Teens, tech and time online

Webinar information sheet for parents of secondary school students

General tips for supporting your teen online:

- Support your teen by talking about their online activities and experience with digital devices.

- Use our eSafety Young People pages to learn more about online safety issues so you can discuss topics including pressures from social media, consent and sharing photos, keeping online accounts secure and digital reputation.

- Show your teen eSafety's tips on spending too much time online, so they can take control of their online experience, rather than letting it control them.

- Encourage routines that promote health and balance e.g. creating device-free times and places in your home.

- Talk to your teen about who could be their 'askable adult', and when they would speak with them about an online safety issue.

Harmful content

Harmful or inappropriate content is content that a teen might find upsetting, disturbing or offensive.

Ways to start the chat:

- Use eSafety's information on how to approach the hard-to-have conversations.

- Use the eSafety guide to learn more about popular apps, games and social networking sites.

- Explore eSafety young people together and discuss topics such as online hate and violent or inappropriate content.

- Learn how to report illegal content.

Contact with strangers

Unwanted contact is any type of online communication that your teen finds unpleasant or confronting, or that leads them into a situation where they may be harmed. At worst, it can involve 'grooming' — building a relationship with a teen in order to sexually abuse them. To help your teen:

- Learn and discuss what children can do in situations where they might feel unsafe.

- Explore eSafety Young People together, then discuss unwanted contact — signs to look out for.

- Learn about the features of apps that can expose teens to contact with strangers by exploring our eSafety guide.

Cyberbullying

Cyberbullying is using technology to bully a person, hurt or scare them. eSafety can help with the removal of serious cyberbullying content.

To help:

- Explore eSafety Young People to help you discuss what cyberbullying is, the line between banter and bullying and what to do if your teen has been called a bully.

- Use the eSafety guide to show your teen how to block and report users that make them feel uncomfortable and how to adjust app settings.

Resources

- Download the online safety guide for parents and carers — available in 5 languages.

- Use online safety basics to explore technology issues with your child, negotiate rules and get to know the technology.

- Refer to eSafety's taming the technology to set screen time tools and parental controls.

- Read eSafety's privacy and your child to help manage privacy and safety settings. It also offers advice about how to check location settings.

- Explore the big issues and find out more about cyberbullying, online pornography, time online, gaming, unwanted contact and grooming.

- Check eSafety's skills and advice resources—establishing good habits, hard to have conversations and using parental controls.

- Show your child how to contact Kids Helpline or other support services and learn the details of Parentline in your state or territory.

- Be smart and secure when choosing tech gifts for children by reviewing the eSafety gift guide.

- If you have children under five, read eSafety Early Years for more information and resources.

- For parents of teens, visit eSafety Young People.

- Look at eSafety Parents for advice, resources and links specifically tailored for parents' needs.

References

eSafety Research