5 Tips from the Office of eSafety

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As a follow on from my article in the last newsletter, I would like to share with you 5 tips for parents from Julie Inman Grant, eSafety Commissioner.

1. **Sharent Responsibility**: This involves considering what and where you share pictures and information, particularly those pertaining to your children – ask yourself, who will see these images? Also ask your child if they want their photo uploaded to social media, through regular modelling of gaining permission before posting will assist students to do the same before they post in years to come.

2. **Know the signs of cyberbullying**: look out for any change in behaviour, for example, withdrawal, being secretive about use of screens, sudden change in social groups to name a few. If you think your son/daughter may be experiencing cyberbullying, further advice to deal with it can be found here

3. **Set screen time limits**: if you feel like this is a constant battle or concern, you are not alone! A recent study completed by the Office of eSafety, showed that 52% of parents of primary school children and 68% of parents of teens, felt that their child spent too much time online. The key is to set boundaries, not only in regards to how long, but also where screen time occurs, eg. not in the bedroom or dinner table.

4. **Use tools**: there are a number of tools and apps you can use to help your child manage their screen time and to do so more safely. See more information about using parental controls and privacy and reporting tools.

5. **Stay engaged**: Talk to your child about what they are doing online. Discuss the dos and don'ts regularly and model the online behaviours you want them to display. Keeping the lines of communication open, particularly when things go wrong is particularly important.

Once again, your feedback and ideas for future articles are both encouraged and welcomed. You can use the QR code or link at the top of the article to let me know you have read it.

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