



Young Media Australia fact sheet

Tips for safe internet use

1. Spend some time with your child enjoying the exciting things on the Internet and discuss the ways they can use the internet for education and fun.
2. Information on the Internet comes from many sources. Not all is reliable. Encourage a careful approach to 'information' found on the Internet.
3. Be aware of what your children are doing on-line. Have the computer in a public area in the home, not in a bedroom or children's playroom.
4. Encourage children to tell you about anything that worries them and have family talks about the dangers of the Internet.
5. The Internet is fun, but full of strangers. Children should never give out personal information such as names and addresses.
6. Many Internet sites have questionnaires and competitions. Ask your children to talk to you before filling in any forms.
7. The Internet is a great place to make friends. However, not every one is who they seem to be. Children and young people should check with their parents before arranging any face to face meetings, and ensure that such meetings are in a public place, with an adult present.
8. Encourage children to send e-mail only to friends, so they will have no need to correspond with strangers.
9. Some information on chat lines is not appropriate for children. Teach them to say 'No' to messages, or to leave a site that makes them feel uncomfortable.
10. If your child brings something inappropriate to your attention, tell them you are pleased they did and discuss it calmly.
11. Encourage your child's school to develop a CyberSafety policy too.
12. Too much time sitting at a computer can be unhealthy. Extensive use can result in repetitive stress injuries, eyestrain, obesity, and social isolation. Set a limit (an hour at most) and encourage your child to get out and explore the real world too.

Related websites

Australian Broadcasting Authority's Cybersmart Kids

<http://www.cybersmartkids.com.au>

Netalert

<http://www.netalert.net.au>

Get Net Wise

<http://www.getnetwise.org>

Safe Kids

<http://www.safekids.com>

Childnet

<http://www.childnet-int.org>



For more information about Children and the Media, call the Young Media Australia Helpline

Up to date and reliable information for parents and caregivers about the impact of the media on children.

1800 700 357

Freecall anywhere in Australia, 24 hours a day, 7 days a week
Or go to the Young Media Australia website

www.youngmedia.org.au

Ordering more fact sheets

Young Media Australia has over sixty printed fact sheets about the impact of media on children.

To get a list of available Young Media Australia fact sheets, or to order your copies call the

**Young Media Australia Helpline
1800 700 357**

You may also download a fact sheet order form from our web site **www.youngmedia.org.au** or browse the fact sheets in topic format online.

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