LINKS

FREE RESOURCES

OFFICE OF THE E-SAFETY COMMISSIONER
https://www.esafety.gov.au/

STAY SMART ONLINE
https://www.staysmartonline.gov.au/

SAFE KIDS
https://www.safekids.com

ASSISTANCE SERVICES

KIDS HELP LINE
https://kidshelpline.com.au/get-help/webchat-counselling

PARENT CHILD CYBER CONTRACTS
http://www.puresight.com/Useful-tools/family-online-safety-contract.html/

FILTERING TOOLS

Family Zone
https://www.familyzone.com/au/

NET NANNY
https://www.netnanny.com/

QUSTODIO
https://www.qustodio.com/en/

LOCATION SERVICES

Turn off location services for your photos. EXIF data is meta-data which is automatically attached to photos. It can identify your location to cyber criminals and predators. To turn this off simply go into your phone or device settings and disable the location option for the camera.

Most social media applications will have settings which enable you to remove location. Where possible hide where you live or simply choose another city.

IMAGE BASED ABUSE / SEXTING

Image-based abuse (IBA) occurs when intimate, nude or sexual images are distributed without the consent of those pictured. This includes real, altered (e.g. Photoshopped) and drawn pictures and videos. It is not just about sharing the image yet even the threat of sharing an image.
It is illegal to share images of a minor even if the person sharing the photo is also a minor

FILTER YOUR TRAFFIC.

Most routers and modems now come with advanced filters and firewalls. Use these settings to control the amount of time your kids can access the internet and the types of information they can access. Also look to use applications such as Family Zone and Net Nanny to control mobile internet.

CYBER BULLYING

Cyber bulling is becoming so common as cyberspace is an enabler. It is anonymous, 24/7, not limited to location and shared by a wide audience. Children, unlike before technology, cannot clock out when they get home, they are constantly exposed.
It is important as a parent to engage with your child and have them understand that cyber space is the same as in person and ask, would you say that to their face?
If your child is being bullied, ensure they remain civil, do not respond to the bully and always capture the evidence as posts can be deleted.

GAMING.

Gaming can expose your child to online threats such as predators and cyber bullying. It is important to understand who you child is playing with and ensure that they do not over connect with people they do not know in real life.

MANAGE YOUR DIGITAL IDENTITY.

Do not overshare, keep you profiles to need to know information only. Data breaches occur frequently, and this information is sold on the black market to cyber criminals. They can use this to take out credit in your name.
Use ad-blockers and avoid sharing your real name and date of birth with services you do not trust.

CYB@WARE