



# IPAD AND ONLINE SAFETY AT HOME



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## INTRODUCTION

Digital Technologies are a significant feature of our lives in the 21<sup>st</sup> century and your children are members of a generation who have grown up with technology as an integral part of their lives. This will continue as they get older and into their careers, while it is essential they learn these skills and have opportunities to be immersed in the digital world, it is also important they understand how to be safe online and on devices. Children need to learn how to have a good balance of on and off screen time.

At school we continue to discuss and educate students on the importance of eSafety and how to be smart, safe and positive online community members. This conversation and education should not stop at school. We encourage you to educate yourself and continue this learning at home to support your child to be the best person they can be online and when using devices.

This document will outline some of the ways you, as a parent, can support your child at home and give you some tips and tricks about screen time, monitoring iPad use, putting restrictions on iPads and age appropriate applications. There will also be some supporting links that will direct you to the necessary websites and information to further your knowledge.

If you have any further questions or concerns about anything in this information pack, please do not hesitate to contact me.

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**21st Century Learning Leader**  
**P-3 Assistant Principal**

# SCREEN TIME

## MONITORING AND SETTING BOUNDARIES

Internet use can support students socially and academically, however too much time on a screen can have a negative impact. Learning how to have a good balance of online and offline activities is important. Children need to be active, have time to socialise face to face and participate in hobbies or interests away from a screen.

### Recommendations for screen time:

**No screen time** for 0-2 year olds

**Less than 1 hour per day** for 2-5 year olds

**Less than 2 hours per day** for 5-17 year olds



### Some indicators that your child may be spending too much time online are:

- Losing interest in other activities
- Talking constantly about an online game or app
- There is a decline in their grades or engagement at school
- Irritability when they are away from an online game or app
- Struggling to sleep or are tired throughout the day
- Trying to sneak time online after bed time or behind your back
- Wanting to skip meal times to continue to play on their device
- Defiance or outbursts when being asked to move away from the screen

### Some tips to help you manage and reduce your child's screen time are to:

- Establish **rules** and **boundaries** about when children can use a device or the internet and how long they can play each day.
- Have **tech free zones** eg. the bedroom or the dinner table
- Set a **balance** of online and offline activities
- Establish the boundaries together and have a **trial period** of new rules to see how it works for everyone
- **Reduce screen time slowly** to help lessen resistance
- **Use other things for entertainment** when you're out eg toys and books

- **Be involved** and use technology together sometimes, eg. watch tv or play a game together
- **Lead by example** and reduce your own screen time
- Use **tech tools** to manage their access, such as, [screen time passcodes](#)



**Some tips to monitor your child's iPad and internet use are to:**

- Locate the devices in a **shared or visible place** in the home so you are aware of how much time your child spends online and are able to monitor their internet use
- **Check the history** of the web browser they have used
- Consider setting up [Guided Access](#), which limits the device to a single app and lets you control which app features are available.
- **Know which apps are appropriate** for your child's age (more information on page 7)
- Know your child's device **password**

## PARENTAL CONTROLS

There are many things that children can access on a device or internet that may be inappropriate, untrue or harmful. It is important that you have conversations with your child about what to do if they come across this content. However with the use of parental controls the exposure to this content will be lessened and will allow your child to have a positive experience while using technology.

**Parental controls** can be used to restrict actions on devices, these include:

- **Setting content and privacy restrictions**, this allows you to set restrictions on screen time and monitor and change passwords
- **Preventing iTunes and App Store purchases**, which means you can stop your child from installing and deleting apps, or spending money on paid apps
- **Allowing built in apps and features**, this lets you choose which apps and features you want visible for your child, while others are temporarily hidden
- **Preventing explicit content and content warnings**, this allows you to restrict inappropriate content within music, tv shows, movies, podcasts, news, books etc
- **Preventing web content**, this will automatically filter website content and limit access to adult content. You can choose to add specific websites to an approved or blocked list
- **Restricting siri web search**, this stops siri from searching the web or displaying explicit language
- **Restricting game center**, this can stop many features, such as, multiplayer games, adding friends, screen recording, private messaging and changes to privacy settings.
- **Allowing changes to privacy settings**, through this you can restrict things like, location sharing, contacts, photos, bluetooth sharing and apps asking to track
- **Allowing changes to other settings and features**, this allows you to prevent changes to your passcodes, data settings or account settings

Please click this [link](#) to learn how to apply any of these restrictions to your child's iPad.

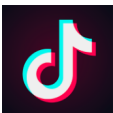


# AGE APPROPRIATE APPS



There are many applications available for children to download, but not all apps are appropriate for their age level. There are new apps and social media coming out all the time and current trends encourage children to want to install and use these. But knowing which apps will display content that is inappropriate is vital for you to help monitor your child's app use.



Below are some current popular applications for primary school students, with their age restriction and content description outlined for you:

## Restricted Social Media Applications:

As of the 10th of December, 2025, there are new laws that restrict the use of social media for children under the age of 16. The following social media apps are restricted under this law. Please familiarise yourself with them, and ensure they are deleted from your child's device.



Application	Age limit	Content description
 TikTok	16+	<p>TikTok is a social media app for creating and sharing short videos. You can create and share short lip-sync, comedy and talent videos of 3 to 15 seconds. You can also create short looping videos up to 60 seconds long.</p> <p>TikTok is used for <b>in-app purchasing, live streaming, messaging/online chat, online relationships and photo/video sharing.</b></p> <p><b>Adult content can be accessed in this app</b></p>
 Threads	16+	<p>Threads is a microblogging platform developed by Meta. It is similar to X (Twitter). The app allows you to <b>post messages</b> of up to 500 characters and <b>include links, photos and videos</b> up to five minutes long. You <b>can like, repost, reply to or quote a 'thread'</b>, and the number of likes and replies a post receives is shown.</p> <p>You must have an Instagram account to log in and adhere to Instagram's Community Guidelines on behaviour. You can unfollow, block, restrict and report a profile, and you can also control who can mention you and filter out replies that contain certain words.</p> <p>Threads accounts are <b>open to the public</b> by default unless you are 16 (or 18 in certain countries), in which case your account will be set to private by default. You can choose to make your account public or private, meaning it is only visible to people you follow. Using Threads is free but a lot of <b>personal data on users is collected.</b></p>
 Snapchat	16+	<p>Snapchat is a messaging app that lets you send images, videos or text messages. They are only available for a short period of time. You can use filters on your images and upload stories that last for 24 hours. Content posted is not as temporary as it may appear, as <b>users can save chats or screenshot without the sender knowing.</b></p> <p>Users can <b>share their location</b> on the Snap Map, as well as <b>see the location of any of their friends</b> who also share their location.</p> <p>Snapchat has a feature called 'Find Friends' that shows a list of suggested people you might want to add as a friend. It's meant to help you find people you know in real life, <b>but it can also show you to people you don't know. This means the feature could be misused by predators.</b></p> <p><b>Adult content can also be accessed in the app.</b></p>


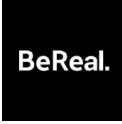





 Instagram	16+	<p>Instagram is a social media service designed for people to share photos and videos. You can upload and share photos, images or videos using a range of filter effects. Instagram 'Stories' allow you to post photos and videos that disappear after 24 hours.</p> <p>You can <b>follow other profiles</b> so they appear in your feed and your profile can <b>also be followed by them</b>. You can like and comment on each other's posts. The app also features <b>direct messaging and video calling</b>. You can also <b>start a chat with Meta AI</b>, an artificial intelligence chatbot that can answer questions and search the internet.</p> <p>There is a feature called 'Instagram Map', similar to Snapchat's 'Snap Map.' When you open Instagram, the <b>map updates your current location for others to see</b>.</p>
 Youtube	16+	<p>YouTube is a user-generated video sharing platform that allows people to <b>discover, watch and share videos</b>. You can <b>create your own channel and subscribe to the channels of other people</b> or organisations. <b>Viewers can rate, comment on and share videos or add them to playlists</b>. Many people use YouTube for video blogging or vlogging. YouTube can also be used to <b>live stream</b>, which is video that is simultaneously broadcast and recorded in real time.</p> <p>After watching videos, other suggested videos continue to pop up and this can sometimes <b>lead to inappropriate content</b></p>
 Twitter	16+	<p>X, formerly Twitter, is a social media service which allows you to <b>share posts and follow other users</b> so their posts appear in your 'feed'. Posts are delivered in real time and can <b>include text, images, video, GIFs, links, keywords, location information and polls</b>. You can also make '<b>mentions</b>' of other users to <b>add a link to their profile in your post</b>, and 'hashtags' to link your post to other posts about the same topic.</p> <p>You can <b>interact with other users on X by 'tweeting back', liking or 'retweeting' their post</b>. You can also send <b>direct messages</b> to communicate privately, <b>broadcast live streams</b> to your followers, or <b>join an X space to have live audio conversations</b>.</p> <p>X accounts are open to the <b>public</b> by default, but the settings can be adjusted to make your account private and/or protect your individual tweets.</p> <p>X offers users an <b>artificial intelligence (AI)</b> chatbot called Grok, which answers questions and generates content, such as images and text, and engages in conversations using real-time data from X and the web.</p>
 Twitch	16+	<p>Twitch is an online streaming platform and social network where you can <b>watch or broadcast live streams and pre-recorded videos, and chat with other users</b>. Twitch is mainly used by gaming and eSport players where they broadcast their gameplay with audio commentary.</p> <p>Twitch allows you to publish your own content and offers tutorials on how to become a streamer along with support packages to help you build your <b>public profile</b>. Twitch can also match you with software developers who need new content or tools produced.</p> <p>You can also use third-party <b>voice chat</b> apps like Discord to communicate while using Twitch to communicate with other users.</p>
 Facebook	16+	<p>On Facebook, you can do things like <b>add friends, interact with other users, post updates, share photos and videos</b> (including live videos), and <b>join groups</b> based on your interests.</p> <p>You can <b>leave comments</b> or use 'reactions' to interact with these posts. Facebook also has a short-form video feature called 'reels', where you can <b>watch and create quick videos</b>, similar to TikTok or Instagram reels.</p> <p>You can make your posts <b>public</b> or private, choose who sees individual posts and control if other people can tag you in posts. If you want extra privacy, you can lock your profile so that only your friends can see your posts and photos.</p> <p>Facebook also has a <b>private messaging service</b> called Messenger. You can also <b>access Meta AI</b>, an artificial intelligence chatbot, through Facebook's search function, which can answer questions and search the internet.</p> <p>The 'Stories' feature lets you <b>post short videos</b> to your profile and apply overlay and filter effects.</p>

 Reddit	16+	<p>Reddit is a social news aggregation and discussion site where you can <b>share stories, links, images and videos, send messages and group chat</b>. Topics and interests are organised into communities, which you can <b>follow, comment on and vote on posts to increase their visibility</b>. Content on Reddit can also be <b>shared with and from third-party websites</b> and apps like TikTok, Snapchat, and Imgur.</p> <p>Reddit <b>promotes free speech and the open sharing of ideas</b>. The topics covered are extremely diverse and may include anything from puppies and children's shows to <b>pornography and violence</b>. While it is moderated by admins, bots and volunteer users, each community sets its own standards. Mature content is not shown until a user declares they are 18 or over however, there is <b>no age verification system in place</b>.</p>
 Kick	16+	<p>Kick is an online streaming platform and social media service where you can <b>watch or broadcast live streams and chat with other users</b>. You can <b>follow, watch and subscribe to live video streams</b> in a variety of categories including games, music, <b>gambling</b> and just chatting. Kick allows you to <b>publish your own content</b> and offers advice on how to become a streamer and build your audience. You can also connect with other streamers and viewers in a <b>group live stream</b>.</p> <p>Content creators can offer <b>paid subscriptions</b> to their viewers in different tiers, which are available via <b>in-app purchasing</b>. Kick also allows multistreaming or the ability to broadcast to other platforms simultaneously such as Youtube Live and Twitch.</p> <p>Kick allows <b>streaming of gambling and includes streams that contain 'not safe for work' content such as incidental nudity and sexual content in games</b>, which must be tagged as 18+.</p>

### Other popular applications and games:

Below is a list of other game based applications that are popular with Primary School students, please look at the content description carefully so you understand the dangers of some of these apps.

Application	Age limit	Content description
 Among Us	10+	<p>Among Us is a cartoon-like strategy game that can be played on a variety of PC, mobile and console devices. Based on teamwork and betrayal, players are either 'crewmates' or 'imposters'. Crewmates try to accomplish their tasks, while imposters try to sabotage these missions and murder other crewmates.</p> <p>Throughout the game, crewmates can vote on who they believe the imposter is via an 'emergency meeting'. In these meetings, players deliberate on who they think the imposter is <b>via chat</b>.</p> <p>Abuse and inappropriate behaviour in chats can be reported via the chat interface. Hosts can kick or ban players from games via the lobby screen. Games require a minimum of four players and can be set to either 'private' or <b>'public'</b> mode.</p> <p>A person who indicates they are under the age of 13 requires parental permission to activate their account, but there is <b>no age-verification</b> as part of the sign-up process.</p>
 Apple Message	13+	<p>Messages (or iMessage) is a messaging service used across Apple devices. It allows you to <b>send text, video, photos, documents, emojis, transfers through Apple Cash</b> and other forms of content when using Apple devices. You can also make voice and video calls through FaceTime.</p> <p>Other features include a check-in service which lets your family and friends know when you have arrived safely at a location. Read receipts, or the ability to see when someone has read a message, can also be switched on for all your contacts or you can choose who receives read receipts.</p> <p>You can switch on a Sensitive Content Warning feature in your device's settings to flag inappropriate content such as nude images. Australians are also able to report nude images directly to Apple.</p>

 <p>Roblox</p>	<p>No minimum age but Parental controls are available</p>	<p>Roblox is a game-creation platform that allows users to design their own games and play a wide variety of games created by other users. The platform hosts millions of user-created games and virtual worlds covering a wide variety of genres, from traditional racing and role-playing games to simulations and obstacle courses. Roblox also allows players to buy, sell and create virtual items.</p> <p>By default, users under the age of 13 are not able to play, search for or discover unrated games or participate in social hang outs that allow free-form user creation that is not moderated by Roblox. <b>Parental controls are also enabled by default for all users under the age of 13.</b></p>
 <p>BeReal</p>	<p>13+</p>	<p>BeReal is a photo sharing app that prompts you to <b>share an unfiltered photo of yourself</b> and your immediate surroundings once a day. Once prompted, you have two minutes to share a photo using the front and back cameras of your phone and you can then <b>see, react and comment on BeReal posts from your friends.</b></p> <p>BeReal posts are private by default and only visible to your friends, however you <b>can choose to make them public</b>, meaning they can be seen by other users on the Discovery page.</p> <p>You can also choose to <b>share location data</b> about where your images were taken. If you post publicly to the Discovery page and choose to share your location, users will only see your rough location, which can be used to search for posts in your area.</p>
 <p>CapCut</p>	<p>13+</p>	<p>CapCut is a video editor and maker. It lets you edit videos by trimming clips, adding music, filters, captions, transitions, special effects and more. It also has a range of <b>artificial intelligence (AI)</b> tools.</p> <p>CapCut can be used with different <b>social media</b> and online platform accounts. For example, users can sign in with TikTok, Facebook, Google etc. After you have edited a video, you can upload directly to TikTok or other platforms.</p> <p>CapCut claims that the 'templates' feed is moderated by both AI and humans, but <b>inappropriate or harmful content may still appear.</b> If you come across content like this, you can report it within the app. Users can <b>follow other creators, receive followers, and like and comment on videos</b> in the templates feed.</p>
 <p>Fortnite</p>	<p>13+</p>	<p>Fortnite is a <b>third-person shooter game</b> where up to 100 players compete to be the last person or team standing. You can compete alone or <b>join a team.</b> You progress through the game by exploring the island, collecting weapons, building fortifications and engaging in combat with other players. You can <b>make purchases</b> for access to the full game or for bonus weapons. Players <b>communicate with other players through online messaging or voice chat.</b></p>
 <p>Call of Duty</p>	<p>15+</p>	<p>Call of Duty is a franchise of several <b>multiplayer first-person shooter games.</b> The original game focused on the Second World War, but subsequent games have been set in different times and places, including futuristic worlds and outer space. Players are put in <b>teams with other players</b> who they can <b>voice chat</b> with as they progress through the game. <b>In-game purchasing</b> is used to unlock extra features such as more weapons or to access new levels. Games in the franchise include Call of Duty: Modern Warfare, Call of Duty: Black Ops and Call of Duty: World at War.</p>
 <p>Discord</p>	<p>13+</p>	<p>Discord is a <b>social chat platform</b> commonly used by online gamers. It lets you create a profile and <b>interact with other users via online messaging, voice or video chat.</b> You can <b>share images, files and links</b> to other services.</p> <p>Initially designed for the gaming community, Discord now hosts servers on a wide variety of interests. Once you have created a profile you can join servers based on your interests or create your own server and invite people to join. Servers are broken down into specific topics known as channels which can be flagged as <b>NSFW (Not Safe For Work).</b> <b>For NSFW channels a user must click a button to indicate that they are over 18 before entering the chat.</b></p>
 <p>FIFA Soccer</p>	<p>4+</p>	<p>FIFA Soccer is an <b>online multiplayer</b> sports game which simulates a real soccer match. You can play and compete in real time against friends, build your own team using famous players, or join leagues around the world. A new version of the game is released annually and there is also a FIFA Mobile app. FIFA Soccer offers optional in-game purchases across all platforms and versions.</p>

 <p>Grand Theft Auto V</p>	<p>18+</p>	<p>Grand Theft Auto V is an online action-adventure game. It is one of sixteen titles in the Grand Theft Auto franchise. Known as an 'open world' game, GTAV lets players roam freely around. There are three playable characters who are all <b>hardened criminals</b>. Players control one of three characters, <b>up to thirty players can play in multi-player mode</b>.</p> <p>Gameplay involves going on missions and <b>heists, stealing cars and clashing with police</b>. The characters fight their enemies with an arsenal of <b>weapons</b>. The <b>characters commit torture, abductions, murder, consume illegal drugs/alcohol, have sex and use profane language</b>. They can also <b>use the money they earn from committing crimes to buy upgrades, clothing, tattoos and visit strip clubs in the game</b>. Players can communicate by <b>voice chat</b> or choose to mute the chat function.</p> <p><b>Please note: The GTA franchise has received considerable criticism for its glorification of criminal activity, extreme violence and degrading depiction of women.</b></p>
 <p>Messenger Kids</p>	<p>6+</p>	<p>Messenger Kids is a free <b>video calling and messaging app</b>. It allows kids to send messages and make one-on-one or group video calls using features like stickers, GIFs, drawing tools, filters, reactions and sound effects.</p> <p><b>Parents can monitor their child's activity and control their contact list by using the Parent Dashboard</b>. They can also send messages to Messenger Kids from Facebook Messenger, without having to download both apps.</p> <p>Messenger Kids <b>requires a parent or guardian to sign up on a child's behalf</b> and does not require a Facebook account. Messenger Kids <b>does not show advertising or offer in-app purchases</b>.</p>
 <p>Melon</p>	<p>13+</p>	<p><b>WARNING: Video calls may contain adult content and there is no way of ensuring children are not paired with adults.</b></p> <p>Melon is a <b>live video calling service</b> that instantly and randomly <b>pairs users with strangers from around the world</b>. By paying a subscription fee, users can chat with people in specific global regions and connect with users they have previously chatted with. By buying tokens, users can choose the gender of the caller they are paired with. Video calls may contain <b>adult content</b> and there is no way of ensuring children are not paired with adults.</p>
 <p>Rocket League</p>	<p>18+</p>	<p>Rocket League is a video game that combines arcade-style soccer and driving games. You play by controlling rocket-powered vehicles, which you can use to score goals with a giant soccer ball. Gameplay is energetic and chaotic as the cars can flip and fly in all directions.</p> <p>Rocket League supports single player, <b>multiplayer</b> and <b>cross-platform play</b>. Online players are teamed up by the game's matchmaking system. You can play casually or take part in the online Competitive Seasons to climb the ranks.</p> <p>Players can <b>communicate by voice or text</b> on the same platform, or by pre-set messages called <b>Quick Chats, which are visible to everyone</b>. Rocket League players may also use third-party voice chat apps like Discord.</p> <p>Rocket League is a <b>paid game</b> with optional in-app purchases for premium content. Players can also swap items of value which is known as Player-to-Player Trading.</p>
 <p>Minecraft</p>	<p>10+</p>	<p>Minecraft is a virtual building game that allows players to build with a variety of blocks in a 3D environment to create their own world. It is an open world or sandbox game, meaning that players have the ability to create, modify or destroy their environments and they are free to choose how they play the game. Other activities include exploration, resource gathering, crafting objects or items and combat with other players. <b>Players can interact with other players in the Minecraft world and use online chat. In-app purchasing</b> is also available.</p>

An extensive list of apps with age limits and content descriptions can be found [here](#).

Ensure you are always aware of what applications your child is installing and playing. It is important you get to know the features of the apps so you know the risks it may pose and which restrictions may need to be put in place. It is also a good idea to have conversations with your child about why these age limits exist so they are aware of how to stay safe on these apps.

## FURTHER INFORMATION

Please find some helpful links that will take you to websites with further information, tips, webinars and downloadable resources specifically to support parents:

[eSafety Commissioner Parents Section](#)



[eSafety Commissioner - Research - Parenting Online](#)



[Alannah and Madelaine - 5 online safety messages for parents](#)



[Dolly's Dream - Parent Hub](#)



[Online Safety Booklet - for parents](#)

