



A roadmap for growing up safe online

Supporting online safety for children aged 0 to 18



 eSafety Commissioner

Flip



For more information scan the QR code
or visit [eSafety.gov.au/parents](https://esafety.gov.au/parents)



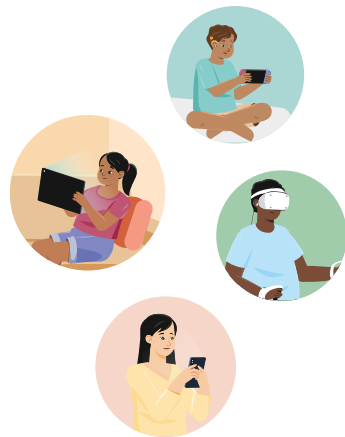
 eSafety
Commissioner

A roadmap for growing up safe online

Supporting online safety for children aged 0 to 18

Parents and carers play a key role in guiding their children as they first encounter the online world and begin to learn through exploration, play and social interaction.

It's a good idea to protect younger children from online risks such as **encountering harmful content** and **unsafe contact with others**. But it's up to parents and carers to decide when and how children take these first steps, and how best to support them as they begin their online journey.



Using this flip book to talk about online safety with children and young people

Talking with children about online safety is part of creating safe environments that help them grow and thrive. You can do this in a way that suits their age and stage of development by first letting them know they have a right to feel safe. Then you can talk about situations online that are safe or unsafe, and what to do in unsafe situations.

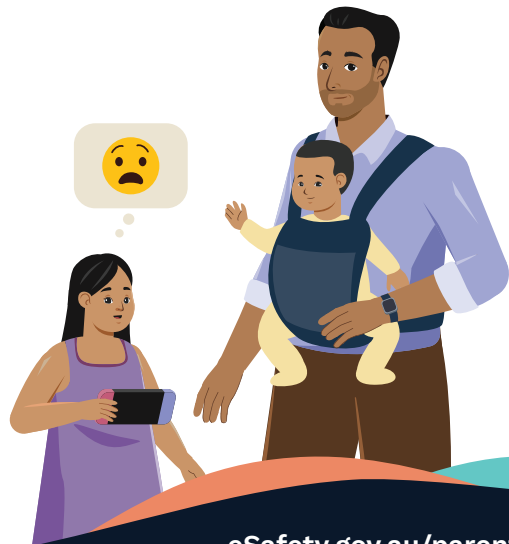
These conversations can take place on **a drive, a walk in the park, or doing the dishes**. Having one big conversation can seem scary or even overwhelming. Making smaller chats part of everyday life can be easier for parents and carers, and more helpful for children. It also helps parents and carers keep the talk going and tackle different topics over time to suit their child's age and maturity.



Talking with children aged 0 to 4 years

We can talk about...

- How we know **situations are safe or unsafe**. When something isn't right, you might get a funny feeling in your tummy, or your heart might beat faster.
- **Body safety online**. Some parts of the body are private, and we shouldn't show them online in photos or videos.



Talking with children aged 5 to 7 years

We can talk about...

- **Your kids' online experiences.** When children know you care about the things they love about being online, they are more likely to tell you if they feel uncomfortable or unsafe.
- **Body safety and privacy** - some parts of our body shouldn't be shared online.
- If your kids are okay with you **sharing photos or videos of them** in family chats online. This is a simple and effective way to talk about consent.



Talking with children aged 8 to 12 years

We can talk about...

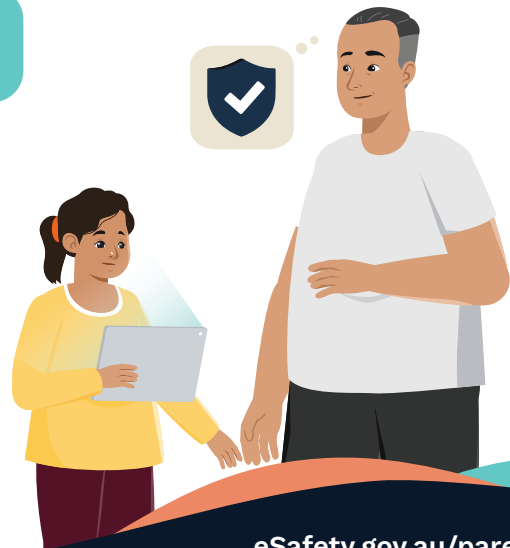
- What to do if someone asks them for a **naked picture**. Explain to your child that they shouldn't ask other people for pictures where they don't have clothes on, and no one should ask them.
- **Red flags online** – like someone in a game asking your child to go to a 'private' space like direct messaging.



Talking with children aged 13 to 15 years

We can talk about...

- **Online boundaries** around contact, sharing images and videos, and location sharing.
- How new technologies such as **generative artificial intelligence** and '**deepfakes**' can be used to make harmful content that shows people saying or doing things that they didn't, including sexual things.



Talking with young people aged 16 to 18 years

We can talk about...

- Where to get **safe, accurate sexual health information** online.
- How **consent** is just as important in online sexual interactions, like sexting or sending sexual images, as it is in person.
- What children and young people see on social media **may not reflect real life**.



6 things parents and carers can do to protect children from sexual abuse online

Child sexual abuse can happen online using any device or platform that lets people connect through the internet. The abuse doesn't have to be physical to cause harm. The person who abuses the child online can be a relative, a friend or a stranger. However, child sexual abuse online is preventable.

- 1 Talk regularly with kids about what they're doing online, and who they're connecting with.
- 2 Get to know the safety settings on devices and accounts, including parental controls.
- 3 Pay attention to how kids use their devices to help spot issues early.
- 4 Think about who is in your online network and how that might allow them to connect with your kids, or see photos or videos of them.
- 5 Help your community be safer by talking about online child sexual abuse, to make it harder for abuse to happen.
- 6 Report illegal and restricted online content to eSafety.

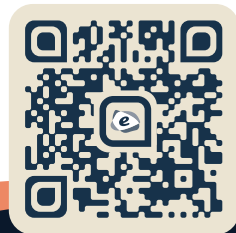


Supporting children experiencing online child sexual abuse

The best way to get urgent help for child sexual abuse, including grooming and sexual extortion, is to report what's happened to the Australian Centre to Counter Child Exploitation (ACCCE) at **accce.gov.au/report**

For further support, contact the Bravehearts information and support line at **bravehearts.org.au/get-help/information-support-line/**

Report illegal and harmful online content, including child sexual abuse or exploitation material, to **[eSafety.gov.au/report](https://esafety.gov.au/report)** to have content removed.



[eSafety.gov.au/report](https://esafety.gov.au/report)

How eSafety can help

eSafety helps Australians prevent and deal with harm caused by serious online abuse or illegal and restricted online content.

Serious online abuse is when the internet is used to send, post or share content that is likely to harm the physical or mental health of the person targeted. This includes:

- cyberbullying of a child or young person (under 18)
- adult cyber abuse (18 years and older)
- image-based abuse (sharing, or threatening to share, an intimate image or video without the consent of the person shown).

Illegal and restricted online content ranges from seriously harmful material such as images and videos showing the sexual abuse of children or acts of terrorism, through to content that children shouldn't access, such as simulated sexual activity, detailed nudity or high impact violence.

Need more advice or guidance?

eSafety offers a range of resources to support parents and carers to keep children safe online.

eSafety can help with:

- Online safety basics
- Age-appropriate and hard-to-have conversations
- Cyberbullying
- Sending nudes and sexting
- Grooming and child sexual abuse online
- And many more online safety topics.

We also provide advice, including videos, in a variety of languages.

See our full range of parent resources at **[eSafety.gov.au/parents](https://www.esafety.gov.au/parents)**