Many primary school aged children are online on multiple devices in the home. One fifth of 8 to 13 year olds reported seeing something on the internet that bothered them.

Some tips for parents in supporting safe use of technology include:

- talk to your child about staying safe as soon as they start becoming active in the online world, and keep the discussion open as they grow up to make the dialogue part of everyday parenting life
- follow age guidelines for social media sites – eg 13 years and older for Instagram and Facebook.
- Monitor and actively supervise your children's time online
- set house rules – what's okay to do and what's not, how much time is 'online' time and what kind of personal information is okay to make public
- consider using filters or other technological tools to help limit exposure to potentially harmful or distressing material
- find out what children up to, create your own accounts and play with the services they are using so that you become familiar with the privacy settings and reporting mechanisms
- model the kind of positive online behaviour that you would like your children to use.
- Ensure computers and devices are used in a visible location

The following websites have excellent information to support parents:

http://raisingchildren.net.au

https://www.esafety.gov.au