

# CYBER-SAFETY CHECKLIST

**Don't allow any devices in the bedroom, especially for young children.**

Improve your toolkit of resources. Check out the Australian Federal Police's Think-u-Know website and the Children's eSafety Commissioner's iParent website.

**Set rules with your child's input. These could cover when they go online, what sites they visit and how to treat other internet users.**

Take appropriate action if your child breaches the rules, but don't yell if they find inappropriate content by accident.

**Consider using parental controls. Talk about expectations and ground rules when you set them.**

Get to know the current apps kids are using, then discuss them with your kids. The Children's eSafety Commission is constantly updating its list of popular apps.

**Stay up-to-date with current cyber-safety issues.**

Don't "set and forget" security software - update often. Your child may not yet understand that clicking on a pop-up may put a computer

at risk, or could expose them to inappropriate content.

**Discuss privacy and personal information. The first step is not sharing details like their surname, school, phone number, address, birth date or passwords - especially with people they don't know.**

Talk to your child about what cyber-safety information is being given at school.

**Google yourself and your kids to see what you can find and then take action to remove that information where you can. Delete old photos or accounts. Talk about how to keep a safe "online footprint".**

If your child is under the age of 13 and has set up a social media profile without your permission, search the Family Help Center for that social media platform, where you can then request to have their account deleted.

**Google the words "hidden emoji dictionary" to find out exactly what your kids mean by their emojis.**

Emphasise that once a picture, video or comment is online, it is there forever.

**Talk to your kids bluntly about how they use the internet and their devices, to help them make the right decisions when you are not around.**

Know where you can get help or report an incident. The Australian Cybercrime Online Reporting Network (ACORN) allows the public to securely report cybercrime. You can report offensive or illegal content or serious cyber-bullying incidents - where people under the age of 18 are involved - to the Children's eSafety Commissioner.

