



Top Ten Tips

1	Create an 'Acceptable Use Agreement' for your families to facilitate conversation. Ensure that children are involved with this process.
2	Set up safe search & security controls with a platform such as Family Zone www.familyzone.com/au/
3	Agree on where computers, laptops & mobile devices can be used in the home (such as in bedrooms, lounge rooms, etc).
4	Lights out = wifi off.
5	Agree on screen time use; decide on 'screen free' times during the day and night. Have regular family activities that don't involve devices.
6	Get involved – show an interest in what your child is doing online.
7	Talk to your child's teacher/s and school.
8	If your child reports an issue to you, don't threaten to take away their device – this may force them to become secretive.
9	Learn how various social network/game services work. Use websites such as the 'Games, Apps & Social Networking' from the eSafety Office.
10	If cyber bullied; 1. Don't retaliate, 2. Collect evidence, 3. Report, 4. Change privacy setting, 5. Block and 6. Tell a trusted adult.



Cyber Issues

The following list outlines significant issues children and young people face when online. It is important for teachers, parents and carers to remain aware of these issues and the potential harm that can result.

Digital Footprint/Identity the word used to describe the trail, traces or "*footprints*" that people leave online.

Geo-location software this type of software is used to identify someone's IP (Internet Protocol) address, which can reveal which country they are in – right down to city and post code, organisation and specific location. It used by law enforcement to prevent online fraud, by marketers to target advertisements, and by many mobile applications such as GPS locators.

Hacking someone who breaks into computer and network systems and performs destructive or illegal acts. 'Hackers' can also be used to quiz Internet security systems, decode and solve other technology problems.

Identity theft a crime in which an imposter obtains key pieces of personal information, such as driver's licence or passport details, in order to impersonate someone else.

Phishing when emails are sent from fake email addresses in order to deceive individuals to reveal personal information, such as passwords and credit card numbers.

Sexting the sending of sexually explicit photographs or messages, usually via smartphones.

Inappropriate content online any online content that is considered inappropriate, offensive or illegal for young people to have access to. This includes, but is not limited to, content that depicts violence, crime, racism, extremism, and sexualism. *It is important to note this type of content is often not deliberately searched for by young people.*

Hidden/Decoy apps applications that look harmless, however are designed to 'hide' content such as photos, videos, and/or text message.

Social Networking Sites (SNS) online platform that allows users to create a profile/account and interact with other users via the same platform.

Spam the sending of unsolicited commercial electronic messages via emails, instant messages, or SMS (a form of spam is 'junk email').

Grooming/unwanted contact actions deliberately undertaken by someone (most commonly an adult) with the aim of befriending and establishing an emotional connection with a child, in order to lower the child's inhibitions.

Cyber bullying occurs when technology is used deliberately and repeatedly to engage in hostile behaviour to harm someone. Groups and individuals can be both the perpetrators and targets of bullying.

Online gaming a video game that is either partially or primarily played through the Internet or another computer network.








Screen time the length of time spent using a device such as a computer, television, games console, or mobile device.

Trolling internet slang used to describe a person who deliberately antagonises people online, with the aim of starting arguments or upsetting them – most often done anonymously.

* PLEASE NOTE – Cyber Issues are not limited to this list

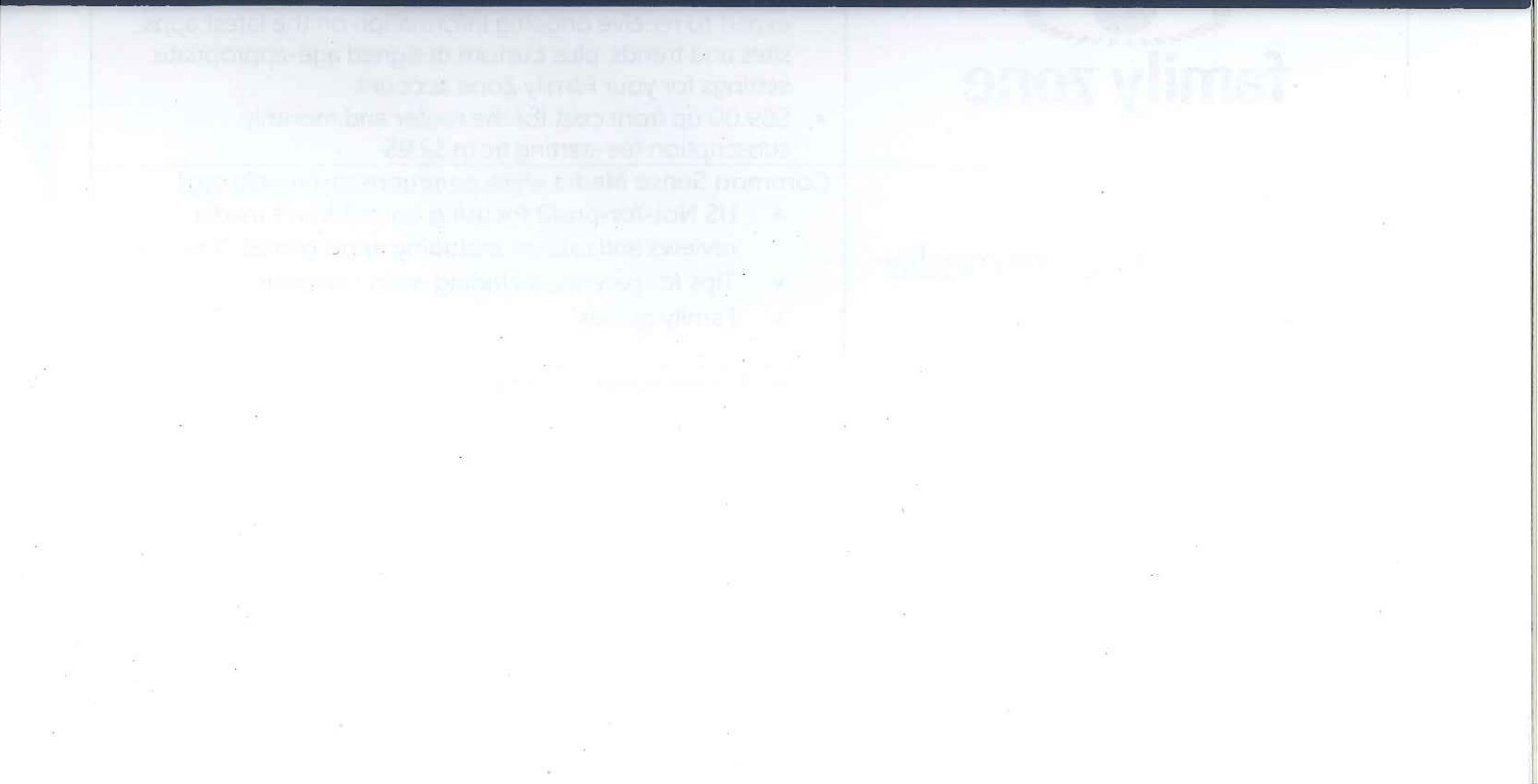


Parent resources

	<p>eSMART SCHOOLS www.esmartschools.org.au</p> <ul style="list-style-type: none"> • Provides a detailed overview of the eSmart Schools framework. • NEWS tab that celebrates achievements and implementation of eSmart Schools framework • Subscribe to our 'Becoming eSmart' newsletter (one/term) for the latest trends, research and events about cyber safety
	<p>eSMART DIGITAL LICENCE www.digitallicence.com.au</p> <ul style="list-style-type: none"> • Online quiz-based challenge for children • Encourages discussion about digital citizenship, digital literacy and digital safety between parents and child/ren • Includes completing of 8 modules • Fantastic tool to use as a link between school and home
	<p>Office of the eSafety Commissioner www.esafety.gov.au</p> <ul style="list-style-type: none"> • Federal governing body aimed to provide education and information about online safety. • Reporting process for cyberbullying and/or inappropriate content. • Access webpage "Games, Apps and Social Networking"
	<p>iParent (eSafety Office) www.esafety.gov.au/education-resources/iparent</p> <ul style="list-style-type: none"> • Comprehensive resource providing guidance for using safety settings on your family's web devices • Offers strategies for keeping young people safe online • Download PDF 'Parents Guide to Online Safety'
	<p>Family Zone www.fzo.io/amf</p> <ul style="list-style-type: none"> • Set parameters around content, social media, screen time • Router and app based so it works in and out of the home • Subscribe to the Alannah & Madeline Foundation as a cyber expert to receive ongoing information on the latest apps, sites and trends, plus custom designed age-appropriate settings for your Family Zone account • \$89.00 up front cost for the router and monthly subscription fee starting from \$2.95
	<p>Common Sense Media www.commonsensemedia.org/</p> <ul style="list-style-type: none"> • US Not-for-profit focusing on children's media reviews and ratings, including apps, games, films etc. • Tips for parents, including main concerns • Family guides
	<p>Video Games www.videogames.org.au/</p> <ul style="list-style-type: none"> • Expert advice and resources for parents on all things gaming • Includes FREE parenting guide • Information on gaming 'addiction'/ compulsion

Online safety

A guide for parents and carers





Worried about
what your
kids are up to
online?



Good to Know

How to be safer on the internet and manage
the information you share online





The Alannah & Madeline Foundation is proud to be partnered with Family Zone



Family Zone is a complete online cyber safety solution that protects your kids at school, at home and where they are out and about.

Simple to set up, easy to use, and supported by a team of cyber experts, if your kids are online you need Family Zone.



Removes adult content for safe searching.



Manage use of social apps and in-app purchasing.



Set routines for what they can access, when - plus give devices sleep times.



Family Zone app and router works across every device, everywhere.

Start your **free trial** today | familyzone.com/amf