children's health & wellbeing local
Free support for children and their families

In today's digital world kids spend a lot of time online. It is where they connect with others, learn, and have fun. To help you keep your child safe online, it is important to keep some things in mind to support them in having a safe and positive online experience.

TIPS TO KEEP YOUR CHILD SAFE

PROACTIVELY ENGAGE AND LISTEN

Your child may not always tell you everything they do, and that's okay. What matters most is creating an open and trusting relationship early on, so they feel comfortable coming to you with their questions or concerns. When they do reach out, try to listen without judgment and think carefully about how you respond. A calm, understanding approach helps strengthen your bond and keeps your child safe.

EDUCATE YOURSELF

It's normal to feel unsure about the internet. Take the time to learn what you can and don't hesitate to ask your child to explain the things you are not familiar with. This mutual learning builds trust and open the door to conversations you might not have had before. Avoid avoiding the topic and staying informed about the platforms your child uses helps you guide and protect them online.

EDUCATE YOUR CHILD

There can be risks when talking to people online. Some individuals may try to get money, personal information, or share things that are not appropriate. Encourage your child to use strong passwords, change them often, and avoid chatting with people they don't know. It's also a good time to remind them to be respectful and kind online. Talking openly about online safety can help keep your child protected and confident while exploring the digital world.

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SET CLEAR PARENTAL CONTROLS ON DEVICES

As a parent, you can help keep your child safe by setting up parental controls on their devices, your home Wi-Fi, and any streaming services. Many family-friendly apps and tools let you block or filter content, monitor activity, and limit in-app purchases. These steps can help protect your child from seeing inappropriate material, falling for scams, or accidentally spending money online.

LATEST CHANGES ON SOCIAL MEDIA USE

Most social media apps now require users to be above 16 years old as per the new regulations. Make sure your child understands the importance of abiding by these regulations. Even if they are using other digital platforms not banned, they must understand the importance of protecting their privacy and think carefully before sharing any personal information.

TEACH YOUR CHILD ABOUT THE RISKS OF SHARING PERSONAL INFORMATION

There are risks of sharing photos, videos, or personal information online. Once something is shared, it can be difficult to remove and may even become permanent, even if it was only meant for friends or shared for a short time. Sharing personal details can also lead to problems like identity theft or loss of money. Helping children understand these risks will encourage them to think carefully before posting or sharing anything online.

ENCOURAGE CRITICAL THINKING ONLINE

No amount of parental controls can replace teaching your child how to recognise harmful or misleading content online. Encourage them to question what they see, pause before responding or sharing, and think carefully about their actions. Let your child know they can always come to you with questions or concerns about anything they encounter online. Open communication is one of the best ways to keep them safe.

KNOW YOUR CHILD'S FRIENDS AND COMMON CONTACTS

It's important to know who your child is talking to online so you can guide them toward safe behavior and step in if needed. Encourage your child to only chat or play with people they know in real life, and talk to them about the risks of strangers pretending to be someone else online. Helping them understand this can greatly reduce the chance of unsafe interactions.

WHERE TO GET HELP?

If you are ever unsure about online safety or need advice, reach out to trusted friends or family for support. You can also contact **Kids Helpline** or visit the **eSafety website** for reliable information and guidance. If your child sees something online that makes them feel upset or uncomfortable, encourage them to talk about it and seek help from a support service.

Scan the QR code to know more

Source - NSW Government (Online safety)

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