

Parents and carers

How to support healthy tech use as your child transitions into high school

The social changes heading into high school

As your child moves into high school the influence of peers intensifies. This includes their online social connections. There are changing expectations from family and community, and it is during this time the family influence shifts.



Don't expect your child to be perfect online

According to [eSafety research](#), standing up for friends, expressing ideas and emotions, forming healthy relationships, fostering inclusion and navigating [consent](#) can all be challenging for young adolescents. So, don't expect your child to be perfect during this transition.

Building social skills

Building empathy, respect, responsibility, resilience and critical reasoning are essential lifelong skills. As their social skills are developing, encourage your young adolescent to question content they see, hear and read online. This can encourage the development of their critical thinking skills and strengthen their ability to recognise misinformation and harmful stereotypes.

Why your child wants to spend time online

Young adolescents are spending time online because friendships really matter to them, particularly during their transition into high school. Research suggests being online is their preferred way to keep connected and this helps them form and maintain friendships. A quarter of 12 to 13-year-olds are concerned about not fitting in with their friends, so young adolescents are mostly communicating online with people they already know offline to deepen their sense of belonging.

What pressures may your child experience online?

Inclusion pressures: may include deciding which group/s to join, the constant need to check in on games or chat groups.

Exclusion pressures: chat and online platform features can enable a young person to feel excluded such as being left out of conversations or invitations.

Social and peer comparisons: females aged 12 to 13 and males aged 14 to 15 are most susceptible to the negative effects of online trends such as fitness fads. This could lead to low self-esteem and anxiety.

If a child or young person finds it hard to make friends offline, or has limited coping strategies, this vulnerability can be amplified in the online world.

How much time should your child spend online?

There is evidence that reframing time online is a better approach than trying to judge how much time. Focus on enhancing positive experiences rather than just reducing online time. Be aware that restricting online time can limit critical support networks, coping mechanisms and help-seeking avenues.

Have conversations early and often

Having lots of little chats that match your child's age and stage of development can be more effective than one big conversation.

Ask questions about how they feel and what they know. Listen, don't judge, as this can help you understand their specific issues.

Help them to feel no shame or blame about anything they do online, and trust that they can come to you even if they make mistakes.

It may be less awkward if you chat while you're doing something else together, like taking a walk or a car trip. Starting the conversation can be difficult and there are **conversation starters** available.



Encourage help-seeking

Your child may find it easier to speak with another trusted adult like a cousin or aunty or uncle. Talk with them about putting together a team of people they trust and can go to if they want to chat about online. Encourage your child to use the [eSafety young people page](#). You can also check out our [list of counselling and support services](#), or go directly to [Kids Helpline](#), [eHeadspace](#) or [Beyond Blue](#).

Build your support networks

As your child enters high school your social network may change too, so it may be an opportunity to think about your own support networks. Different families and separated parents may have different approaches, and this may result in peer pressure for your family. Don't be afraid to discuss strategies with other parents at the sporting field or when picking your kids up. Reach out to your school if there are signs that things may not be right. Communicate in writing and provide specific details. Visit eSafety's [parents and carers page](#) on the main issues that impact young people online, or chat to a [parent helpline](#).

Build safety skills together

Young people need more digital skills.

- Check they know how to block, delete and [report](#) and that they understand why this is important.
- [Check their privacy settings](#) and whether they are sharing their contact details online.
- Discuss the possible pitfalls of sharing passwords and passphrases.
- Check what protections school laptops have when used at home.
- Use [parental controls](#) you feel are right for the age and experience of your child.

[The eSafety Guide](#) provides updated information on the latest games, apps and platforms. This includes the recommended age to use, features that may pose risks, available safeguards and how to report inappropriate content.

