing specific websites, apps or functions. They can also monitor your child's use of connected devices and set time limits. But beware!
You cannot always rely on them.

DO SOME RESEARCH

While you are all at home more, it's a great time to co-view and co-play with your kids, so you can understand what they are doing and experiencing online.
Learn about the games, apps, social media and platforms they are using at The eSafety Guide, including how to protect their information and report inappropriate content or conduct.
Remember, that many apps require children to be 13 yrs and over!

ENCOURAGE E-LEARNING

Encourage them to explore online safety for themselves. Kidshelpline and eSafety have targeted advice for kids (primary school) and young people(secondary school).

YES! **YES WORKS BOTH WAYS**
Saying '**yes**' to certain apps on your child's device like Facebook, Instagram & Tiktok should come with a '**yes'** for you to be added as a friend on their account!

HAVE THE TRICKY CONVERSATIONS

Check eSafety's tips for talking with your child about tricky subjects like online pornography, grooming, cyber-bullying, privacy, trolling, information sharing, cat-fishing and permanency.
It's also important to talk to your child about when things don't feel right or go wrong. Discuss what to do and how to report.

kidshelpline
Anytime Any Reason

Australian Government | eSafety Commissioner

HELPFUL WEBSITES

- https://www.esafety.gov.au/kids
- https://www.esafety.gov.au/parents/online-safety-guide
- https://kidshelpline.com.au/kids/issues/being-safe-
- https://kidshelpline.com.au/parents

DO YOU REALLY KNOW TIKTOK?

TikTok (formerly Music.ly) is a social media app for creating and sharing short videos. You can create and share short lip-sync, comedy and talent videos of 3 to 15 seconds. You can also create short looping videos up to 60 seconds long.

WHAT YOU NEED TO KNOW

- **The age recommendation for TikTok is 13-year-old**.
- TikTok's **Default settings are set to public,** meaning any other user can see content posted to a users profile and make contact/message that user.
  - TikTok users **sign up with a phone number**, an **email address**, or a third-party account such as **Facebook and Instagram**.
  - TikTok **videos can be accessed on YouTube**

WHAT'S THE CONCERN?

Across so many of the shared videos the outfits, provocative poses, promiscuous dance moves, sexual connotations, drug references and crude language is the unfortunate reality for much of the content within TikTok. **The concern here lies in how freely this type of content can be found.** There has also been reported cases of users sharing more concerning content linked to self-harm, cutting, violence and pornography.

HOW CAN I MAKE IT SAFER?

The first step in creating a safer space for young users to always set accounts private. To do this, navigate to the profile page and select the ellipses (...) in the top right-hand corner to then select click on **'Privacy and Safety'**. Here you have several settings that can then be specifically managed to better protect the user's safety and wellbeing when using TikTok.

BE ACTIVE, DO YOUR RESEARCH!

If your child has TikTok, so should you! Or at least, you should have access to their account. As parents/caregivers, be sure to actively **explore the content** in the **Discover** section of TikTok so you can see for yourself what your children will see. Talk to your child about what to do if they see something that is inappropriate.

INFORMATION SOURCED FROM

WWW.CYBERSAFETYPROJECT.COM.AU/BLOG/WHAT-IS-REALLY-HAPPENING-ON-TIKTOK
WW.ESAFETY.GOV.AU/KEY-ISSUES/ESAFETY-GUIDE/TIKTOK

FOR MORE INFORMATION. . .

WWW.SAFEONSOCIAL.COM/
WWW.ABC.NET.AU/RADIO/PROGRAMS/PARENTAL-AS-ANYTHING-WITH-MAGGIE-DENT
'What you need to know before you give your child a smartphone'

DO YOU REALLY KNOW SNAPCHAT?

Snapchat is a messaging app that lets you send images, videos or instant text messages to friends. These images, videos and messages are only available for a short period of time once they are opened. The little yellow icon with a cute white ghost was released in 2011 and has transformed how we interact across many of the big social media players today.

WHAT YOU NEED TO KNOW

- **The minimum age recommendation for Snapchat is 13+**
- **Snap Maps** plots a user's **exact location** onto a map **every time** they are **using** the platform. This means friends and other Snapchatters can **see where they are** and even **who they are with** and **what they are doing!**
  - **Content posted** to Snapchat **is not as temporary** as it may appear, as **users can save chats** or **screenshot** them without the sender knowing.

WHAT'S THE CONCERN?

Snap streaks or '**streaks**' has turned Snapchat into a game. The idea is that you and a friend each snap each other back once a day within a twenty-four hour period. Users then feel **pressured** to continue their 'streak' and are **obsessed** with streaking or they **share** their **account details** with others (including **total strangers**) to keep the streaks going. **Allowing access of your account to others is a major problem!** Snapchat Discover is all about keeping you up-to-date on current events, pop culture, and more. Discover is completely user generated, it is important to understand that **if you are allowing your young people at home** to use Snapchat, they may be **exposed to harsh language, sexual content, violence, advertisements, or inappropriate videos.**

HOW CAN I MAKE IT SAFER?

- **Respect** the age restrictions of 13+
- **Build trust** with your child by explaining why you insist the account be set to private.
- Ensure that **Ghost Mode is enabled** on the Snap Map, so account holder **information is hidden**.
- Turn the **location services** for the app **off** on the device.
- **Regularly review** with **your child** who **interacts** with their account.

WHAT, THERE'S MORE?

YOLO is an **anonymous** messaging/anonymous questioning app that can be connected to your Snapchat account. **The key issue with Yolo is anonymity**. Users can ask questions they might be too embarrassed to normally ask. This is where it should be fun and humorous, however **the lack of accountability** and **total anonymity** has also **promoted misuse of this feature** with many users on the receiving end of **hurtful or inappropriate content**.

INFORMATION SOURCED FROM

WWW.CYBERSAFETYPROJECT.COM.AU/BLOG//BLOG/5-THINGS-TO-KNOW-ABOUT-SNAPCHAT

WWW.ESAFETY.GOV.AU/KEY-ISSUES/ESAFETY-GUIDE/SNAPCHAT

WWW.SAFEONSOCIAL.COM/SNAPCHATWE-HAVE-A-PROBLEM-2

FOR MORE INFORMATION. . .

WWW.ABC.NET.AU/RADIO/PROGRAMS/PARENTAL-AS-ANYTHING-WITH-MAGGIE-DENT

'What you need to know before you give your child a smartphone'