

Cyber Safety Resources for Families

Resources for Parents		
eSafety Commissioner	Parent Resource Hub - Advice for parents and carers to help kids stay safe online.	Parents eSafety Commissioner
Kids Helpline	Parent Information Articles - Resources, articles, and support on topics including online safety.	Parents No problem is too big or too small Kids Helpline
Raising Children Network	Online Safety for Pre-teens. Practical advice to help pre-teens navigate online risks.	Online safety for pre-teens Raising Children Network
Australian Cyber Safety Centre	A guide to cybersecurity for parents and carers.	Protect your children online: A guide to cybersecurity for parents and carers Cyber.gov.au
Australian Federal Police	ThinkuKnow – Cyber safety resources for Parents and Carers.	Resources ThinkUknow
Alannah and Madeline Foundation	Digitalk – Online safety hub for parents.	DigiTalk Alannah & Madeline Foundation
Reachout	Staying Safe Online – Parenting skills hub.	Staying safe online Parenting skills
Be Internet Awesome – Google	Resources for families including family guides, tips, a family pledge and digital wellbeing guides.	Digital Safety Resources - Be Internet Awesome
Resources for Children		
eSafety Commissioner	Child-friendly resource hub for seeking advice on online safety.	I want help with eSafety Commissioner
Australian Cyber Safety Centre	Advice for keeping yourself safe online including information on passwords and gaming.	Protect yourself online: A guide to cybersecurity for young people Cyber.gov.au
Be Internet Awesome – Google	An online game that teaches children about online safety and digital citizenship	Play Interland - Be Internet Awesome
Resources for First Nations Families		
eSafety Commissioner	Hear stories from mob in language and find tips to help you be deadly online.	First Nations eSafety Commissioner

Parental Controls		
Apple	A guide to parental controls on iPads and iPhones.	Use parental controls on your child's iPhone or iPad – Apple Support (AU)
Google Play	A guide to parental controls on android devices.	How to set up parental controls on Google Play - Google Play Help
Australian Federal Police	ThinkUKnow – parental advice for posting images online.	ThinkUKnow parental advice for posting images.pdf
App Reviews		
Common Sense Media	App reviews from experts, parents and kids.	App Reviews, Kids Apps Common Sense Media
Children and Media Australia	A guide written by child development professionals on age suitability and content descriptions.	Know Before You Load App Reviews - Children and Media Australia

Cyber Bullying		
eSafety Commissioner	A guide for parents and carers on cyberbullying including video resources and advice for different age groups.	Cyberbullying Guide for Parents and Carers eSafety Commissioner
Australian Federal Police	A guide for parents and carers on instant messaging.	Fact sheet – Instant messaging
Kids Helpline	A guide for parents to help children understand what is OK and not OK online.	Helping kids stop cyberbullying
Social Media		
Kids Helpline	A guide for parents on supporting your child to manage risks online while enjoying the benefits.	Social media and safety What can parents do? Kids Helpline
Raising Children Network	An article about social media benefits and risks: pre-teens and teenagers	Social media benefits & risks: 9-18 years Raising Children Network
Australian Federal Police	ThinkUKnow – A guide for parents on social media privacy settings, staying smart online and getting help.	ThinkUKnow social media starter kit 2023.pdf
Alannah and Madeline Foundation	A guide to the impact of social media on a young person's mental health, and how to safeguard against harm.	Alannah & Madeline Foundation Social Media and Mental Health

Online Gaming		
Australian Federal Police	ThinkUKnow – A guide for keeping your child safe while gaming online including console specific advice.	TUK_gaming-devices_202312_web.pdf
eSafety Commissioner	Advice for children on keeping themselves safe while gaming online.	How to get the most out of gaming eSafety Commissioner
Kids Helpline	Online gaming: signs your child may be bullied.	Online gaming: Signs your child may be bullied