



## Important Information on Cyber Safety for Children

Children and young people in care should be encouraged and supported to participate in positive experiences involving digital media, as long as it is safe to do so. There are a number of strategies that carers can use to help children stay safe online, including modelling appropriate internet usage and being aware of the risks associated to children on social media platforms. Carers can also be active in educating children and young people in their care to engage safe internet behaviour.

Many children and young people use social networking websites to share information about themselves, as well as to communicate with biological family. It is easy to forget that the internet is a public place where information can be accessed easily by unintended viewers or used for unintended purposes. Helping children and young people to be aware of the public nature of the internet can actively help to support internet safety.

### Be engaged, open and supportive

- get involved. Share online time with your children as part of family life and continue conversations around social media
- always keep the lines of communication open. Ask about their online experiences and who they are interacting with, while monitoring where possible
- reassure your child that they can always come to you, no matter what. Let them know you will not cut internet access if they report feeling uncomfortable or unsafe when online
- if you notice a change in mood or behaviour, discuss this with your child and consult health professionals if required, as well as discussing with your Case Manager.
- let your child know that additional support and resources are available, such as your Case Manager.

### Set some rules and boundaries

- set age appropriate rules for devices and online access
- seek your child's input, to help them better understand the risks
- consider creating a family contract as a way to help you agree on the rules and renegotiate as required.

### Use the available technology

- get to know the devices you and your children use and set them up for privacy and online safety
- utilise parental controls and monitor screen time
- choose apps and games carefully, considering age ratings, developmental capacity and consumer advice.

Due to legal reasons, information that identifies or is likely to identify a child as connected to the Child Protection system cannot be published. This includes publishing information identifying the child as being in Out-of-Home-Care or the subject of a risk of harm report. As per the ChildStory Factsheet, you do not require consent for kids to appear in a school photo, sports team photos or home video, as long as it's for personal use.



# Cyber Safety Factsheet

## Important tips for keeping your child safe online

### Pre-schoolers 2-5 years

Online activity can offer preschool-aged children opportunities to learn through exploration, play and social interaction.

Here are some strategies to ensure that any exposure a child in your care has to the internet is not harmful:

#### Supervision and monitoring

- always closely supervise and monitor content and internet usage, ensuring it is appropriate for your child's age and their development.

#### Set boundaries

- introduce the subject of internet safety as soon as your child begins engaging in online activity
- it's never too early to set rules around when and how long your child can use devices
- set up the appropriate parental controls on your child's devices.

#### Communication

- start the conversations around safe and respectful behaviour online
- model appropriate internet usage.

#### Help them learn through games

- games are a great way for young children to explore the internet and learn about the world around them
- choose safe, fun and educational games to model safe internet usage.

For further information or questions specific to any child in your care, please speak to your Case Manager

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#### Helpful resources

Headspace: [headspace.org.au](https://headspace.org.au)

Parentline: [parentline.org.au](https://parentline.org.au)

Kids Helpline: [kidshelpline.com.au](https://kidshelpline.com.au)

**Do all the good you can  
because every life matters**