

Some Helpful Resources

Kids Helpline:

1800 55 1800

kidshelpline.com.au

Headspace:

1800 650 890

headspace.org.au

eHeadspace:

headspace.org.au/

ehedspace

1800 RESPECT:

1800 737 732

1800respect.org.au

Lifeline:

13 11 14

lifeline.org.au

BeyondBlue:

1300 22 4636

beyondblue.org.au

Reachout:

au.reachout.com

Office of the eSafety Commissioner:

www.esafety.gov.au

www.esafety.gov.au/key-issues

ThinkUKnow:

thinkuknow.org.au

Youth Law Australia:

02 9385 9588

yla.org.au

Australian Signals Directorate

asd.gov.au

National Security College:

nsc.crawford.anu.edu.au

Australian Federal Police:

afp.gov.au

#doiknowu campaign:

<https://www.qfcc.qld.gov.au/doiknowu>

ScamWatch

<https://www.scamwatch.gov.au/>

Playing it Safe Early Childhood Cyber learning

<https://playingitsafe.org.au/>

Australian Centre to Counter Child Exploitation - 'Closing the Net' Podcast

<http://www.acce.gov.au/closingthenet>

'Closing The Net' A podcast series that takes you inside the world of the Australian Federal Police and those policing the 'borderless crime' of online child sexual exploitation.





Family Online Safety Contract

This contract helps us stay safe when it comes to what we SEE, SAY and DO online.

I _____, will:
(Child)

- Tell my parents or carer if I see something that makes me feel upset, uncomfortable or scares me.
- Be aware that people online are not always who they say they are, and do not always tell the truth.
- Let my parents supervise where I go online as I understand they do this to help keep me safe.
- Tell my parents or carer if someone sends me rude or naked pictures, or links that I did not ask for.
- Not give out personal information about myself, my family, my friends, or others online, including full names, addresses, phone numbers or schools.
- Not share my passwords or usernames with anyone but a parent or carer and I understand they will only use it if they are worried about me or my safety.
- Treat others the way I want to be treated online and with the same respect as I would offline.
- Never use the internet or a mobile device to cyberbully someone.
- Make sure all of my accounts are always set to private.
- Not talk to anyone online, or add anyone on my social networks, if I don't know them offline.
- Never agree to meet someone in person that I have only met online, and I will tell my parents if someone asks to meet me.
- Accept my parents or carer as a 'Friend' on social media providing they ask for my permission before posting or commenting on my content, and they speak to me first if they see something they don't agree with on my profiles.
- Not respond to emails, instant messages, messages or friend requests from people I don't know.
- Never send someone a photo of myself online without checking with my parents or carer first.
- Learn how to block and report people online and tell my parents or carer immediately if doing this.
- Ask for permission before downloading any apps, games or software, so my parents or carer can check these are appropriate for my age and won't harm the device.
- Teach my parents or carer about the internet, apps, games and websites I enjoy.
- **Agree to the online time limits set by my parents or carer and put my devices to bed at night to help me get a restful sleep.**

Signed:
(Child)

Signed:
(Parent / Carer)



Family Online Safety Contract

This contract helps us stay safe when it comes to what we SEE, SAY and DO online.

I _____, ;:

(Parent / Carer)

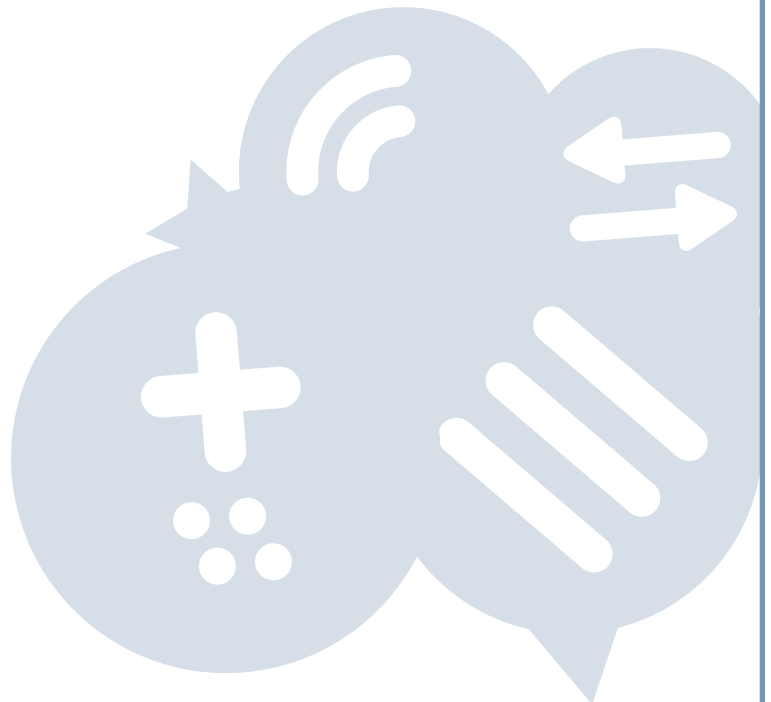
am providing and paying for your internet service and device. Along with this privilege comes the responsibility to protect our family and our private information.

This contract is a requirement of having this service provided to you.

*If you see or hear anything online that makes you feel unsafe or worried for yourself or someone else, please know that you can come to me at any time with this concern, and we will work together to find a solution. **NOTHING IS EVER SO BAD YOU CAN'T TELL A TRUSTED ADULT.***

If I am unable to help you, we will contact the appropriate authorities for advice.

This contract has been created to protect you. It is my responsibility as your parent / carer to keep you safe, so that you have a positive experience online.

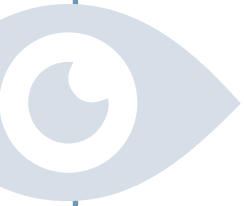




Family Online Safety Contract

This contract helps us stay safe when it comes to what we SEE, SAY and DO online.

I _____, will:
(Child)



Signed:
(Child)

Signed:
(Parent / Carer)



Family Online Safety Contract

This contract helps us stay safe when it comes to what we SEE, SAY and DO online.

I _____

(Parent / Carer)

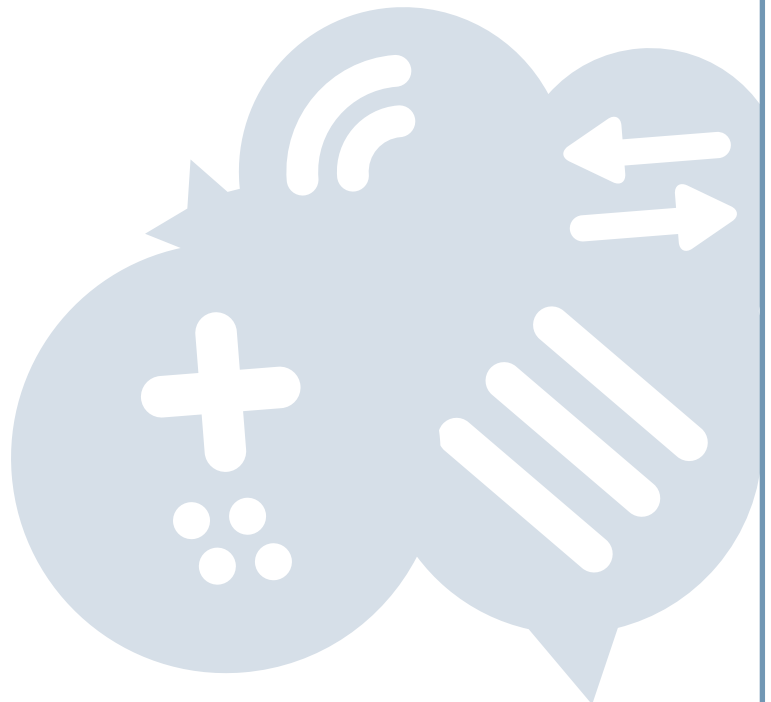
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Our Family Tech Agreement

Date: _____

The Play School toys are here to help us remember how to stay safe online and use devices in our home.

Put each family member's name or initial above a box. If the rule applies to them, tick the box when they agree to do the action.



I will ask before I use a device or play a new game online.

_____	_____	_____	_____	_____
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



I will only use devices in shared spaces like the lounge room, family room or kitchen.

_____	_____	_____	_____	_____
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



I will only talk to people I know when I chat, message, email or video call online.

_____	_____	_____	_____	_____
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



I will take turns and use kind words when I play with technology.

_____	_____	_____	_____	_____
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



I will ask permission before I take or share photos or video.

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I will tell a grown-up if I see or hear something online that makes me feel sad, scared or worried.

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I will stop playing, watching or exploring online when my time is up.

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Our devices are put away in the

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Time

Time

Time

Time

Time



Be safe



Make good choices



Be kind



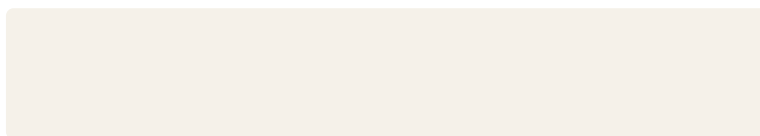
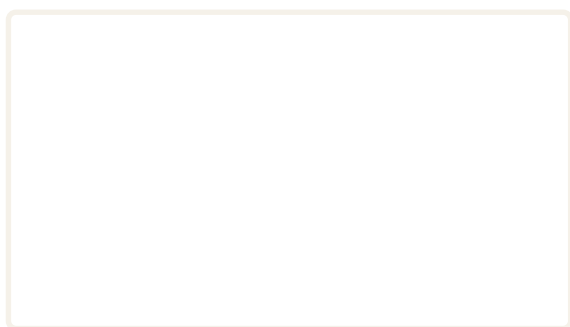
Ask for help

Our Family Tech Agreement

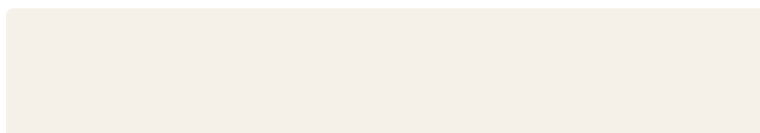
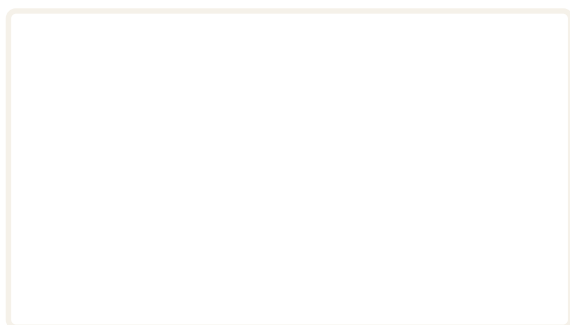
Date:

Write your own rules in the yellow box and illustrate with your own pictures.

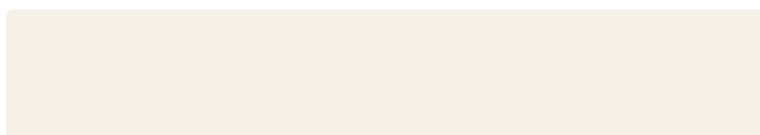
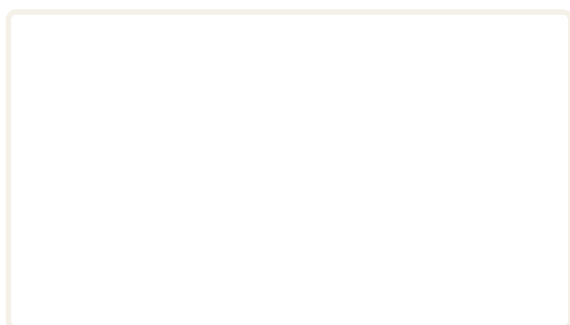

Put each family member's name or initial above a box. If the rule applies to them, tick the box when they agree to do the action.



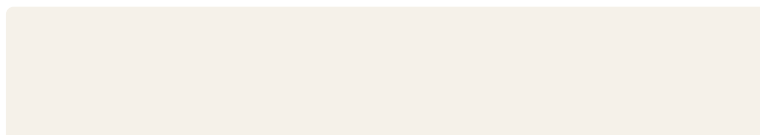
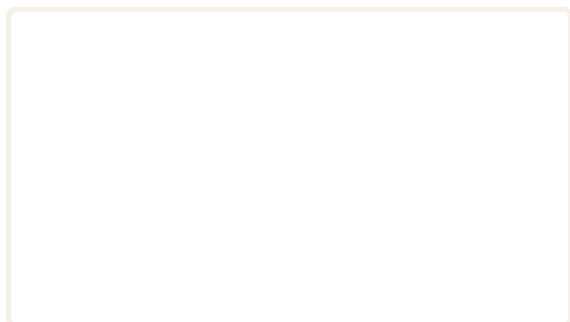

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Our devices are put away in the

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Time **Time** **Time** **Time** **Time**

TAKING ACTION

Grooming

thinkuknow.org.au

Online child
exploitation



afp.gov.au



Cybercrime

acorn.gov.au (adults)

Attacks on computer systems, email
spam and phishing, identity theft,
online scams or fraud



Child pornography

eSafety.gov.au

Online child sexual abuse material



Office of the
eSafety Commissioner

Cyberbullying and harassment

eSafety.gov.au (youth)



Office of the
eSafety Commissioner

acorn.gov.au (adults)



Naked selfies and sexting

Report it to your child's school/
organisation and/or local police

USEFUL WEBSITES AND CONTACTS

INFORMATION

ThinkUKnow
thinkuknow.org.au

COUNSELLING & SUPPORT

Lifeline
13 11 14
www.lifeline.org.au

Kids Helpline
1800 55 1800
www.kidshelp.com.au

Reach Out
au.reachout.com

Bullying. No Way!
www.bullyingnoway.gov.au

Headspace
www.headspace.org.au