

CyberSmartFamilies

How can parents help?

- Keep Internet use in public areas of your home
 - Computers, Mobile Phones and Tablets
 - Have a central charging station where devices are docked at night
- Communicate – about Internet issues
 - About “stuff” that happens online
 - What is responsible use of a Smartphone (camera, video, internet access in your pocket)
 - Develop a family internet use contract
- Use Parental Controls
 - Activate safety settings (operating system, mobile, router, search engine and games)
 - Monitor and set limits for your kids’ use and screen time
 - OpenDNS, Telstra Mobile Protect (Not perfect)
- Educate Yourself
 - Search online for things you don’t understand
 - Try out the games and apps yourself
- Friend and follow but don’t stalk

What can kids do?

- CHOOSE Consciously
- Keep personal info private – Address, suburb, phone, email
- Set profile to private
 - Don’t friend randoms
 - Think before you “check in”
- No flirty photos / nicknames
- Never meet online friends without telling a trusted adult first

Protect your digital reputation

- Scams exist – look for signs they are fake
- Update your computer security
- Before you click on links ask “do you know where you are heading?”
- Treat your phone like your wallet

Cyber bullying – what is it?

- Abusive messages - txt, email, IM
- Posting inappropriate messages/images on social networking sites
- Tagging inappropriately
- Imitating others online
- Excluding others online

Cyber bullying – plan

- Talk about it before it happens – have a **plan**
 - Reassure them they won’t be disconnected if bullied
 - Encourage them to tell a trusted adult
- Ask them to report and support victims of Cyber bullying

Cyber bullying – What if it happens?

- Change privacy settings, passwords
- Report abuse
- Block bully – do not reply
- Collect evidence – keep messages, print chats.

Links

- ACMAcybersmart cybersmart.gov.au/parents.aspx
- Family Online Safety Institute fosi.org/good-digital-parenting/
- opendns.com (filters and logs for home network)
- telstra.com/telstraprotect (filters and logs for mobile phone)
- covenanteyes.com or x3watch.com (Accountability Software)

Sexing
ViolentContent
Cyberbullying
IdentityTheft
SaferSocialNetworking
reputation
MobilePhoneCosts
ExcessiveInternetUse
OnlineShopping
OffensiveContent
Digital
Downloading
ProtectingYourInformation

