

# Webinars for parents and carers

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Join one of our free webinars for parents and carers.

These live webinars give parents and carers the knowledge, skills and tools to support their children to have safer online experiences.

## Social media changes are coming

From 10 December, certain social media platforms won't be allowed to let Australian children under 16 create or keep an account.

What you need to know:

- The age restrictions are likely to apply to [Instagram](https://esafety.gov.au/key-topics/esafety-guide/instagram) [esafety.gov.au/key-topics/esafety-guide/instagram] , [Facebook](https://esafety.gov.au/key-topics/esafety-guide/facebook) [esafety.gov.au/key-topics/esafety-guide/facebook] , [Snapchat](https://esafety.gov.au/key-topics/esafety-guide/snapchat) [esafety.gov.au/key-topics/esafety-guide/snapchat] , [TikTok](https://esafety.gov.au/key-topics/esafety-guide/tiktok) [esafety.gov.au/key-topics/esafety-guide/tiktok] and [YouTube](https://esafety.gov.au/key-topics/esafety-guide/youtube) [esafety.gov.au/key-topics/esafety-guide/youtube] , among other platforms.
- Online gaming and standalone messaging apps are among the types of services that will not be included.
- Children under 16 will still be able to see publicly available social media content that doesn't require logging into an account.

Find out more at [eSafety](https://esafety.gov.au)

[esafety.gov.au/about-us/industry-regulation/social-media-age-restrictions/faqs] . If you can't join our [free webinar](#), we're also developing **video guides for parents and carers** about the upcoming social media changes for under 16s.

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## Social media age restrictions explained – a guide for parents and carers

From 10 December 2025, certain social media platforms won't be allowed to let Australian children under 16 create or keep an account. Join our 30-minute information session to understand the changes. [Learn more about this webinar](#)

[[esafety.gov.au/parents/webinars/social-media-age-restrictions-explained-a-guide-for-parents-and-carers](https://esafety.gov.au/parents/webinars/social-media-age-restrictions-explained-a-guide-for-parents-and-carers)]

### TERM 4 (AEDT)

- 20 November, 12:30pm

[REGISTER NOW → [attendee.gotowebinar.com/register/5381443563543667032](https://attendee.gotowebinar.com/register/5381443563543667032)]

# Understanding AI Companions: What parents and carers need to know

AI chatbots and companions that act like friends or partners are becoming more common – but they can be risky to children and young people. This 45-minute webinar explores what AI companions are, the risks to look out for and how to talk to your child about them. It's suitable for parents and carers of upper primary and high school students. [Learn more about this webinar \[esafety.gov.au/parents/webinars/understanding-ai-companions-what-parents-and-carers-need-to-know\]](https://esafety.gov.au/parents/webinars/understanding-ai-companions-what-parents-and-carers-need-to-know)

## Term 3 (AEST)

- 28 August, 12:30pm
- 11 September, 1:00pm

[REGISTER NOW → [register.gotowebinar.com/rt/3952818415820448088](https://register.gotowebinar.com/rt/3952818415820448088)]

# AI-assisted image-based abuse: Navigating the deepfake threat

AI tools are evolving fast – and some are being misused in ways that can harm or exploit children and young people, including through the creation of deepfakes and digitally altered images. This 45-minute webinar covers how these technologies are being used, their impact and how to support and protect your child. It's suitable for parents and carers of upper primary and high school students. [Learn more about this webinar](#)

[[esafety.gov.au/parents/webinars/ai-assisted-image-based-abuse-navigating-the-deepfake-threat](https://esafety.gov.au/parents/webinars/ai-assisted-image-based-abuse-navigating-the-deepfake-threat)]

## Term 3 (AEST)

- 21 August, 12:30pm

## Term 4 (AEDT)

- 21 October, 12:00pm

[REGISTER NOW → [register.gotowebinar.com/rt/8173705016387641949](https://register.gotowebinar.com/rt/8173705016387641949)]

# Algorithms and adolescents: The rewards and risks of recommender systems for young people

Algorithms and AI are influencing how young people experience the online world. This 45-minute webinar explores both the benefits and risks of recommender algorithms, including how they affect the content young people see and what you can do to protect your child from the potential harms. It's suitable for parents and carers of young people in upper primary and secondary school. [Learn more about this webinar](https://www.esafety.gov.au/node/2116) [esafety.gov.au/node/2116] .

## Term 4 (AEDT)

- 15 October, 3:30pm

[REGISTER NOW → [attendee.gotowebinar.com/register/2682598814349787993](https://attendee.gotowebinar.com/register/2682598814349787993)]

# The changing face of cyberbullying: Protecting your child

Cyberbullying is evolving, with the use of AI-powered tactics, coded emoji language, and the covert manipulation that many adults may miss. This 45-minute webinar helps parents spot the signs, build support at home and guide children on how to respond and stay safe. It's suitable for parents and carers of primary and high school students. [Learn more about this webinar \[esafety.gov.au/parents/webinars/cyberbullying\]](https://esafety.gov.au/parents/webinars/cyberbullying) .

## **Term 4 (AEDT)**

- 29 October, 12:30pm

[REGISTER NOW → [attendee.gotowebinar.com/register/5127878589663016285](https://attendee.gotowebinar.com/register/5127878589663016285)]

# Supporting healthy tech use as your child transitions into secondary school

This 45-minute webinar explores the social pressures, peer influences, and technological challenges young people face as they transition into secondary school. It also offers practical strategies for navigating online friendships and connections to help minimise negative experiences. It's suitable for parents and carers of children in upper primary school (ages 11 to 12) and Year 7.

[Learn more about this webinar](#)

[[esafety.gov.au/parents/webinars/supporting-healthy-tech-use-as-your-child-transitions-into-secondary-school](https://esafety.gov.au/parents/webinars/supporting-healthy-tech-use-as-your-child-transitions-into-secondary-school)]

## **Term 4 (AEDT)**

- 18 November, 12:30pm

[REGISTER NOW → [attendee.gotowebinar.com/register/1327432041418282589](https://attendee.gotowebinar.com/register/1327432041418282589)]

# Understanding and using parental controls to help protect your child online

Parental controls can be a useful addition to the strategies you use to help protect your child online. This 45-minute webinar covers the types of controls available, and how to use them alongside other online safety measures. It's suitable for parents and carers of primary and high school students. [Learn more about this webinar](#)

[[esafety.gov.au/parents/webinars/understanding-and-using-parental-controls-to-help-protect-your-child-online](https://esafety.gov.au/parents/webinars/understanding-and-using-parental-controls-to-help-protect-your-child-online)]

## Term 3 (AEST)

- 2 September, 3:30pm

## Term 4 (AEDT)

- 6 November, 12:30pm

[[REGISTER NOW](#) → [attendee.gotowebinar.com/rt/5611584535644410976](https://attendee.gotowebinar.com/rt/5611584535644410976)]

## Download and share: term 3 topics

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[Term 3 2025 parent carer webinars \(PDF, 153.49KB\)](#)

[[esafety.gov.au/sites/default/files/2025-05/Term-3-25-parent-webinars.pdf](https://esafety.gov.au/sites/default/files/2025-05/Term-3-25-parent-webinars.pdf)]

## Download and share: term 4 topics

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