Parenting for a Safer Internet

Life Ed. Queensland

Triple P Positive Parenting Program
for every parent

Explore practical strategies to help your family navigate the online world safely and with confidence.

The internet is neither good nor bad – technology itself is neutral. How our kids use it and what they're exposed to can make all the difference.

An E-Safety Mind The Gap survey found that kids are facing more online risks than many parents realize. There are simple ways we can bridge this gap and create a safer digital space for them:

Understanding both risks and benefits of the internet for our children

- The online world offers social connections, skill development, a sense of belonging, global awareness, and access to health resources.

- Discuss with your child what they enjoy online and how they spend their time.

- Use age-appropriate parental controls that adapt as your child grows. This is an ongoing process.

- Teach children how to seek help and report unsafe situations.

- Establish online use areas in the home, keeping devices out of bedrooms.

Balancing Time Online & Offline

- Differentiate passive vs. active online time. Encourage balanced activities with physical movement.

- Model healthy tech habits—your children watch how you use technology.

- Share screen time: make tech fun with family movie or game nights.

Building Digital Resilience & Media Literacy

- Discuss real-life online experiences with your children.
- Create a safe list of approved websites and channels.
- Encourage awareness of misinformation through discussions and games.
- Assure your child that mistakes online won't lead to punishment but instead to learning opportunities.

Open Conversations

- Connect before correcting: build positive interactions before discussing online behaviour.
- Use stories instead of direct advice to engage children in discussions.
- Conduct regular check-ins in a non-judgmental manner.

Fostering strong relationships and creating a digital village

- Partner with schools for internet safety programs.
- Build parent/guardian support networks to share resources and strategies.
- Communicate your family's tech values for social events and sleepovers.
- Challenge the "everyone else is allowed" mindset by setting clear family guidelines.

Find more practical tips and strategies to help your family navigate the online world safely! Click on these links to access:

Cybersafety parenting eBook

Podcast

Upcoming parent webinars

Life Ed. Queensland | Triple P for every parent