

# Being online with your child

Spending time online with your child is a great way to build digital skills and support your child online. Being online together develops confidence to learn and have fun.

## Tips for all ages

Being online at home helps your child practise new skills and explore being online in a safe way. As children get older, they become more independent online. Your role might change from being online together, to being available if they need help.

## Tips for 5 – 11 year olds

- Be clear about how much time your child can spend online.
- Keep devices and screens in shared spaces so you can supervise your child's online activity.
- Explore online together. Use the internet to answer questions and find information.
- Model safe online behaviours and talk to your child about consent before sharing photos on social media.
- Ask your child about their online experiences and talk to them about how you use the internet in your life.

## Tips for 12 – 17 year olds

- Set screen time limits and online expectations together.
- As your child becomes more confident, give them more opportunities to self-direct their time online.

- Have regular conversations about your child's online life and talk to them about how you use the internet in your daily life.
- Talk to your child about the safety concerns and risks with being online.
- Make sure your child knows what to do if they see or experience unsafe behaviour online.

## Spending time online together

### Activity ideas:

- Search for a recipe online and cook together.
- Have an online race to see who can find trivia information fastest.
- Use digital maps to explore a new area of your town.
- Watch a video together and learn a new skill.
- Facetime, video chat and talk to family or friends who live somewhere else.
- Play video games together.
- Ask your child to teach you something they learnt at school.
- Plan, record and edit a short video to show your family.

## Website suggestions

- [National Geographic Kids](#)
- [ABC Kids](#)
- [Google Arts & Culture](#)

Google Arts and Culture is an online space created where you and your child can explore:

- artworks with a high definition 'Art Camera';
- virtual tours of art galleries and museums around the world;
- visit planets in our solar system;
- artistic movements and historic events;
- interactive artistic experiments; and
- games, challenges and adventures.

## The eSafety Guide

Your child will spend some time online without you and you might want to know more about the applications (apps), games and software they are using. The eSafety Commissioner have created The eSafety Guide to help you learn more about the most popular social media, games, communication apps Australians are using.

Visit [The eSafety Guide](#) to learn more.

## Resources

- [UNICEF Australia: Online safety](#)
- [Raising Children Network: The benefits of sharing screen time with kids](#)
- [eSafety Commissioner: How to choose good online content](#)
- [Google Families: Make technology work for your family](#)
- [Be Internet Awesome: Interland](#)
- [LEGO.com for kids](#)
- [Online Activity Round-Up](#)
- [Fun Family Activities For Kids & Parents - Play Nintendo](#)

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