



PARENT INFORMATION | YEAR 7 - YEAR 12 PARENTS

# STUDENT WELLBEING



TRINITY GRAMMAR SCHOOL | TESS DEPARTMENT | PARENT INFORMATION SERIES

The internet has become an integral part of life. It is a powerful resource and for children growing up in a world where the internet has always been available, it is an essential tool.

There are many positive uses of the internet - (learning, skill development, socialising). However, there are also risks. It is our aim at Trinity to ensure that students have a positive online experience and we hope to achieve this by teaching them how to safely navigate the internet. These skills can then be transferred to home and other public places (e.g. internet cafés).

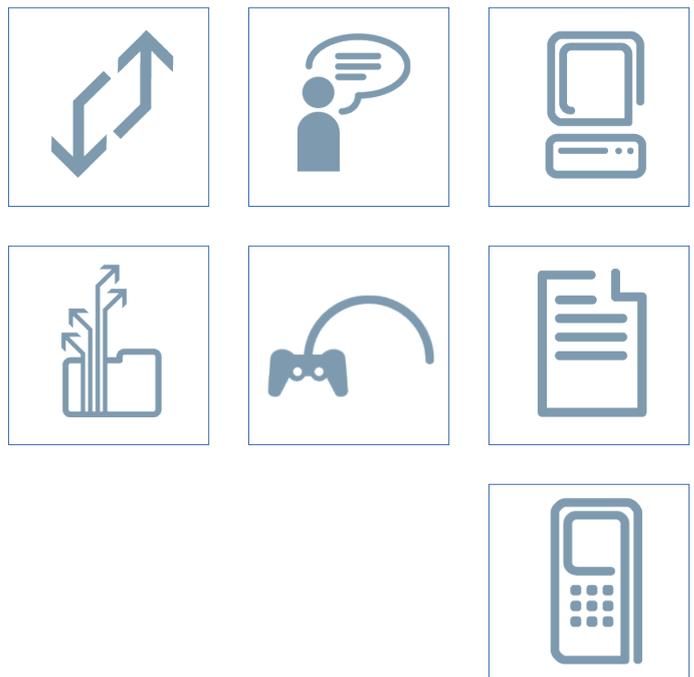
Not all students will experience problems. However, by ensuring students understand the risks and equipping them with the knowledge and skills, together we are helping them be cybersafe.

Cybersmart is a national cybersafety and cybersecurity education programme managed by the Australian Communications and Media Authority (ACMA), as part of the Australian Government's commitment to cybersafety. There are many useful links and resources on this website to help parents protect and support their adolescents - these can be found at <http://www.cybersmart.gov.au/>.

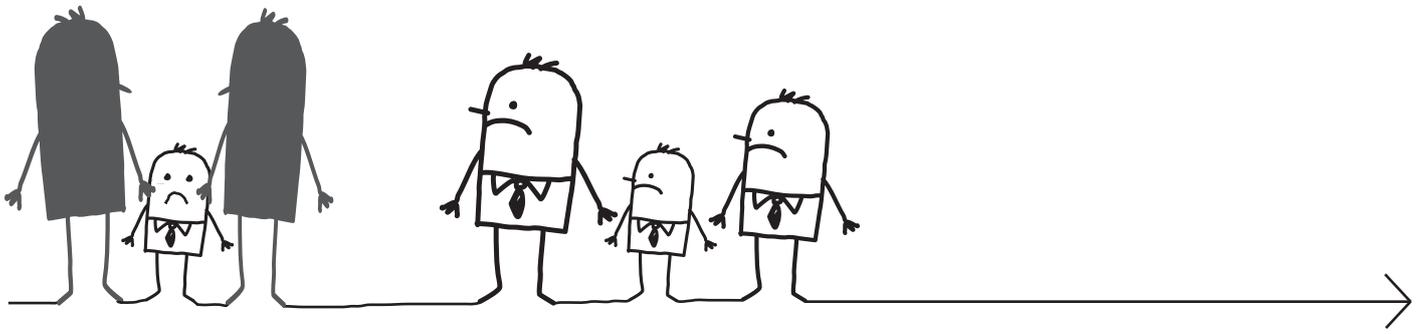


We encourage parents to explore the wide range of practical tips on the Cybersmart website for managing online risks for teens in the following areas:

- Cyberbullying
- Digital reputation
- Downloading
- Excessive internet use
- Identity theft
- Offensive or illegal content
- Mobile phone costs
- Online shopping
- Protecting your information
- Safer social networking
- Sexting
- Unwanted contact
- Violent content



Images from <http://www.thinkuknow.org.au/site/index.asp>



# cyber(smart:)



## GUIDELINES TO ENCOURAGE SAFE INTERNET USE AT HOME

Cybersmart is a national cybersafety and cybersecurity education programme managed by the Australian Communications and Media Authority (ACMA), as part of the Australian Government's commitment to cybersafety. There are many useful links and resources on this website to help parents protect and support their children and adolescents - these can be found at <http://www.cybersmart.gov.au/>.

The following strategies have been taken from the Cybersmart website to assist parents in establishing ground rules and boundaries for safe internet use at home:

### Before starting:

- talk with the family about the importance of staying safe online and having an internet safety plan.
- teach children how to use the internet safely. Use an educational programme suitable for the child's age.
- learn about the internet and the types of internet services children use. Check with the local public library to see what courses are offered.

### Set up correctly:

- determine if your internet service provider can assist with advice for staying safe online. If not, switch to one that can.
- look at where the computer is set up. If it is in a bedroom, move it to a public area of the house where it's easier to supervise.
- make sure safety software is installed on the computer. This may include an internet content filter and other security software such as anti-virus programs, spyware and adware.
- use a safe search engine for all web searches.

### Create family guidelines:

- discuss the benefits and risks of going online with children and offer support if they get into trouble.
- create an internet safety contract with children, setting house rules for internet use.

\*We encourage parents to have a look at commonsense media for examples of family media contracts: <http://www.common sense media.org/educators/parent-media-education/family-media-agreements>.

### When online:

- stay involved in the child's use of the internet and new technologies. Work with them. Set up an account, join the child's 'friends' and see what they are doing. It can be a fun experience for parents too.
- help the child set up their profile to make sure that they don't put too much personal information online.
- check the privacy settings for internet services and see how to report abuse. Many social networking, virtual networks and gaming sites have facilities to do this.
- supervise and monitor the use of the internet, particularly with younger children. If issues arise, address them quickly and know who to report problems to.
- above all, keep the lines of communication open. Children need to be confident that they can talk to an adult about what's happening, without being afraid that they're automatically going to get into trouble.