cyber(smart:)

Violent content

Young children

Young children may come across violent content accidentally when online. This could be quite frightening for some children or may impact on their behaviour and perception of what is appropriate.

Young children may also come across violent content in games that have ratings recommending use by older children, teens or adults. The following tips can help you and your child manage the content they access.

- At this age children's internet use should be closely monitored. To help with this try to keep the computer in a shared or visible place in the home.

- Be aware of how your child uses the internet and explore it with them. Bookmark a list of 'Favourites' you are comfortable with your child visiting and teach them how to access this list.

- Check age guidelines on the games and websites your child likes and consider whether they are old enough to understand the content, and whether they understand the difference between fantasy and reality. It is also important to consider whether content is suitable for your child and meets your family's content standards.

- Teach your child that there are ways they can deal with material that worries or frightens them—they should not respond if they receive something inappropriate, and they should immediately tell a trusted adult if they feel uncomfortable.

- If your child is exposed to inappropriate content and appears distressed talk with them about it. If necessary seek professional support, including support through the Cybersmart Online Helpline at www.cybersmart.gov.au/report.aspx. The Cybersmart Online Helpline provides free, confidential online counselling for children and young people. Your child's school may also be able to provide assistance or guidance.

- Report content that you think may be prohibited to the ACMA's Online Hotline at www.acma.gov.au/hotline.

- Consider using filters, labels and safe zones to help manage your child's online access.

More information

The Cybersmart program provides a range of cybersafety materials for parents and their children. For more information, resources, advice and tips, visit the Cybersmart website at www.cybersmart.gov.au. Encourage your children and teens to take a look around the website. If you have young children, you may like to explore it together to help them understand how to protect themselves against online risks and make the most of their experiences online.