

Top Ten Tips

1	Create an 'Acceptable Use Agreement' for your families to facilitate conversation. Ensure that children are involved with this process.
2	Set up safe search & security controls with a platform such as Family Zone www.familyzone.com/au/
3	Agree on where computers, laptops & mobile devices can be used in the home (such as in bedrooms, lounge rooms, etc).
4	Lights out = wifi off.
5	Agree on screen time use; decide on 'screen free' times during the day and night. Have regular family activities that don't involve devices.
6	Get involved – show an interest in what your child is doing online.
7	Talk to your child's teacher/s and school.
8	If your child reports an issue to you, don't threaten to take away their device – this may force them to become secretive.
9	Learn how various social network/game services work. Use websites such as the 'Games, Apps & Social Networking' from the eSafety Office.
10	If cyber bullied; 1. Don't retaliate, 2. Collect evidence, 3. Report, 4. Change privacy setting, 5. Block and 6. Tell a trusted adult.

How to report cyberbullying material

| 1

Report
the cyberbullying
material to the
social media service



| 2

Collect evidence
copy URLs or take
screenshots of the material



If the content is not removed within 48 hours apply steps 3 and 4

| 3

Report it
esafety.gov.au/report



| 4

Block
the person and
talk to someone
you trust



If you are in immediate danger, **call 000** (triple zero)
If you need to talk to someone, visit kidshelpline.com.au or call them on
1800 55 1800, 24 hours a day 7 days a week