T **IT'S HOW WE CONNECT**

PARENTING TIPSHEET
INAPPROPRIATE CONTENT

Going online offers kids great opportunities to connect, create, learn and have fun.

It can also reveal things that they're simply too young to see, and the challenge for parents of children growing up in the digital age is that inappropriate content is just a click away.

1. TALK TO YOUR CHILDREN ABOUT THEIR DIGITAL LIVES

The more you are aware of their online lives, the more likely they will be to talk to you, especially when something makes them feel uncomfortable.

Make sure your children know you will be supportive if they report something to you and assure them that their internet privileges won't be taken away for viewing inappropriate content they didn't seek out.

Alternatively, make sure they have another trusted adult in their lives they can talk to.

2. EDUCATE YOURSELF

Get to know where your children are going online. Talk to your children's friends' parents for additional insights or do an online search to find out more about their favourite sites or apps.

3. HELP PROTECT ALL DEVICES

Check your operating system, search engine, web browser and specific gaming platforms for individual controls to help manage your kids' experience and restrict access to sites with adult content.

To help protect all devices and your family on the Telstra home broadband network, we suggest Telstra Broadband Protect. To help keep your family safer on mobiles and tablets, we recommend Telstra Mobile Protect.

4. SWITCH OFF IN-APP PURCHASES

Learn how to switch off in-app purchases on your devices or add a password to prevent unwanted in-app purchases.

5. FIND SUPPORT SERVICES

If something has upset your child then don't be afraid to use free, confidential counselling services such as headspace.org.au (for 12–25 year-olds) or reachout.com (for 14–25 year-olds). Schools often provide support and guidance too.

6. REPORT IT

Report illegal or offensive digital content via the 'Report' function of the Australian Government's Cybersafety Help Button, cybersafetyhelp.gov.au.