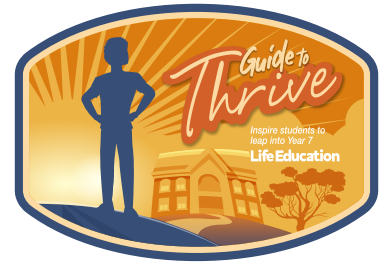


School Transition

Online Safety



It is very important to talk to your children about what they do online. Understanding what your child does online is the first step in keeping your kids safe.

Ask yourself:

- Does my child have a device in their room?
- Do I know how much time my child spends online?
- Do I know what my child does online?
- Do I know who my child talks to online?

If you don't know the answers to the questions above, it may be a good idea to have a conversation with your child.

If your child has devices, monitoring devices is very important.

This doesn't necessarily mean taking away their privacy, but it does mean having conversations about what your child does online.

Monitoring device use is much easier when you have ongoing conversations and set clear boundaries for device usage. It can also reduce the risk of your child experiencing cyberbullying.



Cyberbullying

Students are spending more time online, and while some students may be at risk during online interactions with strangers, harassment from other students is far more common.

Unfortunately, many young people, as well as adults, do not know what constitutes cyberbullying. Cyberbullying is using technology in any way that hurts someone else, and may include:

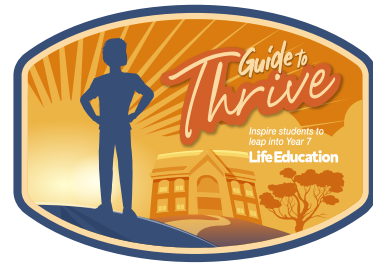
- Sending/sharing mean, hurtful, or abusive text messages or emails
- Posting/sharing embarrassing videos or images of others online (including private or sexual images)
- Spreading rumours or lies about others online
- Setting up fake online profiles
- Excluding others online
- Repeated harassment and threatening messages (cyberstalking)

Those who bully others may not realise that the things they write/post/share online are permanent. It is very important to remind your child that they could get into a lot of trouble with the police.

It is also important to talk to your child about what constitutes cyberbullying, and what to do about it. Those who are bullied often don't know what to do and how to respond, and so, they rarely seek help from teachers and/or parents.

School Transition

Cyberbullying (cont'd)



There are a number of very good resources that can help you learn more about what cyberbullying is, and what to do about it.

*Helpful Resources

<https://kidshelpline.com.au/teens/issues/cyberbullying>

www.esafety.gov.au/parents/resources

https://www.esafety.gov.au/sites/default/files/2020-04/aus-global-parent-online-safety-advice_1.pdf

Schools Can't Always Help

Cyberbullying is a particularly challenging form of bullying for teachers to deal with, particularly as it often occurs outside of class time. It is important to realise that cyberbullying can often not be addressed by schools and teachers. This can be very frustrating.

Because schools can't always help, it is crucial to act quickly, and not wait for the school to get involved. Information posted online can spread quickly and be hard to remove, which makes this form of bullying particularly destructive and damaging.

If your child is being bullied online, encourage them to:

- Talk to someone they trust.
- Collect evidence. Encourage your child to take screenshots in case emails, texts, posts, or images are later removed.
- Disconnect from devices, consider deleting apps, and blocking bullies.
- Report inappropriate or offensive content on social media or messaging platforms to the provider.
- Report cyberbullying to the police.

Like with any other form of bullying, it is important to know that the consequences for victims can be severe. That is why it is important to seek help as soon as you can. Like with all forms of bullying, there are often serious implications, ranging from school refusal and disengagement, to anxiety, depression, self-harm, substance abuse, and suicide.

