







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

	<p>https://www.esafety.gov.au/parents Advice for parents to help children have safe experiences online</p>
	<p>https://raisingchildren.net.au Information on media and technology safety for different age groups</p>
	<p>https://aifs.gov.au/cfca/topics/cyberbullying-and-online-safety Evidence based information and resources on cyberbullying and online safety</p>
	<p>https://parents.au.reachout.com Information for parents on technology use and cyberbullying</p>
	<p>https://kidshelpline.com.au/parents Information for parents on cyberbullying, social media and safety</p>
	<p>https://www.internetsafeeducation.com Information and courses for parents on internet safety</p>
	<p>http://www.cybersafetysolutions.com.au Information and courses for parents on internet safety</p>



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>