

# Helping kids thrive online

## Webinar information sheet for parents of primary school students

### General tips for supporting your child online:

- Support your child's friendships online and off by talking with them about their friends and activities.
- Ask your child to demonstrate the games and apps they use to better understand what they play, why it's fun and possible pitfalls they may encounter.
- Help build confidence by encouraging children to share their knowledge of the online world.
- Encourage routines that promote health and balance. For example, create device-free times and places in your home.
- Model your own behaviour, by demonstrating that you can put your phone down and concentrate on spending time with your child, without the distractions of being online.
- Talk to your child about who could be their 'askable adult', and when they would speak with them.

### Harmful content

[Harmful or inappropriate content](#) is content that a child might find upsetting, disturbing or offensive. It includes material that shows or encourages the sexual abuse of children, terrorism or other acts of extreme violence, and material which is not suitable for children, such as pornography.

### Ways to start the chat:

- Use eSafety's information on how to approach the [hard-to-have conversations](#).
- Use [The eSafety Guide](#) to learn more about popular apps, games and social networking sites including how to report inappropriate content.
- Explore [eSafety kids](#) pages with your child to discuss topics such as [I saw something online I didn't like](#).
- Learn how to [report illegal content](#).

### Contact with strangers

[Unwanted contact](#) is any type of online communication that your child finds unpleasant or confronting, or that leads them into a situation where they might be harmed. At worst, it can involve 'grooming' a child — building a relationship with a child in order to sexually abuse them. How to help your child:

- Learn and discuss what children can do in [situations where they might feel unsafe](#)
- Explore [eSafety kids](#) pages so you can more easily discuss topics like [someone is contacting me and I don't want them to](#).
- Learn about the features of apps that can expose children to contact with strangers by exploring [The eSafety Guide](#).

## Cyberbullying

[Cyberbullying](#) of children is when someone uses online content or communication to seriously humiliate, seriously harass, seriously intimidate, or seriously threaten a child or young person under the age of 18. eSafety can help with the removal of serious cyberbullying content.

- Use [The eSafety Guide](#) to show your child how to block and report users that make them feel uncomfortable.
- Explore [eSafety kids](#) to discuss topics such as [someone is being mean to me online](#) and [people are being mean to others online](#).
- Teach your child [how and when to report cyberbullying to eSafety](#).

## Resources

- Download the [online safety guide for parents and carers](#) — available in five languages.
- Use [online safety basics](#) to explore technology issues with your child, negotiate rules and get to know the technology.
- Refer to eSafety's [taming the technology](#) to set screen time tools and parental controls.
- Read eSafety's [privacy and your child](#) to help manage privacy and safety settings. It also offers advice about how to check [location settings](#).
- Explore [the big issues](#) and find out more about cyberbullying, online pornography, time online, gaming, unwanted contact and grooming by a sexual predator.

- Check eSafety's [skills and advice](#) resources—establishing good habits, hard to have conversations and using parental controls.
- Show your child how to contact [Kids Helpline](#) and learn the details of [Parentline](#) in your state or territory.
- Be smart and secure when choosing tech gifts for children by reviewing the [eSafety gift guide](#).
- If you have children under five, read [eSafety Early Years](#) for more information and resources.
- For parents of teens, visit [eSafety young people](#).
- Look at [eSafety parents](#) for advice, resources and links specifically tailored for parents' needs.
- For parents of primary school aged children, visit [eSafety kids](#).

## References

- eSafety Research