

Online child sexual exploitation is the use of technology or the internet to facilitate the sexual abuse of children and young people, including the production and sharing of child sexual abuse material. The upward trend in cases of online child sexual exploitation, coupled with an increase in 'self-produced' child sexual exploitation material (where children and young people are sharing images of themselves online) means that eSafety skills and knowledge are essential learning for children and caregivers.

The AFP-led Australian Centre to Counter Child Exploitation (ACCCE) highlights the importance of parents and carers understanding what children and young people see, say and do online in order to keep their children safe. Below are some tips to help you get the conversation started with your children about eSafety.

## eSAFETY TIPS FOR PARENTS & CAREGIVERS

- **Educate yourself:** Check out different sites, games and apps for yourself. Check privacy settings and recommended age restrictions.
- **Talk with your children:** Have conversations about the importance of eSafety and show them what that means. Encourage an ongoing open dialogue with your child, not just a one-off chat.
- **Teach your children to think about online behaviour:** How much should they be sharing online and what happens to information once shared? Talk about respectful interactions and responsible behaviour, and encourage them to critically think about what they read and see online.
- **Make all devices safer for your children:** Install safety and security software and keep it updated; use internet and spam filters and a pop-up stopper, install monitoring software and monitor downloads to your computer, enable internet browser security and regularly check usage history.

If your children are of an age where they are using social media and online gaming, help them to review the security and privacy settings on their accounts and do this frequently.
- **Monitor:** Ensure your child is using their device in an open area of the house where you can keep a close eye on them. Do not assume though, that this alone is a sufficient protective measure – be vigilant and monitor your child's activity.

## eSAFETY TIPS TO TEACH YOUR CHILDREN

### NEVER:

- ✗ Tell anyone your full name, address, phone number or school.
- ✗ Send a photo of yourself to anyone you don't know, especially one that identifies where you live, your name or where you go to school (including your school uniform).
- ✗ Tell anyone credit or bank details (or any other personal details).
- ✗ 'Friend' or talk to someone online who you do not know in real life.
- ✗ Make plans to meet anyone you met online in real life.
- ✗ Talk to anyone who makes you feel uncomfortable.

### ALWAYS:

- ✓ Frequently review security and privacy settings on your social media and/or gaming accounts.
- ✓ Know it's okay to block and report anyone who makes you feel uncomfortable online.
- ✓ Leave conversations that make you feel unsafe or unsure.
- ✓ Question things. People are not always WHO or WHAT they seem online.
- ✓ Tell a trusted adult if someone says something to you online that makes you feel uncomfortable or unsafe.



The eSafety Commissioner website has the most current information and resources about keeping children safe online. Go to [esafety.gov.au](https://esafety.gov.au)



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