Helping your family stay safe online

Children can learn, explore, play and make friends online. But there can be risks.

Your child might accidentally see upsetting content, be contacted by strangers or experience bullying. They might also miss out on important things like spending time outside.

Here are some easy things you can do to help keep children safe online.

Talk about online safety as a family

Let your child know they can always come to you if something happens online that makes them feel scared or upset.

You can ask your child to show you the games and apps they use. Use eSafety's underline conversation starters to help you get started.

Set up family rules together

As a family, you can choose some easy rules to help keep everyone safe online. You can include things like where devices can be used, what games and apps your children can use, and how much time can be spent online. Most devices and apps have features to set limits on how they are used. Watch this video to learn more about parental controls and settings.

Know where to get help

If you need help with an online issue and you are not sure what to do, talk about it with someone you trust, like a friend or a teacher at your child's school. You can also speak to someone at Parentline for help with parenting challenges. The eSafety Commissioner (eSafety) helps to keep all Australian families safe online. The eSafety website has more information about reporting online abuse and staying safe online.

For more information about how to keep your family safe online, search for eSafety Parents on our website.