

Keeping Safe Online Resources



This list of resources accompanies Lifestart's Keeping Safe Online webinar.

Takeaway tips

- Begin by setting up expectations for use of the device or software that you feel comfortable with. Allow for growth and expansion of knowledge for your young person.
- Teenagers will challenge you – be consistent with responses – especially in the family. You do not want siblings arguing over the permissions allowed in the family unit.
- Set up a schedule for use of devices and social media. Combine these with other activities, jobs, and responsibilities your teenager needs to do on any day.
- Introduce timers – to assist with monitoring the amount of usage of technology and to allocate break times. Always making time for other activities such as homework, assignments, and other extra-curricular activities.
- Rewards – remember to acknowledge and reward proper use and good behaviour with the device or software. Start each day fresh. Let the young person have an opportunity to show good use and responsible behaviour the next day.
- Privacy settings – always investigate how to set these up on any app or device.
- Communication – keep these channels open with your young person so that they will come to you to discuss any issues. Be reasonable and negotiate with them their use and support them with teaching new skills.
- Lead by example in using technology, devices, and social media.
- Be present - tune in and join in. Have fun together.
- Start off small to consolidate this skill- do not give access to everything online in one go. What is relevant and fun? What is needed? What can the young person do successfully and easily?
- Provide a phone for safety on public transport and when going out with a support worker. We want to be working towards independence not dependence on someone else.

Websites to address Q and A

<https://www.esafety.gov.au/key-issues/esafety-guide>

Learn about the latest games, apps, and social media, including how to protect your information and report inappropriate content. Has an amazing list of social media apps and explains each one of them and the appropriate age for their use. Also shows how to set them up with your young person.

<https://www.esafety.gov.au/young-people>

Useful information and an interactive tool to help young people stay safe online. Parents and carers can work through the topics when required with young people.

<https://www.esafety.gov.au/parents>

Advice for parents and carers to help children have safe experiences online. Includes topics such as:

- cyber bullying
- online gaming
- time spent
- unwanted contact and grooming
- online safety basics
- privacy
- are they old enough? and much more.

<https://www.esafety.gov.au/key-issues/domestic-family-violence/online-safety-planning/securing-accounts-devices>

Top tips for securing your accounts and devices.

<https://www.esafety.gov.au/sites/default/files/2019-09/teacher-professional-learning-inclusion-and-digital-wellbeing-summary-sheet.pdf>

Inclusive resource for teachers.

<https://www.esafety.gov.au/educators/classroom-resources/be-deadly-online/student-community-home>

Resources for Aboriginal and Torres Strait Islanders.

<https://au.reachout.com/bullying/cyberbullying>

Advice to support the handling of bullying online. ReachOut is Australia's leading online mental health organisation for young people and their parents. Practical support, tools and tips help young people get through anything from everyday issues to tough times – and the information on offer to parents makes it easier for them to help their teenagers, too.

<https://au.reachout.com/tools-and-apps>

To help you set and reach goals – positive use for apps.

Videos to watch together

Keeping safe online

<https://www.youtube.com/watch?v=yiKeLOKc1tw>

Cyber bullying

<https://www.youtube.com/watch?v=vmQ8nM7b6XQ>

Safe web surfing

<https://www.youtube.com/watch?v=yrln8nyVBLU>

Setting privacy for Instagram

<https://vimeo.com/456383504/c1b68eeec4>