Information for Students

Everything that you share, like, comment and post online contributes to your digital identity. Your audience can be bigger than you realise.

When you are online never give away your home address, phone number, email address and passwords or any other personal information.

If you don't know and trust someone in the real world, delete or block them online. Don't be fooled by fake profiles or mutual friend suggestions.

Make positive choices. Stay in control of your online world. If you make poor choices while on social media or online games there may be social or legal consequences.

When you are online never give away your home address, phone number, email address and passwords. You should treat strangers the same way online as you would in the real world.

For more tips, advice and useful resources:

- Protecting yourself online
- eSafety issues
- Games, apps and social networking
- Classroom resources
- Legal Aid Cyberbullying Sexting and Facebook Guide
- ThinkUKnow

Information for parents

To help keep your child safe when they are online, you can:

- put computers in open spaces within your home
- remind your child that content can be posted instantaneously, the downfall is that they can potentially post something without thinking about the ramifications.
- educate your child about appropriate online behaviour and the need for respectful communication with other internet users
- keep an eye on what your child is doing online (both in the home and on any mobile devices they may have access to e.g. phones, music devices and tablets)
- set clear rules about what sites and activities they are allowed to access
- install software to limit their use and monitor/restrict the sites they visit
- discuss a plan with your child about how to address any cybersafety issues that may arise (make sure they know you will be supportive if they mention anything and that they will not get in trouble)
- encourage them to find someone they feel safe talking to, such as yourself, a relative, a teacher or a trusted adult.

Access Online awareness: Information for parents and caregivers (PDF, 4.5MB) which provides important information for parents about cybersafety and cyberbullying. It suggests what parents and caregivers could do if their child is the target of, or is responsible for, inappropriate online behaviour.

The Office of the eSafety Commissioner also provide a suite of resources, helping Australians to have safer, more positive experiences online. In particular, there is a parent page which provides advice for parents and carers, along with a blogposts page which currently contains information about staying safe online during the COVID-19 pandemic.

Tips for learning at home

With children increasingly using the internet and technology at home, please consider ways to protect them whilst they are online.

Manage screen time and online content
When students are connected to the internet, consider installing some form of internet filtering and parental control solution so you can set time limits, filter and block content and reward good behaviour. There are many options available, including free and paid products where some cover a single device and others cover multiple devices. The eSafety Commissioner's Taming the Technology has more information.

Set clear rules and boundaries
Establish rules about what apps, websites and programs your child is allowed to access. Set screen time limits that best suit your household and set boundaries about where technology can be used. Make clear rules about who your child can connect with whilst they are online, and what language is appropriate and acceptable. These conversations are crucial so your child understands your family's rules and consequences.

Check online contacts and friends
Remind your child that sometimes people pretend to be someone they're not, even using profile pictures from real people's accounts. Just because it looks like the profile of someone they know, doesn't mean it is. It's best to check whether a profile is legitimate before accepting friend requests or messages. Where your child is speaking with others they do know, encourage them to engage in a respectful manner and to alert you or a trusted adult if they feel uncomfortable at any stage.

Be responsible and positive
Ensure your child knows not to share personal information online, such as their school, address, date of birth, phone number or location. Remind your child to think before sharing any posts, images or messages online. All posts should be positive, useful and true to present themselves in a positive way and remain respectful of others.

Communicate with your child
This is a great time to have open discussions about their technology use and reassure your child that they can talk to you or another trusted adult about any online concerns, if they have made a mistake, or if someone makes them feel uncomfortable. The eSafety Commissioner's Start the chat and stay safe online (PDF, 2.7MB) booklet has more information.

For more information about learning at home, visit learning@home.