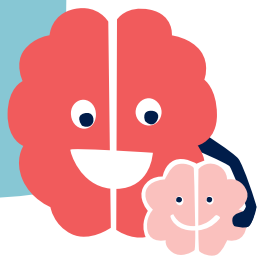
The ABCs of digital safety



Parent Resource

This resource has been developed in collaboration with digital safety advocate, Yasmin London.

The online world can feel tricky to navigate for both parents and kids. When families build digital literacy together and stick to a few simple guidelines, kids learn how to stay safe, handle their emotions, and make confident choices online — real mental fitness in action.

Access

Understanding what your child can see and do online is key to keeping them safe, and helps build awareness about how digital content can shape how we think and feel.

- Know what your child can see and do online.
- Check apps, games, and privacy settings.
- Use parental tools as guidance, not surveillance.

Boundaries

Setting calm, consistent limits helps kids manage time, emotions, and choices in a digital world.

- Set clear, calm rules around device use.
- Balance screen time with “green time” - outdoor play, reading, or family connection.
- Consistency builds trust and helps kids self-regulate.

Communication

Safe online behaviour starts with open communication. Honest, judgment-free chats about digital life help children feel confident to speak up when something’s not right, a key part of mental fitness.

- Keep conversations open, even when it’s hard.
- Ask questions, listen without judgment, and normalise mistakes.
- Encourage help-seeking as a strength, not a weakness.

A special thanks to Yasmin London for her collaboration on these resources. Yasmin London is Australia’s foremost digital safety advocate and the founder of First Movers Co., a brave leadership and education practice empowering individuals and organisations to thrive in a tech-driven world. For more information, visit yasminlondon.com

Please note: This resource has been developed in collaboration with Yasmin London and is intended for general information purposes only. It’s not a substitute for professional advice. Gotcha4Life does not offer counselling or crisis support.

If you have concerns about your child’s wellbeing, please speak with your GP or a qualified health professional. You can also explore a range of free, trusted supports and information at gotcha4life.org/help-resources. For direct support, Kids Helpline offers free, confidential counselling for young people aged 5 to 25. Call 1800 55 1800 or visit kidshelpline.com.au.

GOTCHA4LIFE MENTALLY FIT SCHOOLS

Let’s build our mental fitness together