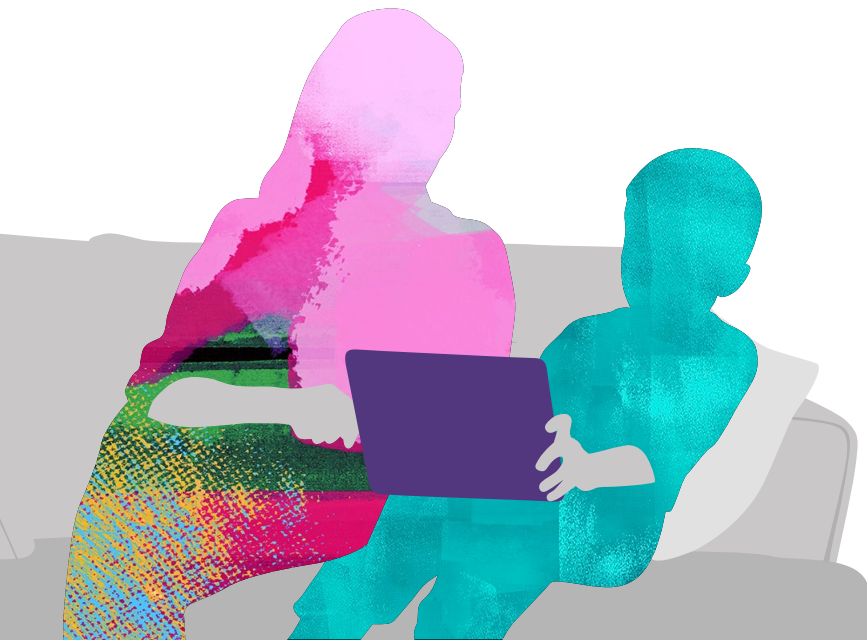


# setting online boundaries

Sitting down as a household and setting online boundaries can help:

- With having open conversations about yours and your children's time online
- Give everyone a chance to share how they spend their time online and learn more about each other
- Clearly outline expectations of one another and discuss consequences
- Reduce disagreements and potential arguments about device use and time online
- Keep everyone safe online
- Develop good habits when using devices and technology
- Teach kids about self-control and support them to engage in online AND offline hobbies



**Family Group Agreements can be used to record your household's online boundaries.**

Consider...

1. **Set a time as a household to sit down and chat about your Family Agreement.** Ask everyone to have a think (before the conversation) about what they think is fair and what they'd like to include.  
  
As a parent or carer it's important that as you consider the rules and boundaries that will apply to your child/ren that you also reflect on your own device use. **Remember:** you are one of the (if not THE) biggest role model in their lives!
2. **When you get together,** limit access to devices and other distractions.
3. **If you are using an agreement template,** go through each section one at a time and give everyone a chance to "have the floor". This could also be a time to discuss other 'agreements' for your family, like setting family time and special weekly dinners.
4. **If there are suggestions made that you don't all agree with,** try having a conversation to understand the *why* behind each person's perspective. **Remember** the online world holds a different space for different people, it could be important place for different social, and emotional reasons for your child that may not be clear to you.
5. **Write down the agreement,** have everyone sign it and stick it somewhere visible in the house.

**Actively listening\*\*** to your child's thoughts & ideas and staying curious help to ensure that they feel heard and empowered. When children feel like they are part of the process and that their feelings, thoughts, and suggestions are respected, they are more likely to abide by the rules you come up with together (leading to less friction, conflict and resentment about them not being followed).

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# setting online **boundaries**

The good news is that young people want families to have rules about technology that keep us safe, but these rules need to change as we grow.

We want our parents to trust us, and to have open dialogue with us about what happens online. We want to be able to turn to them for help when we need it, without fear of getting in trouble.

## \*\*Some of our favourite active listening tips are:

- Not interrupting when someone is speaking. Wait for a pause in the conversation to get clarification on anything you have questions about.
- Stay curious! Curiosity is a fantastic way to hear and understand more about what your children value about their time online; and connect with them about it too!
- Maintain a neutral tone and expression.
- Check that you have understood what they're saying by summarising, repeating it back to them and asking if there's anything you've misunderstood.

## Some age specific examples of agreement templates are...

### Under 5 years of age:

eSafety Commissioner  
Family Tech Agreement  
[esafety.gov.au/parents/children-under-5/family-tech-agreement](https://esafety.gov.au/parents/children-under-5/family-tech-agreement)

### Ages 5+ years of age:

Beacon Cyber Safety App,  
Family Group Agreement  
[beacon.telethonkids.org.au](https://beacon.telethonkids.org.au)



Learn more about supporting your child's online wellbeing by speaking to one of Parentline's qualified counsellors at **1300 30 1300** or accessing free resources at [parentline.com.au/cyberbullying](https://parentline.com.au/cyberbullying)