Setting up your home for online safety

Our simple ABC model is a practical and effective way to create a safe online environment for your family.

Our model of setting up a cyber safe home involves three key steps. We call this the ABC model, involving safe access, clear boundaries and communication. By following the model, parents can create a digital environment that not only protects kids online but helps them thrive. Below, we have outlined the goal for each step, and practical suggestions on how to achieve them.

Control Access

Before giving your child access to a device, it is absolutely essential that the device is set up to be safe for the child's use. Think of it this way- you wouldn't give your child access to a car without brakes and a seatbelt, why would you give them a device without filtering and privacy settings? Setting up a device with safeguards is an essential step in creating a cyber safe home. Controlling access allows parents to control what kids have access to, and when they have access to it, always ensuring that access is safe.

What's the purpose?

Setting up the actual device to be safe for use.

Set Boundaries

What's the purpose?

Helping kids learn positive online behaviours and digital habits.

Setting boundaries is about establishing clear rules and expectations about how kids are using their device. This is vital in helping guide children and teens to develop positive digital behaviours. Without rules, children and teenagers are left to their own devices (pun intended) on deciding what they should do online, and when they should do it. Boundaries are essential not only for supporting kids' wellbeing, but for helping parents teach their children between right and wrong. Reinforcing those boundaries when kids don't follow them is also just as (if not more) important than the boundaries themselves. Expect rule-breaking, it will happen. But correcting behaviours and reinforcing rules will pay off in the long run.
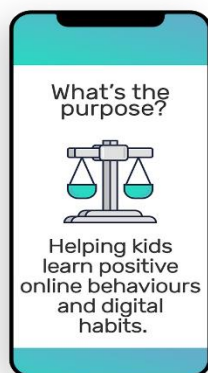
Openly Communicate

Teaching kids about cyber safety is central to helping kids thrive in the digital world. Research has highlighted that children and teenagers predominately learn about cyber safety either from their friends or from Google. Information from a healthy, responsible adult is the only antidote to this. Cyber safety should be a regular talking point in every household in order to protect kids online.

What's the purpose?

Help kids learn how to positively navigate the online world.

www.interactionservices.org/online-safety-training