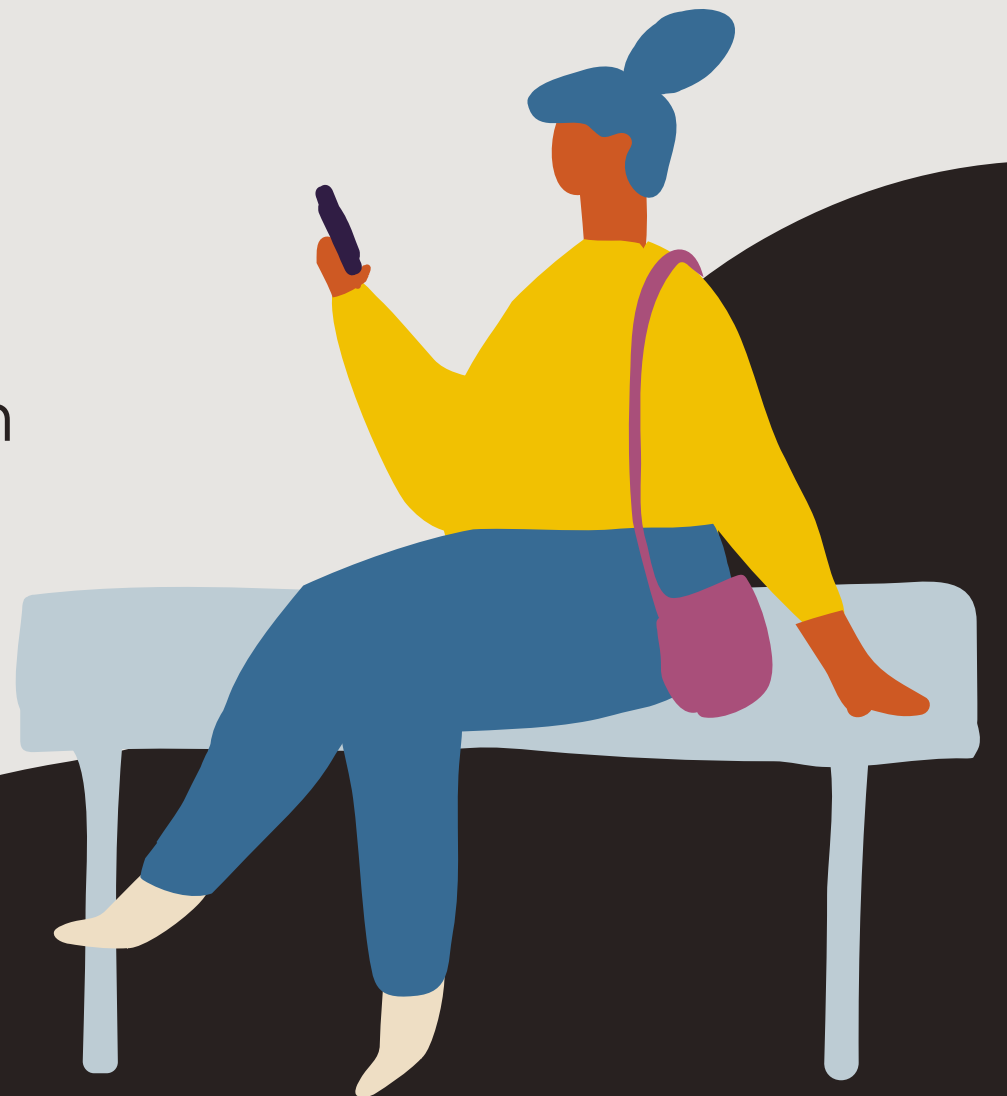
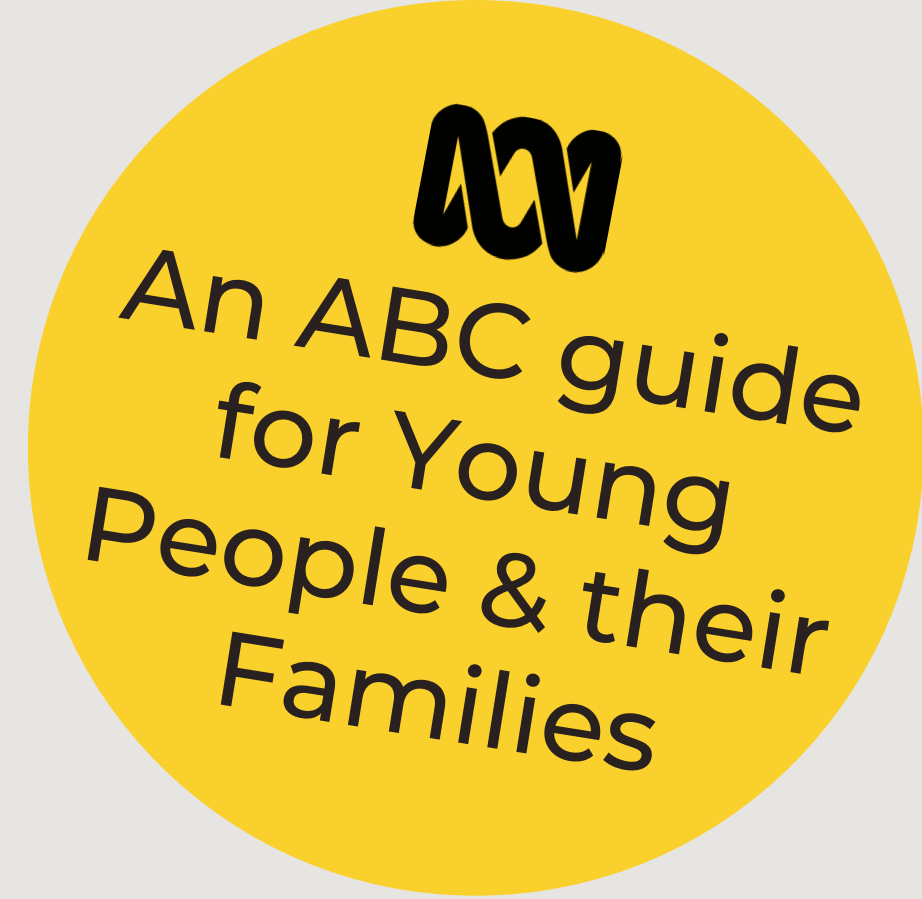


Advice for Parents and Guardians

Thanks so much for allowing your child to be a part of ABC's content making.

The ABC is committed to ensuring that all children and young people are protected from harm or abuse.

We insist that all ABC staff who work directly with children in any capacity for, or on behalf of the ABC are familiar with and comply with our relevant policies and guidelines.



ABC Child Safety
& Wellbeing Policy



ABC Child Safe
Code of Conduct



ABC Child Safety
& Wellbeing Framework



When your child's content airs, there may also be posts of that content from the ABC or third parties on various social media platforms. The ABC extends its protection of children to the online space but is limited in controlling content they do not own.

The following is a guidance to help you as parents and guardians support your child's safety in the online space, and know what to do if you need help.

Getting ready

Before your child's content is aired or posted, it's a good time to make a plan about how you will navigate a negative online experience (See Social Media Self-Defence resource).

As a family, you should set some ground rules.

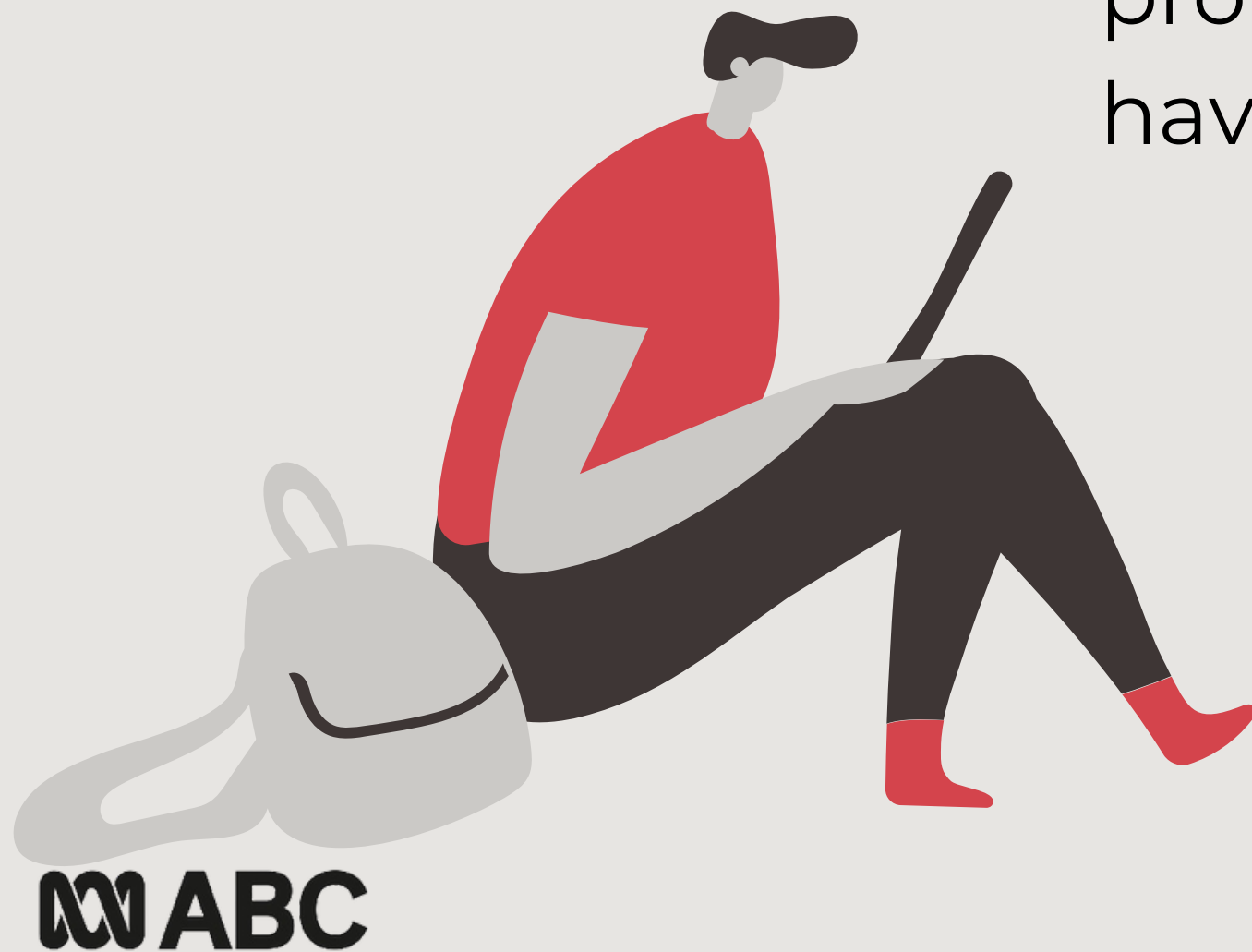
Some suggestions are:

- Preserve privacy by avoiding interactions with the comments – whether negative or positive
- Delete emails, DMs, IMs and Messages from people you don't know in real life
- Listen without judgement when your child comes to you with a concern about their online interactions
- You may need to support your child by managing their social media account for a short time if it gets too much for them to manage on their own.



Giving young people and children the tools to better identify risks on social media reduces their impact, promotes greater communication with parents and guardians and helps children feel better supported.

The eSafety Commissioner is a national government agency that helps all people living in Australia have safer experiences online. They have strong powers to protect people from online abuse and harm and have tips and advice for everyone.



Young People



Children



First Nations



Check out the eSafety tips and resources for specific groups!

Diverse Communities



Parents



Grandparents



Your role in your child's online safety

Your child's safety is not something they should have to manage on their own.

It's important for the adults surrounding them to also protect their safety.

There are ways that you as a parent and guardian can help support your child through a negative online experience.



Communicate often and effectively

Ask your child about what they experience online, who they are talking to, and whether they have any issues, concerns or questions.

Reassure your child that you are there for them, no matter what.

If your child reaches out to you about a negative online experience, listen to their concerns and reassure them that they've done the right thing by reaching out.

Many young people are concerned that their internet access or use of devices may be cut off if they come forward with an issue. Talking to your child and helping them understand that they have done nothing wrong can help reassure them that this won't be the case.

Support by setting boundaries

Being part of an online community can be fun and exciting, but for some young people it can start to take time away from other important activities.

Work with your child to setup some simple rules or routines to keep things in balance.

Help your child reflect on their time online, and talk about whether the rules are working. Some families find that no devices at the dinner table or before bed works well.

Utilise parental controls

Utilise the parental controls and safety guidelines for devices and social media platforms such as Facebook, Twitter, TikTok and YouTube.

You can find these by searching for (platform) + (parental controls).

The eSafety Guide also contains instructions for specific apps and platforms.

Access the eSafety Guide here!



Avoid engaging

As a parent or guardian, it can be a natural reaction to want to respond if you see something unkind about your child online.

It is rarely advisable to engage as this may inflame the conversation on rather than letting it pass, and you may unintentionally reveal private details about your child, like who their parent/guardian is, their location or their school details.

Instead, speak to your ABC contact about the best steps to take.

If the post/comments are derogatory or hateful, you can report them to the social media platform.

Head here for platform specific information!



Speak to those around you

It may be necessary to speak with your child's school, childcare or extracurricular group about what they can share about your child in their social media posts.

If you have friends or family with active social accounts, you may wish to speak to them about how much they can share about your child in their posts.

Extra Support

Remember that your friends, your family, and the ABC are here to help and support you.

But if you need extra support during this time these organisations can help you as well.

Kids Helpline



eSafety



Headspace



In case of an
emergency call the
Police

000



Parent Help Lines

WA: Ngala Parenting Line (08) 9368 9368

NT: Parentline QLD & NT 1300 301 300

QLD: Parentline QLD & NT 1300 301 300

SA: Parent Help Line SA 1300 364 100

NSW: Parent Line NSW 1300 130 052

ACT: Parentline ACT (02) 6287 3833

VIC: Parentline VIC 132 289

TAS: Parentline TAS 1300 808 178

My ABC Contact is:



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