

# CYBER SAFETY FOR PARENTS

Dear Parents

It is important to ensure you can find reliable information, stay connected with family and friends, help your children stay safe online – and stay mentally healthy too. It is not possible to be at your child's side every second of the day/evening, so it's important to talk with them about online safety issues to help develop their critical thinking and ability to make good choices. eSafety has a wide range of advice for families covering common online safety issues like managing screen time, cyberbullying, inappropriate content and contact from strangers.

**Please follow the link to access this resource:**

<https://www.esafety.gov.au/parents>

**The following is a brief snapshot of topics and strategies discussed via the above link, simplified for ease of access:**

- Building good habits through primary school plays an important role in children developing digital intelligence  
<https://www.esafety.gov.au/parents/skills-advice/good-habits-start-young>.
- Help your child achieve a healthy balance in their online and offline activities <https://www.esafety.gov.au/parents/big-issues/time-online>
- Unwanted contact and grooming  
<https://www.esafety.gov.au/parents/big-issues/unwanted-contact>
- Online games can be great fun for your child, but make sure you can help them manage the risks <https://www.esafety.gov.au/parents/big-issues/gaming>
- Young people are being bullied online right now. Understanding what to do about it can help stop the harm it causes  
<https://www.esafety.gov.au/key-issues/cyberbullying>



## Linden Park Primary School