



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

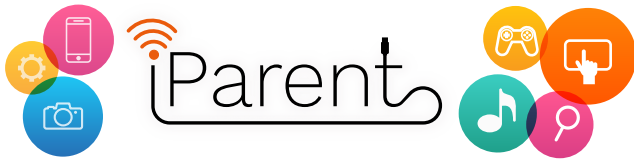
4

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 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.

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.](#)