# Internet Safety for Parents of Kids 5 and Under

- Keeping Your Little Ones Safe Online: A Guide for Parents of Kids 5 and Under

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- Helping young children explore the digital world safely.

Why Internet Safety Matters for Young Kids

- Kids under 5 are using devices more: 64% of Australian 2-6-year-olds use tablets (eSafety Commissioner, 2023).

- • 81% of parents report their 2–5-year-olds use the internet.

• Digital skills emerge before literacy.

• Early habits last a lifetime.
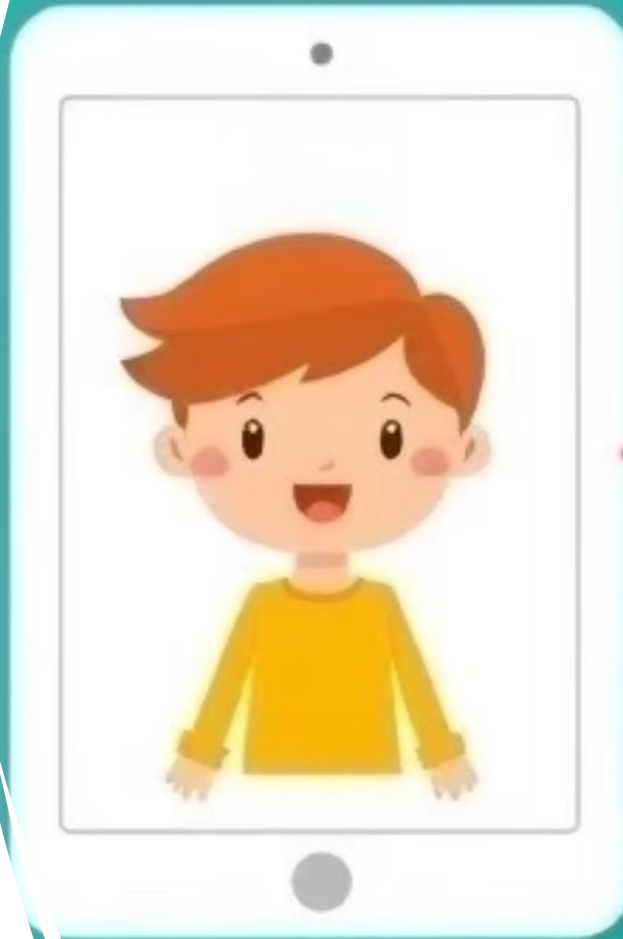
64%

What Are the Risks?

- - Exposure to harmful content (e.g., violence, ads).
- - Online grooming or unsafe interactions.
- - Too much screen time affecting development.
- Content Risks: Inappropriate material exposure.

Real-Life Example 1 – The YouTube Rabbit Hole

- - Case: A 4-year-old in Canberra clicked from a cartoon to a violent ad (parent report, ABC News, 2022).

- - Outcome: Child was upset; parents unaware of auto-play settings.

Real-Life Example 2 – Too Much Screen Time

- - Case: ACT study found 3-5-year-olds averaging 2+ hours daily on screens (ACT Health, 2021).

- - Outcome: Linked to sleep issues and tantrums.

Real-Life Example 3 – Online Stranger Risk

- - Case: A 5-year-old in NSW joined a game chat and shared their name (eSafety Commissioner report, 2023).

- - Outcome: Parents intervened after noticing odd messages.

Australian Resources to the Rescue

- - **ACT Government**: Promotes safe tech use in early education (education.act.gov.au).

- - **ACT Libraries**: Free workshops on digital literacy for families.

ACT-Specific Support

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Parental Controls

Tip 2 – Supervise Actively

- - Sit with your child during screen time.

- - Talk about what they're watching or playing.

Tip 3 – Limit Screen Time

- - Australian guideline: No more than 1 hour/day for 2-5-year-olds (Department of Health, 2021).

- - Balance with play and sleep.

Tip 4 – Teach Simple Safety Rules

- - "Don't talk to strangers online."
- - "Tell me if something feels funny or scary."

How to Spot Trouble

- - Signs: Upset after screen time, hiding device use, or asking odd questions.
- - Act fast: Check their activity, talk it out.

What If Something Goes Wrong?

- - Report to eSafety Commissioner (esafety.gov.au/report).

- - Contact ACT Policing for serious issues (131 444).

see something

Report to eSafety

Call ACT Police if urgent

Building Healthy Habits

- - Make screen time a family activity.

- - Encourage offline play and curiosity.

Key Takeaways

- - Supervise, limit, and teach safety early.
- - Use ACT and Australian resources.
- - You're not alone—help is out there!

INTERNET SAFETY
checklist

TEACH

Questions?

"Any questions or tips to share?"

Resources for Parents

- - eSafety Commissioner: esafety.gov.au

- - ThinkUKnow: thinkuknow.org.au

- - ACT Policing: police.act.gov.au

- - ACT Education: education.act.gov.au

- - Australian Dept. of Health Guidelines: health.gov.au