ABC online safety checklist

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Set your child up for safety online

The checklist below covers actions you can take to help protect children of all ages from online harms. Once you've tackled this, use the tabs above to see extra steps you can take based on your child's age.

Activate

- Turn on broadband filters for basic protection on devices in the home. ☐
- Manage SafeSearch. ☐
- Password-protect app stores to limit downloads. ☐
- Update parental controls as their online activies change. ☐

Balance

- Set a good example with your own screen use. ☐
- Create screen-free zones at home. ☐
- Switch off devices an hour before bedtime. ☐
- Encourage children to take breaks (for example every 20 mins). ☐
- Charge devices outside bedrooms. ☐
- Use screen time tools to help manage how much time they spend online, e.g. Google Family link for Android or Screen Time for Apple. ☐
- Set digital boundaries and routines together (Family Agreement). ☐

Check

- Review the minimum age requirements for the apps, games and platforms for your child wants to use. ☐
- Discuss online risks and strategies to tackle them. ☐
- Ask children what they like to do online and why. ☐
- Show them how to report or block inappropriate content on platforms they use. ☐
- Share your concerns about their online safety. ☐
- Talk regularly with your child about their online life in casual settings (like over dinner or during a walk). ☐

ABC online safety checklist for under-5s

If your child is 5 years old or younger, use the checklist below to help develop good digital habits early.

Activate

- Set up child accounts on shared devices. ☐
- Password-protect streaming services like Netflix and Disney+. ☐
- Set parental controls on Smart TVs. ☐
- Create child profiles on platforms they use. ☐

Balance

- Set timers to take regular breaks to help children learn balance. ☐
- Play watch, and discover together online. ☐
- Focus on face-to-face interactions or apps that promote active play. ☐

Check

- Check if apps are right for their age and maturity level. ☐
- Talk about how they feel when they watch things online. ☐
- Talk about what to do if they see something they don't understand or that worries them, i.e. telling you. ☐

ABC online safety checklist for 6-10s

If your child is between 6 and 10 years old, use the checklist below to manage new digital experiences.

Activate

- Set up child accounts on shared devices. ☐
- Create child profiles on platforms they use. ☐
- Limit chat and data sharing on online games like Roblox and Minecraft. ☐
- Use family or parent modes on platforms with social features to supervise use, like YouTube Supervised Accounts and Roblox Allowed Experiences. ☐

Balance

- Encourage children to explore a range of different types of media. ☐
- Help them balance active (creating) and passive (watching) screen time. ☐
- Use visual timers to help children track their time on devices. Or use your household voice assistant to set reminders and limits. ☐

Check

- Check if apps are right for their age and maturity level. ☐
- Explain why it's important to question what they see online. ☐
- Talk about tough topics like cyberbullying, grooming and pornography in age-appropriate ways. ☐

ABC online safety checklist for 11-13s

If your child is now a pre-teen, explore the actions you can take to keep them safe with the checklist below.

Activate

Create child profiles on platforms they use. ☐

Limit chat and data sharing on online games like Roblox and Minecraft. ☐

Limit smartphone features to essential apps only. ☐

Review privacy settings on social media together. ☐

Use family or parent modes on platforms with social features to supervise use, like TikTok Family Pairing (13+ only) and Roblox Allowed Experiences. ☐

Balance

Encourage children to explore a range of different types of media. ☐

Help them balance active (creating) and passive (watching) screen time. ☐

Help them review how much time they spend on devices (based on the tools you use) to help them learn balance. ☐

Encourage them to be selective about what they do online. ☐

Check

Check if apps are right for their age and maturity level. ☐

Talk about ways to deal with online reputation, screen time use and cyberbullying. ☐

Ask them to show you how they use their apps and discuss safety measures. ☐

Ask them what they share online and how it makes them feel. ☐

Discuss ways to protect their privacy on different platforms. ☐

ABC online safety checklist for teens

As teens gain more independence, there are still areas in which they need support. Use the checklist below to review their online safety.

Activate

Review privacy settings on social media together. ☐

Use family or parent modes on platforms with social features to supervise use, like TikTok Family Pairing and Snapchat Family Centre. ☐

Balance

Show them how to use screen time tools to check their device and app usage. ☐

Encourage them to be selective about what they do online. ☐

Empower teens to watch and follow a range of content types to avoid falling into echo chambers. ☐
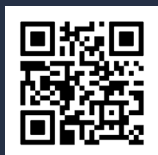
Check

Ask them to show you how they use their apps and discuss safety measures. ☐

Ask them what they share online and how it makes them feel. ☐

Discuss ways to protect their privacy on different platforms. ☐

Together, review how to report users and content on the platforms they use. ☐

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