Wellbeing: July Newsletter

Cyber Safety for Parents

Technology is a part of our day to day lives. It is imbedded within our work and school culture, used for learning, socialising and entertainment. Parents play a vital role in helping keep children safe and build healthy digital habits.

So how did we make sure our kids are safe when online?

Introducing cyber safety.

Cyber safety is about protecting your child when they use the internet, apps, games, and digital devices. It includes safe online behaviour, managing screen time, and protecting personal information. It is also a way of preventing harm or sharing of sensitive or personal information.

Research suggests that taking an active role in what children are doing online, showing safe practices and being able to talk to them about any questions they have, helps to keep them safe. This can involve the practice of co viewing and co playing with children on their devices.

Online safety should aim to start at a young age to create the foundations and building blocks for current and future experiences and interactions that remain safe.

Some healthy habits to start conversations include (but are not limited to)

- Ask what apps they like to use and who they talk to
- Ask what the young person might do if something happened online that made them feel uncomfortable
- Create tech free zones eg. Meal times/family time
- Set rules together and review them together
- Respect others online, everything they post leaves a digital footprint.
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Some warning signs to look out for include (but are not limited to)

- Hiding screens or being secretive about what they are doing online
- Sudden changes in behaviour or mood
- Unexplained charges or purchases
- Withdrawal from social activities or school work.

The Wellbeing Team at Rowville Secondary College (RSC) are inclusive and resourced in practice and committed to supporting every student and their family to navigate challenges both online and offline with confidence, care, and clarity.

For more information regarding cyber safety please contact the Wellbeing Coordinators.

Andy Phillips (East) 9755 4533 or Mandy Fogarty (West) 9755 4641.

Urgent help 24/7

- Kids Helpline 1800 551 800
- Lifeline 13 11 14
- Emergency 000

CYBER SAFETY RESOURCES

Evolve Education – Comprehensive Parent/Carer Tips for Online Safety for Young People.

Playing IT Safe – Play based activities and information sheets.

eSafety Commissioner – Parent guides for popular apps eg TikTok, Snapchat, Roblox etc.

ThinkUKnow Australia – Run by the AFP, focuses on information around digital consent, online grooming and exploitation prevention.

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