Cyber Safety Parenting

Raising Children researchers have identified three main kinds of internet risks for teenagers:

1. Content risks
2. Contact risks
3. Conduct risks

Internet safety risks for teenagers

1. Content risks

For our children, these risks include coming across material that they might find upsetting, disgusting or otherwise uncomfortable, especially if they encounter it accidentally.
This material might include:

- pornography
- real or simulated violence
- hate sites
- harmful user-generated content i.e. sites about drug use, self-harm, suicide or negative body image.

2. Contact risks

These risks include coming into contact with adults posing as children online or with strangers who persuade teenagers to meet them in real life, or being the victim of an online scam.

3. Conduct risks

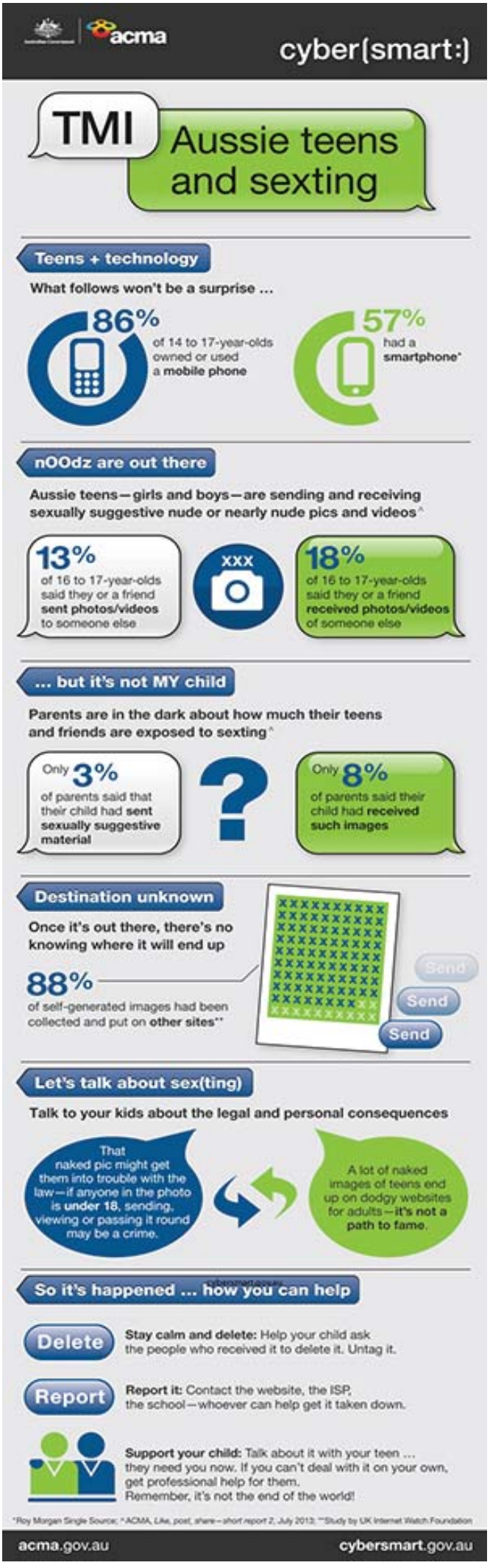
These include behaving in inappropriate or hurtful ways, or being the victim of this kind of behaviour.
Examples include:

- cyberbullying
- sexting
- misusing people's passwords and impersonating people
- making unauthorised purchases
- creating content that reveals information about other people.

Another conduct risk for teenagers is having trouble regulating online time, which can develop into internet addiction disorder.

Sources:

- esafety.gov.au
- raisingchildren.net.au
- www.parentlink.act.gov.au
- www.acma.gov.au



Sexting

The nude and suggestive pics aren't okay. Sometimes our children end up posting pictures on social media sites that can have an unintended future. Sending nude or sexual photos of themselves or others under 18 years of age could be classed as possessing and distributing child pornography.

Have a look at these websites:

- esafety.gov.au/education-resources/iparent/online-risks/sexting
- connectsafely.org/tips-for-dealing-with-teen-sexting/

Some ideas to manage safe cyber space in your family include:

Parental controls

You can limit access to adult content, select times when the phone can be used, block unwanted calls, and manage costs. Some parental controls for computers, tablets, and smartphones are listed at esafety.gov.au/education-resources/iparent/online-safeguards/parental-controls/computers-tablets-and-smartphones

Search safely

Safe browsers such as Spin are one way to ensure online safety.

Balancing time online

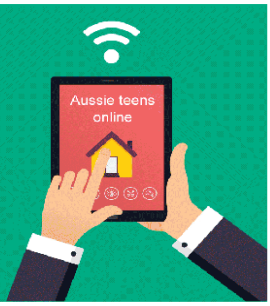
The thinkUknow website has a family media contract template.

Filtering software

Browser-independent filtering requires filtering secure (HTTPS) traffic to prevent proxy workarounds by sneaky teens.

7 WAYS

parents can manage web connected devices in the home



ALMOST

1 in 3

teens are accessing the internet between 10pm and midnight

Aussie teens & kids online >

1

39 % of teens use a tablet to go online

Parental controls for tablets >

Parental control tools are available for Apple's iOS & Android.

2

47% of teens play games online

Games & parental controls >

Playstation, Xbox, Wii and Steam have **parental controls.**

3

64 % of teens stream video on YouTube & TV

Streaming services settings >

YouTube and YouTube Kids have a **safety mode**; YouTube Red offers ad-free videos. Netflix and Stan offer **age-based settings**.

4

74 % of teens use a computer to go online

Use safety settings >

Microsoft Windows and Apple's MAC OSX offer **family restrictions and monitoring.**

5

78 % of teens research and browse on the internet

Tips on searching safely >

Safe search settings are available for Google Safe Search, Google Chrome and Yahoo7.

Telstra Mobile Protect, Vodafone Guardian, Apple iOS and Android have **safety options.**

6

80% use a smart phone

Smart phone parental controls >

Parental controls can keep kids safe on many screens

Telstra provides **parental control tools** and homework time blackouts; Optus and Vodafone provide guidance on tools.

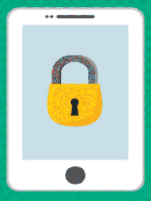
7

86 % have home broadband access

See parental controls >

THEY CAN

- Block sexually explicit sites
- Set screen time limits
- Block in-app purchases
- Block numbers and SMS
- Allow or block websites
- Restrict chat features
- Allow parental monitoring



REMEMBER

No parental control is 100% fail safe. Keep children's trust by using these tools openly at home

More safeguards for parents >

Notes and ideas

Online resources to explore:

- Internet Safety: Teenagers
  www.raisingchildren.net.au/articles/internet_safety_teens.html/context/1112
- Learn about the digital environment and what the kids are using
  www.esafety.gov.au/education-resources/iparent/staying-safe/social-networking
- Digital Parenting and Setting Boundaries article
  www.thecybersafetylady.com.au/2014/05/digital-parenting-setting-boundaries/
- ThinkUKnow, the Australian Federal Police online safety website, has lots of great safety information about the internet, social networking, mobile phones and games
  www.thinkuknow.org.au/parents-portal
- A comparative list of parental filter products/apps
  http://au.pcmag.com/parental-control-monitoring-products/44998/guide/the-best-parental-control-software-of-2017
- The Spin browser app filters millions of sites in categories that contain inappropriate content such as pornography, nudity, unfiltered search engines, and others.
  useboomerang.com/spin

© RGX Productions 2017