



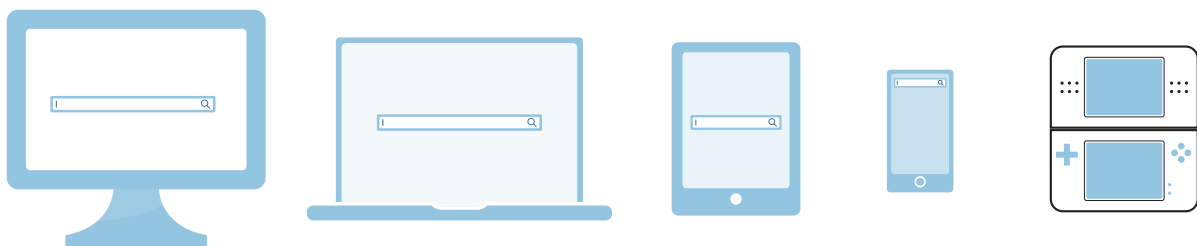
Fact sheet

Young people and technology

Are you comfortable talking to your children about using the internet?

It doesn't matter if you don't know much about technology – we're here to help you learn.

How do young people connect to the internet?



How do young people use the internet?

★ Apps

Each 'app' is a program that can do different things.



★ Social media

Social media is described as different websites and apps where you create a personal profile to communicate with others. Examples include Facebook, Instagram and Snapchat.



★ Gaming

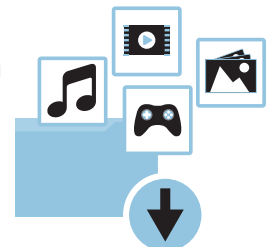
Gaming can be a great way for young people to have fun. Games can help children:

- learn problem solving skills
- work with others
- grow confidence.



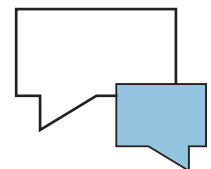
★ Downloading or file sharing

Downloading is when you copy data, files or information from one device to another.



★ Instant messaging and 'chat'

Instant messaging (IM), and 'chat' are messages sent (and received) in real time over the internet. You can also video chat if you have a computer or mobile device with a webcam/camera.



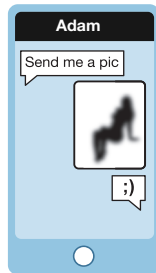
Young people might talk to friends or family that live far away.

★ Image and video sharing

For young people, image and video sharing can be a fun way to communicate with friends.

Even though some apps may claim that content 'disappears', remind your children an image can still be copied, saved or stored.

Once an image or video is sent you can lose control over where it ends up.



How can I help my child search the internet safely?

Some content on the internet may be illegal, inappropriate or unsuitable for some age groups.

★ Children under 10

It's a good idea for adults to supervise children under 10, and explore technology with them.



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You can also use filtering software, parental controls and safe searching controls.

★ Tweens

They may want more freedom to explore the internet in private. Safe searching tips and parental controls may still be useful.



11-12

Discuss safe internet use and talk to your child about what they should do if something upsets them online.

★ Teenagers

Help teenagers understand how to search safely and encourage respectful relationships.



13-17

ThinkUKnow's top tips for using technology



- Be careful accepting friend or follower requests on social media.
- Learn how to block and report.
- Know how to get help on the social media websites and apps you and your children use.
- Know what content your children are searching online.
- Talk to your children about when and how they are using the internet.

Visit www.thinkuknow.org.au for more information and tips!



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