



HELPFUL RESOURCES



For more information about staying safe online and getting the most from your digital experiences visit telstra.com.au/cyber-safety



Visit the Parents' page on the Cybersmart website at cybersmart.gov.au/parents.aspx



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



Use Telstra Smart Controls® Mobile Protection to help prevent access to inappropriate content, telstra.com/smartcontrols



Keep the family safe online with BigPond® Security's Parental Controls and Telstra Safe Social™, to help protect your kids on social networks, bigpond.com/security

INAPPROPRIATE CONTENT CYBER SAFETY TIPS FOR PARENTS



IT'S HOW
WE CONNECT



THERE ARE SOME THINGS KIDS JUST SHOULDN'T SEE

Going online offers kids great opportunities to connect, create, learn and have fun.

It can also reveal things that they're simply too young to see, and the challenge for parents of children growing up in the digital age is that appropriate and inappropriate content is just a click away.



Q: WHAT'S INAPPROPRIATE?

A: The Australian Communications and Media Authority's Cybersmart program says that inappropriate content can include content that is:

- extremely violent
- sexually explicit
- racist
- promoting unsafe behaviour
- promoting criminal activity.



HOW DOES IT HAPPEN?

Inappropriate content isn't always viewed deliberately. Children may stumble across it accidentally as a result of unexpected search results, clicking on unknown links within websites or emails, incorrectly typing web addresses, or clicking on pop up ads.

They may also seek it out (particularly older children) or be referred to inappropriate content by others for its shock value. Young people with smartphones can often discover content that may be blocked by home and school internet software.

WHAT HARM CAN IT DO?

Inappropriate content can lead to children developing distorted views and opinions of their self-image and sexuality, which could affect their healthy development.

Extreme content can deeply upset children and make them ashamed of what they've viewed.

Exposure to content that glamorises dangerous and illegal activities can make children think they are 'cool' things to do, such as alcoholic drinking games.

PRACTICAL STEPS TO PROTECT CHILDREN

It's important to talk about online content with your children and make them feel comfortable with the issue. Discuss what they should and shouldn't be seeing.



Encourage children to tell you when they've seen something wrong – and assure them that their internet privileges won't be taken away for viewing inappropriate content they didn't seek out.



Get to know where your children are going online – and which devices don't have blocking mechanisms. Talk to their friends' parents.



Install blocking software in order to prevent pop-ups and to help restrict access to sites with adult content.



Free, confidential counselling for 12–25 year-olds is available through Headspace, [headspace.org.au](https://www.headspace.org.au). Schools often provide support and guidance too.



If you're concerned that something your child has seen could be illegal, report it to your internet, mobile or games provider; use the 'Report' function of the Cybersafety Helpbutton or report it to [acma.gov.au](https://www.acma.gov.au).

SET FAMILY RULES

Make sure you're seen as a positive example. Demonstrate how you're careful about websites and links you click on and do what you can to avoid stumbling on anything inappropriate. Children are happier following rules if everyone in the family plays by them.