



# Parents and carers

## About the eSafety Office:

We help all Australians have safer online experiences. Through education resources and advice we aim to improve the digital literacy and resilience of Australians online.

We also operate a complaints scheme for:

- \* cyberbullying material affecting Australians under the age of 18
- \* illegal and offensive online content.

- \* We provide advice and resources to parents, schools and the police to assist in addressing cyberbullying incidents.
- \* We refer and encourage young people to free confidential counselling and support such as **Kids Helpline** – 1800 55 1800 and **eheadspace** – 1800 650 890

## What is cyberbullying?

Cyberbullying is a distinct form of aggression. It differs from traditional bullying in the lack of verbal cues, the permanence of digital data, the 24/7 accessibility and the anonymity.

Research indicates that approximately 1 in 5 children (8-17 years old) have been cyberbullied.

## How the office can help you

- \* We work with social media services to remove serious cyberbullying material. This includes material that is seriously threatening, intimidating, harassing or humiliating.

Office of the eSafety Commissioner

## HOW TO REPORT CYBERBULLYING MATERIAL

### 1

Report the cyberbullying material to the social media service

### 2

Collect evidence - copy URLs or take screenshots of the material

**If the content is not removed within 48 hours**

### 3

Report it to [esafety.gov.au/reportcyberbullying](https://esafety.gov.au/reportcyberbullying)

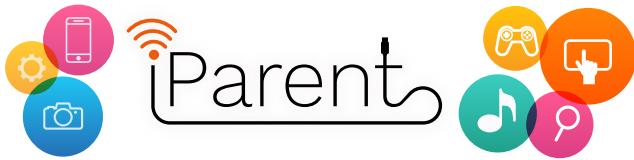
### 4

Block the person and talk to someone you trust

If you are in immediate danger, call **000** (triple zero)  
 If you need to talk to someone, visit [kidshelpline.com.au](https://kidshelpline.com.au) or call them on 1800 55 1800, 24 hours a day 7 days a week



## Resources for parents



### Highlights include:

**Multimedia reviews** — tips about entertainment choices available to young people—including games, movies and television.

**Online safeguards** — advice and information about parental controls for devices, streaming services, web browsers and gaming consoles and a range of content about safe search and filtering software.

**Staying safe** — information about key internet safety topics.

**Online risks** — guidance for parents to help deal with cyberbullying, sexting, online pornography, inappropriate content and grooming.

**Getting help** — a listing of professional support services for children and parents/carers. Each state in Australia has a dedicated parent helpline.

### Ordering free resources

Call 1800 880 176 – downloadable from [esafety.gov.au](http://esafety.gov.au).

### Other useful resources:

- \* How to set parental controls on gaming consoles.

- \* Parental controls for computers, tablets and smartphones.
- \* Talking to children about online pornography.
- \* Young & eSafe – empowering young people to make real change in their online lives.
- \* Quick guide to popular social media sites and apps.
- \* Sexting – how to start the conversation.

### Infographics

- \* Is there an age limit for kids on social media?
- \* Should my child be on social media?
- \* Keeping an eye on screen time.
- \* 8 tips to keep on top of your child's screen time.

### Video resources

The Office of the Children's eSafety Commissioner offers over 350 video resources for children, parents and teachers on our Vimeo channel.

- \* Rewrite Your Story – 8 vignettes based on real life cyberbullying stories
- \* Chatterbox video series for parents covering cyberbullying, unwanted contact and sexting.
- \* Online grooming – Detective Senior Sergeant Wayne Newman – Child Exploitation Taskforces, Victoria.
- \* Balancing time online – Dr Michael Carr-Gregg, Child and Adolescent Psychologist.
- \* Managing cyberbullying incidents – Dr Michael Carr-Gregg, Child and Adolescent Psychologist.