



7 DAY FAMILY ONLINE SAFETY CHALLENGE

Don't forget to tag us and use **#7dayonlinesafetychallenge**

The Family Online Safety Challenge has been created for busy parents, carers or teachers to help protect the children in their care. It is designed to complete a simple task every day. Feel free to adapt it to what best suits your family. Good luck!

For more information and to access tools, resources and advice, reporting and support services, please visit:

accce.gov.au

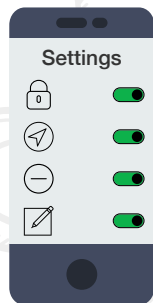
thinkuknow.org.au

esafety.gov.au

DAY 2

Review location, privacy settings and parental controls

Review and turn off location settings, such as GPS, where they aren't necessary. Ensure privacy settings are secure, and set to 'Friends only' or 'Private'. Research parental controls to see if they are suitable for your family.



Completed:

DAY 1

Create a Family Online Safety Contract

ThinkUKnow and The Carly Ryan Foundation have developed an online family safety contract to help manage the things a family might see, say and do online. Get a copy of the Family Online Safety Contract via thinkuknow.org.au.

Completed:



DAY 3

Sharing personal information online

Have a discussion with your child about what information is okay to share, and what isn't. Remind them to never give out personal information online.

Completed:

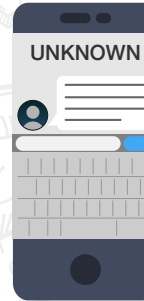
DAY 4

Find out what apps and games your child uses

Take an interest in what technology your child uses and how they use it. Remember, not all apps and games are created equally, some have better safety features than others. Consider if the content is appropriate for your child.



Completed:



DAY 5

Check Direct Message or chat functions on apps and games

Anonymous 'in game' chat can provide a possible platform for online child sex offenders to target young people. Consider disabling these functions or check settings to ensure they can only be contacted by their friends.

Completed:

DAY 6

Suspicious online behaviour and what it looks like

Have a conversation with your child about suspicious online behaviour. Discuss with them why someone might ask them personal questions or for images. Remind them that not everyone online is who they say they are and to trust their instincts.



Completed:

DAY 7

Help your child identify a support network

Make sure your child feels comfortable talking to you or another trusted adult about issues they might be experiencing online. Start a conversation to help them identify who they might go to for help and support.

Completed:

