KEEPING CHILDREN SAFE ONLINE

Online safety is about protecting ourselves and the children/young people in our care from online risks that may lead to unsafe communication, unwanted attention or poor mental health and wellbeing.

Now more than ever, phones, iPads, laptops and gaming devices are used to communicate with friends, explore interests, entertain, develop creativity and complete school work. **We all share a responsibility** to help the children and young people in our care stay safe when they are online.

Where can I find more information about online safety?

Here we have compiled a list of **10 great websites**. They explore a range of topics from strategies for open conversations to practical information on what to do if things go wrong.

WEBSITE	WHO IS IT FOR?	WHAT INFORMATION IS AVAILABLE?
eSafety Commissioner	Staff & Carers, Young People, Children	Helping Australians to have safer, more positive experiences online. This is a one-stop-shop for online safety. Use the top tabs to access relevant content.
Kids Helpline	Staff & Carers, Young People, Children	Easy to follow advice for different ages. Learn the signs, symptoms and strategies to manage online safety.
Think U Know	Staff & Carers, Young People, Children	Provides you with the tools to create a safer online environment for young people in your care. Presentations cover what young people SAY, SEE and DO online.
The Carly Ryan Foundation	Staff & Carers, Young People	Delivers online safety seminars, powerful messaging about online predators and app factsheets. 'Carly's Law' was introduced in Australia 2017.
Youth Law Australia	Staff & Carers, Young People	Free and confidential legal advice about cybersafety. It is important to be careful about who you talk to, what information you post and the things you say to other people.
Be Deadly Online	Young People	Explores cyberbullying, digital reputation and respect for others, through short videos and posters created by and for Aboriginal and Torres Strait Islander peoples.
Dolly's Dream	Staff & Carers	We've done the research and pulled together the most trusted information from around the internet about online safety and bullying.
Raising Children Network	Staff & Carers	Information on entertainment and technology, including social media benefits and risks, healthy gaming habits and screen time advice for children and young people.
Australian Institute of Family Studies	Staff & Carers	Articles and resource sheets for online safety. Information about online safety for service providers who work with families and children.
Australian Centre to Counter Child Exploitation	Staff & Carers	Understanding online child sexual exploitation awareness, perceptions, attitudes and preventative behaviours.

And remember – we work as a team in the best interests of children, young people and families, so reach out if you need more support.

QUICK ONLINE SAFETY TIPS

There are additional online safety considerations when supporting children and young people in care. It helps to remember these tips:

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If the child or young person has recently moved, find out about previous online access. Then carefully explain or negotiate any changes.

Discuss technology use with the care team. For example, discuss what contact is appropriate for the child to have with their friends and family online.

Remember a child's device is a way for them to stay in contact with family and community. The device may have been given to them as a gift from a relative.

Avoid too many rules. But where there is a clear, simple rule such as 'no phones at dinner' – make sure the rule applies to everyone in the household.

Use internet filters and parental controls on internet devices in the home to reduce daily power struggles.

Teach children to check privacy settings. Personal information can be used to identify where they live, where they go to school or what activities they are involved in.

Respect a young person's privacy online. Provide supervision that's appropriate to their need and encourage device use in a common area rather than a bedroom.

Be careful of what you share online. Staff and carers should *not* identify with LWB online and must never share information about children in care on social media.

Remind children that online friends are still strangers, even if they have been talking to them for a long time.

Encourage children to tell a trusted adult if someone or something makes them feel uncomfortable or worried.

If you are told about an online worry, or discover something inappropriate on a device, deal with it calmly so the child knows they can turn to you again.

If the matter is serious (cyberbullying, image-based abuse, illegal content) save any evidence. Material can be removed by making a report to esafety.gov.au/report

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LEARN MORE: Complete MyLearning Children, Young People and Technology
Read the LWB Social Media Guidelines for Staff and Carers