

Parenting in the Digital Age 2024

Further Reading:

Mind the Gap - Parental awareness to children's exposure to risks online, eSafety Commissioner 2022.

Why children don't talk to adults to the problems they face online, The Conversation, Andy Phippen, 2023.

Listening Tour: Reflections | Hearing the Voices of South Australia's Children and Young People, Commissioner for children & Young People, 2017.

Useful Resources:

Navigating Screentime at Home

Raising Children Network - Healthy screentime and technology use checklist

NSW Government - National guidelines for screentime

eSafety Commissioner - Family technology plan templates

Gaming and Social Media

eSafety Commissioner - The eSafety guide

Commonsense Media - Ratings and reviews of games, apps

Parent/Carer Support

Alannah & Madeline Foundation - Level Up: a parent's guide

DigiTalk | Alannah & Madeline Foundation - Online safety hub for parents

Dolly's Dream - Parent Hub

Beacon - The cyber safety app for every parent and carer

eSafety Commissioner - The hard to have conversations

Thorn for Parents - Be your kid's safety net

Internet Matters - Mobile device health check

Cyberbullying

eSafety Commissioner - Report harm online

Privacy

Bitcatcha - Protect your privacy online