

## E-Safety Guide for Parents & Carers

VICTORIA POLICE ONLINE SAFETY ADVICE EXTRACT (2020)



### 1. Steps for improving your child's safety:

- (a) Be aware of the programs and files children use
- (b) Consider installing filtering software on computers used by young people
- (c) Be aware of the programs and files that are on your family's computers
- (d) Place the computer in a public area of the home, such as a living room
- (e) Ensure you are able to access your child's email and randomly check the contents
- (f) Check your phone bill for unusual outgoing calls or consider using a 'caller ID' device to identify incoming calls
- (g) Discuss online safety with your child's school, public library or anywhere that you believe your child accesses the Internet
- (h) Make sure children are aware of some of the issues involved with spending time on the Internet
- (i) Show children what sites they can go to and what information they can send out
- (j) Sit down with your children and discuss the issues

### 2. Risk factors

The following may be signs that your child has been targeted by an online predator:

- (a) You find pornography on your child's computer
- (b) Your child is receiving phone calls from people you don't know or is calling numbers you don't recognise
- (c) Your child is spending a large amount of time on the Internet
- (d) Your child is receiving gifts or mail from people you do not know
- (e) When you enter the room your child changes the screen or turns the computer off
- (f) Your child is becoming withdrawn or displaying behavioural problems

### 3. Advice for your children

It is advisable to tell your children:

- (a) not to send a picture of themselves to someone they do not know
- (b) never place a full profile and picture of themselves anywhere on the Internet
- (c) if using a Facebook page or similar, ensure your child blocks everyone's access to the page and only allows friends to have access
- (d) never give out personal information including their name, home address, phone number or school
- (e) never arrange a face-to-face meeting with someone they have chatted with on the internet.

### Helpful Links & Resources

- [Below the Belt: Sex, Selfies & Cyberbullying](#) - A free Android app with info about laws on sex and consent, sexting and cyberbullying.
- [eSafety](#) -The Australian Government's eSafety site is designed to help empower you to be safe online.
- [ThinkUKnow](#) - Helpful site full of tips on how to stay in control on the web.
- [eHeadspace](#) - eheadspace is a confidential, free and secure space where young people 12 - 25 or their family can chat, email or speak on the phone with a qualified youth mental health professional.
- [Lifeline](#) - If you or someone you know need someone to talk to, for any reason, about anything, you can call Lifeline on 13 11 14 24 hours a day.
- [Kids Helpline - 1800 55 1800](#) - Kids Helpline is a free, 24-hour counselling service for young people aged 5-25 years. Counselling is offered by phone, email and over the web.
- [Tagged](#) - An Australian film about a group of high-school friends who post a rumour about a rival and spark a chain reaction that leaves no one untouched. Will these friends avoid being tagged forever?