



It's time to come out of the dark when it comes to keeping young people safe online.

There may be risks - but risk doesn't always equal harm.

E=MC²

- **Educate** yourself about the benefits and risks of being online to help young people be safe
- **Manage** settings and know where you can go for help and support
- Keep **calm** and have open **conversations**.

It's all relative



And remember...

E = MC²

It's all relative

For more great useful tools and resources visit:

Queensland Family and Child Commission
qfcc.qld.gov.au
Office of the eSafety Commissioner
esafety.gov.au



Queensland Government

In partnership with Churches of Christ in Queensland



DON'T PANIC!

YOUR GUIDE TO:

Helping young people to be safe online





Educate

When it comes to helping young people be safe online, many adults feel uncomfortable or think they don't know enough. But you can learn together! Ask them to teach you about the latest apps and play online games with them. You can also find useful tools and resources on the Office of the eSafety Commissioner's iParent portal: www.esafety.gov.au

Manage

You can help young people identify things that are suspicious and work with them to stay safe. This will empower them to take control of their digital life and be safer online. Work together to manage privacy settings, set ground rules and know where you go for help and support.

Calm conversations

Many young people say they hesitate talking to adults if they've come across or received something inappropriate online because they're scared of the consequences. Try to stay calm if they tell you, or you find out, about inappropriate online behaviour. Have an open conversation with them and identify ways to respond together.

TOP 10 TIPS



Focus on the positives

There are lots of great things about the internet, don't just focus on the dangers.



Be curious

Learn about what young people know about and do online and be open to understanding their world. Remember, you don't have to be the expert!



Keep talking

Have ongoing conversations with young people about their online activities and listen to what they have to say.



Stay up-to-date

The digital world keeps changing and so do the dangers. Know what the latest online trends are.



Discuss the dangers

Help young people identify what might be harmful online, why and what they can do to stay safe - this builds their digital literacy and empowers them.

Check out our top ten tips for helping young people be safe online.



Encourage empathy

Educate young people about respectful relationships and empathy towards others - online and offline.



Be brave

Be open to having conversations about difficult subjects that may be uncomfortable for everyone.



Empower them

Young people need to know how to respond to inappropriate online content and contact. Work out practical ways together, so they feel empowered to tackle potential situations.



Model behaviour

Think about your own social media presence and activities and make sure your own behaviour is the same as what you expect from young people.



Watch for changes

Be aware of what they're doing online and pay attention if their behaviour and mood changes. Seek support!

