

# Safe Bedrooms

A initiative of the Daniel Morcombe Foundation



## EMPOWERING an E-safe culture

Advice for families on how kids can learn to interact safely online.

### Engage

- Learn about their online world and challenges associated with being online.
- Talk about what your child and their friends do online, who they talk to and ask them about what devices are used.
- Communicate openly and find out what safety features they use and what they currently know about strategies to be safe online.
- Join them in playing online games.
- Follow them on social media.

Showing an interest in children's online world and encouraging positive discussions around online behaviour helps make the difficult conversations easier.

### Equip

Equip your child with the necessary skills to use the internet safely. Model appropriate behaviours and teach them the skills they will need to:

- evaluate the legitimacy of sites, profiles and news stories.
- understand that some social media profiles are staged to make people think a certain thing and are not representative of real life.
- know the tricks advertisers and developers use to make money.
- make good decisions about what personal information they post online.

### Establish

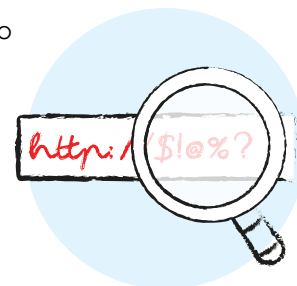
Establish your Family Technology Agreement using the *Daniel Morcombe resource*. Include things like:

- what does your family consider safe to share online?
- where are devices allowed to be used within the home?
- what are the approved games for each family member?
- how will you handle accidental exposure to upsetting content?
- what are the rules regarding personal information and pictures?
- who can we talk to if we need help?
- protocols for dealing with online bullying
- understanding behavioural clues that indicate we need a break from devices.

### Explore

Explore the internet with your child.

- Spend time together investigating sites they like to visit and checking privacy settings, age restrictions and safety information.
- Review terms and conditions to discuss what they mean.
- Exploring sites they don't use yet in case they are exposed via a friend's device.



### Evolve

It is important that your family agreement is reviewed consistently and updated or changed in response to your child's age, and updates to apps. Organise a regular time and check things like:

- are the privacy settings for each app still appropriate?
- what games allow in game correspondence and how does your child handle these interactions? Do you need to make changes?
- is everyone only following people they know in real life?
- check online behaviours. What strategies is everyone using to be kind online?

