



## Keeping your child safe online

The internet can be an exciting and wonderful place for children and the whole family. It is a great tool for learning, socialising, and entertainment. However, just like in the real world the internet involves risks and challenges.

In an online environment, children may be exposed to content that is sexually explicit, violent, prohibited or even illegal. They may also experience cyber bullying, be at risk from contact by strangers and unknowingly or deliberately share personal information.

You can keep your child safe online by **monitoring, protecting and teaching** them.

### 1. Monitor your child online

- Talk with your children about the internet and answer any questions or concerns.
- Keep computers in family areas and avoid online activity in the study or bedroom.
- With your children, set up rules about internet use, such as limiting screen time.
- Check the websites your child has been visiting by using the history tab.

### 2. Protect your child online

- Use a family-friendly internet service provider (ISP) that offers families information and tools that help make the internet safer.
- Tell your child not to share personal information online
- Ask your child to let you know if someone they don't know contacts them online. Block this person from your child's account.
- Always select the strictest privacy settings and turn off location sharing on apps, websites and accounts.

### 3. Teach safe and responsible online behaviour

- When talking to your children about the internet focus on the positive aspects and show them sites that are fun, interesting or educational.
- Explain that some areas of the internet are for adults and not for children to see.
- Talk to your child about the way you should behave online. Your child shouldn't say, do or share something online if they wouldn't do it when face-to-face with someone.

As a parent or carer, you can play an important role in helping your child to have safe and positive experiences online.

For more information, the Raising Children Network website has current articles about cyberbullying, technology and entertainment, especially for teens and pre-teens, go to [www.raisingchildren.net.au](http://www.raisingchildren.net.au)

## Quick Tip

Screen time activities, such as watching TV, playing computer games, or browsing the internet, usually involve sitting or lying down for long periods which can harm our health. Try to move more and sit less by limiting screen time for entertainment to less than two hours a day.

## Recipe Link

Pumpkin, Spinach and Cheese Cannelloni:

<https://livelighter.com.au/Recipe/277/pumpkin--spinach-and-cheese-cannelloni>

