Cyber Security Parent Discussion Guide

This sheet is a resource that will help you to have a structured conversation with your children about difficult topics. It includes example sentences and answers which can help you navigate a conversation about digital security and privacy with your child. The following discussion points are important and often difficult topics to broach. Each discussion point below may be useful for your child and yourself in discussing cyber-security and an opportunity to do further online research together.

Write a list of the sites and apps you each use on a regular basis. If there are any sites you aren't familiar with, ask:

- "Who uses the app/site?" (E.g. Teenagers, business people, people of all different ages, etc.).
- "Why do they use the app/site?" (E.g. To connect with friends, to stay up-to-date, to plan events, etc.).
- "Where can they change the privacy settings on the app/site?" (E.g. How they can control who can see information about them on the app/site?).

Talk about what could happen if their accounts were compromised by asking the following questions:

- "What information might you lose if someone gained access to your account?" (E.g. Your photos, your messages, your videos, etc.).
- "What information on this site/app would you not want other people to know about?" (E.g. Your address, your phone number, your personal photos, etc.).
- What should you do so this doesn't happen again?

Always be aware of your environment and be careful about the security of your phone and entering passwords where other people can see you.

Be careful about posting the following on social media:

- Birth dates
- Addresses
- Information about your daily routine
- Holiday plans
- Where you go to school or work
- Photos of you or your family and friends

Discuss the importance of having a strong password:

- Use a combination of words that you can remember, but which aren't obvious. For example, the passphrase "diversity labyrinth sighed soprano almost died" is the same as a 46-character password (most websites only require 6 characters), but much easier to remember.
- Make sure your combination doesn't contain personal information (E.g. Names, birthdays, etc.) that can be found out through social media or other means.
- Avoid popular culture phrases (i.e. Music, movies, TV shows, etc.) as inspiration for your password.
- Get a rough idea of how strong your password is by visiting the website https://howsecureismypassword.net/

Make sure your phone is secure (i.e. activate PIN security, fingerprint passwords, etc.).

Discuss which sites/apps know your location and how do you make sure this information isn't shared with others.

If your child ever sees or receives anything online that makes them uncomfortable, they should discuss it with you, friends or teachers. Alternatively, they can call the Kids Helpline at 1800 55 1800 or go to https://www.yourtown.com.au/apps/webcounselling/live/chat/

If you are unsure about any of the information contained in this document or want to know more, check the resources section of the **Optus Digital Thumbprint** website: http://www.digitalthumbprint.com.au/resources/

If you or your child wanted to report cyberbullying, you can go to https://esafety.gov.au/complaints-and-reporting/cyberbullying-complaints/i-want-to-report-cyberbullying/

Make sure they have the strongest privacy settings on all social media sites so that only close friends can view their information, tag them in photos or share posts. The website https://www.esafety.gov.au/esafety-information/games-apps-and-social-networking has a guide to the security and privacy settings of many popular sites and applications.

The legal age to have an account on most social media sites (including Facebook, Twitter and Instagram) is 13. If you are unsure of the age restrictions, make sure to check the site's terms and conditions.

Be wary of giving information to people you don't know.

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Optus Digital Thumbprint

kidshelpline
Anytime | Any Reason

If you need more help or information contact Kids Helpline.

☎ **1800 55 1800**
🌐 **kidshelpline.com.au**

Australian Government | Office of the **eSafety Commissioner**

For more resources and information, visit the Office of the eSafety Commissioner website.

🌐 **esafety.gov.au**

DQ World™

If you also have younger children, DQ World is designed for ages 8 - 12 and teaches 8 digital citizenship skills.

🌐 **dqworld.net**