HELPFUL RESOURCES

T IT'S HOW WE CONNECT — For more information about staying safe online and getting the most from your digital experiences visit **telstra.com.au/ cyber-safety**

acma cyber(smart:) — Visit the Parents' page on the Cybersmart website at **cybersmart.gov.au/parents.aspx**

cybersafety **help** — View the Cybersafety Help and Advice page or download the Cybersafety Help Button onto your kids' devices from **cybersafetyhelp.gov.au**

SMART CONTROLS — Use Telstra Smart Controls® Mobile Protection, an affordable way to help establish a balanced digital life for your family, **telstra.com/smartcontrols**

Help set suitable time of day access with BigPond® Security's Parental Controls, **bigpond.com/security**

BALANCING SCREEN TIME
CYBER SAFETY TIPS FOR PARENTS

IT'S HOW WE CONNECT

THE DIGITAL WORLD IS AN AMAZING PLACE
BUT IT'S NOT THE ONLY PLACE

Being online and always connected is a big part of young people's lives. Whether it's internet gaming, texting, tweeting, chatting on social websites or watching the latest video craze, there's limitless opportunities for entertainment and interaction.

This is wonderful, of course, but a balance is needed between the online world and the offline world.

HELP WITH THE BIG QUESTIONS

It may be difficult as a parent to know where to start when it comes to monitoring and controlling online activity. How much time online is too much? How can you set reasonable limits? And more to the point, how can you enforce them?

Q. WHEN DOES USE BECOME OVERUSE?

A. There is no magic number when it comes to healthy screen time for young people. It really depends on the age of the child and the amount of time they spend away from their digital lives: reading, playing outdoors or enjoying offline time with their friends, parents or siblings.

Are you worried your child is spending too much time online? The Australian Communications and Media Authority's Cybersmart program suggests that things to watch out for include:

- increasing time spent online

- online activities interfering with general health and wellbeing

- excessive tiredness

- a decline in academic performance

- becoming isolated or withdrawn from offline friends and activities.

If your child's digital life is interfering with other areas of daily life such as school activities or relationships with family and friends, it may be time to talk it through and agree on some timeframes.

PRACTICAL STEPS

AGREE LIMITS

Talk to your children about the amount of digital time they're living and then, based on what you agree is a healthy balance, set 'switched off' times of day.

SET FAMILY RULES

Make sure you're seen as a positive example. Turn off your mobile phones and electronic devices during dinner or when you're taking part in family activities. Children are happier following rules if everyone in the family plays by them.

BE AN OFFLINE SUPPORTER

Support and encourage your kids in activities that don't involve a digital device. A game of footy, a camping weekend or a day at the beach are all great ways to show kids how they can enjoy themselves without a mobile, tablet or computer.