

Healthy Digital Habits

1. **Keep computers that children use in living areas rather than bedrooms.**
2. **Set limits and enforce digital curfews.**
3. **Warn children about the importance of privacy and the dangers of cyberbullying, predators, sexting and pornography.**
4. **Model good digital behavior (no phones at dinner table/while driving/texting while walking etc.).**
5. **Monitor your children's devices - Actively engage with what your children are doing online. Do your homework and know what software, apps, games they are playing and with whom.**
6. **Attend a cyber security safety presentation.**
7. **Make sure children maintain correct posture when utilising digital devices.**

Helpful Tools for Parents

Parental Control Software

There are a number of parental control software available on the market- some that is quite sophisticated.

- **Family Zone** – www.familyzone.com.au - web filters, time limits, remote notifications, app restrictions for specific ages, keeps devices safe inside and outside of the home.
- **Telstra Broadband Connect** - Includes Parental Controls which allow parents to apply content filters and time restrictions to every device connected to the home broadband network.
- **Optus Internet Security** - Provides online content filtering (PC only) along with standard virus, spyware and spam protection.

Location Tracking Tools

- **LIFE360** - a free platform that helps keep families connected. Parents can use the app to make phone calls and send text messages to kids, parents can check in on kids by viewing their locations on a private map.

Online Behaviour Management

- **Oyoty** - a personal e-safety assistant for children. It is an educational tool that is designed to help children build critical understanding about posting and commenting on social media platforms. The app helps children make decisions about whether their posts are safe or appropriate.

Screen Time Tracker

- **Moment** - an app that automatically tracks how much you use your iPhone and iPad each day. If you're using your phone too much, you can set daily limits on yourself and be notified when you go over. You can even force yourself off your device when you're over your limit.

Helpful websites

- **Office of the eSafety Commissioner** - The eSafety Commissioner is responsible for promoting online safety for all Australians. Provides a comprehensive range of resources and information on esafety issues. <https://www.esafety.gov.au>
- **ThinkUKnow** - a free, evidence-based cyber safety program that provides presentations to Australian parents, carers and teachers and students. It provides information on the technologies young people use, the challenges they may face, and importantly, how they can be overcome. <https://www.thinkuknow.org.au>
- **Common Sense Media** independent nonprofit organization dedicated to helping kids thrive in a world of media and technology. We empower parents, teachers, and policymakers by providing unbiased information, trusted advice, and innovative tools to help them harness the power of media and technology as a positive force in all kids' lives. [commonsensemedia.org](https://www.commonsensemedia.org)

Further Reading



