

Being safe online

Keeping you and your family safe online is important. Help keep your child safe by staying up to date on eSafety information and be involved in your child's online life. If you are uncomfortable at any time, please remove yourself from the content.

What does the eSafety Commissioner do?

The eSafety Commissioner aims to keep all Australians safe from online harm and promote positive and safe online experiences. The eSafety Commissioner's website has trusted information about every part of being safe online.

Helping your family stay safe online

[Watch this short video about keeping your family safe online.](#)

Explore the eSafety Commissioner website

Visit the [eSafety Commissioner website](#). Spend some time exploring the different topics and sections that are relevant to you and your family. You might also want to look at the information for Kids and Young People to show your children later.

What are parental controls?

Parental controls are settings on your devices that can help you limit what your child can do and see online. They can be set up to stop your child from visiting specific websites, opening applications or using some of the device's functions.

These settings can also filter the type of content your child can access on the internet, as well as help you to set time limits and monitor child's online activity. Visit the [eSafety Commissioner's website](#) for more information on parental controls.

Protecting personal information

Protecting your personal information and privacy is an important part of being safe online. Your personal information includes anything that someone can use to identify or find you, including everyday details that can be shared on social media.

Personal information shared on the internet can be used by others in ways you do not consent to. It is important that you and your child are aware of information that should not be shared online. Question where your information is being shared, and what others could do with that information. This will help you to protect your family's privacy from online threats and scams.

Learn more about [protecting your identity](#).

Ask for consent

It is easy to share information on social media without thinking about who will see it online. When there are other people included in photos or information

you want to share online, ask them for consent.

The same applies for your children. It is a good habit to practise when you take a photo of them. It reminds your child of the risks when sharing information online and helps them become more confident asking for consent.

The eSafety Commissioner has information for young people about [asking for consent before sharing online](#).

The eSafety guide

The [eSafety Guide](#) has information about popular apps, games, tools and software that Australians use. Find out about protecting your information on different apps, reporting harmful content, and age requirements.

Screen time

‘Screen time’ is any time spent on a device with a screen, such as televisions, computers, smart phones, tablets, video games and wearable technology like smart watches. Families often have the challenge of balancing their child’s screen time with other social, cultural, family, community and individual commitments.

How much screen time?

There is no right or wrong amount of screen time. Every family is different, and you know what works best for your family.

The type of activity your child is doing online, their age, maturity, independence and your involvement are all important things to think about when discussing screen time.

As a starting point, the Department of Health recommends:

- up to one hour per day for children aged 1 – 5 years old; and
- up to two hours per day for children and people aged 5 – 17 years old.

You can create a [family agreement](#) to help set boundaries on screen time and being online in your family. It is important that everyone in the family is involved in the discussion and decisions. As your children become more independent the family agreement may change.

Resources

- [eSafety Commissioner: Online safety for every family](#)
- [eSafety Commissioner: Parent resources](#)
- [Google Families: Support for families](#)
- [eSafety Commissioner advice sheet: Helping your family stay safe online](#)
- [eSafety Commissioner: 5 tips to keep your family safe online](#)
- [eSafety Parent: Guide to cyberbullying and online drama](#)
- [eSafety Parents: Mental wellbeing resources for families](#)
- [eSafety Parents: Mental wellbeing support for young people](#)
- [eSafety Parents: How to look after mental wellbeing on social media](#)
- [eSafety Commissioner: Online sexual harassment and image-based abuse - Parent Guide](#)
- [eSafety Commissioner: Online sexual harassment and image-based abuse - Young People Guide](#)
- [eSafety Commissioner: Screen time](#)
- [Alannah and Madeline Foundation: Becoming screen smart](#)
- [eSafety Commissioner: Parental controls and keeping your child safe](#)
- [eSafety Commissioner: How much is too much screen time?](#)
- [eSafety Commissioner: How to model good screen practices for your child](#)
- [Connect Safety: Family Guide to Parental Controls](#)
- [Common Sense Media: Four conversations to have with older kids and teenagers about their screen time habits](#)
- [eSafety Commissioner: Screen time tips](#)
- [Department of Health: Guidelines for healthy growth and development for your child \(0-5\)](#)
- [Department of Health: Guidelines for healthy growth and development for children and young people \(5 to 17 years\)](#)
- [eSafety Commissioner: Better conversations about gaming for families](#)
- [eSafety Commissioner Parent guide to online gaming](#)
- [eSafety Commissioner: App checklist for parents](#)

For the latest
information,
scan the QR code.

