

## Offensive or illegal content

### Teenagers

Teenagers may see come across offensive online content by accident or they may seek it out. The following tips will help teens manage the content they access online.

- Be mindful that some websites encourage harmful or illegal behaviours such as eating disorders and violent acts. Consider your teen's vulnerability to information and check what they are viewing online.
- Try to have the computer in a shared or visible place in the home, particularly if your teen is vulnerable; for example, has a mental health issue or behavioural issue.
- Teach your teens that there are ways they can deal with disturbing material—they should not respond if they receive something inappropriate, and tell a trusted adult if they feel uncomfortable or concerned about themselves or a friend.
- Reassure teens that you will not deny them access to the internet if they report feeling uncomfortable or unsafe when online. This is a very real concern for teens that may stop them from communicating with you openly.
- Encourage your teen to look out for friends. If they know a friend is accessing content that seems to be impacting on them negatively encourage them to share their concern with their friend and report it to a trusted adult anonymously if necessary.
- If your teen is exposed to inappropriate content and appears distressed talk with them about it. If necessary seek professional support, including through the Cybersmart Online Helpline at [www.cybersmart.gov.au/report.aspx](http://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.
- Consider using filters, labels and safe zones to help manage your teen's online access.
- Report content that you think may be prohibited to the ACMA's Online Hotline at [www.acma.gov.au/hotline](http://www.acma.gov.au/hotline).

### 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](http://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.