23-March-2022

Dear Parents/Caregivers,

Latest research from the eSafety Commissioner website indicates the increased time our children are spending online whether it be watching streamed shows or videos, playing games, or accessing social media. St. Mary's is an eSmart school and we are committed to continuing our journey to build an eSmart community in partnership with parents, students and teachers.

We are currently reviewing our P-6 scope and sequence to develop ideas for the explicit teaching about online safety and are ensuring our ICT policies are up to date. We have connected with the Cyber Safety Project, becoming members of their curriculum portal to assist with lesson ideas and resourcing. We are also excited to have the co-founders Sam Macaulay and Trent Ray facilitate a live parent webinar for Cyber Safety and Wellbeing on the 18th July 2022. Registration to this event can be found on the flyer attached to this newsletter!

The eSafety Commissioner website is an informative, evidence-based resource for all stakeholders. The parents page directs you to issues, skills and advice that should be unpacked with children and directs you to useful resources and webinars that can be accessed for free.

Key Resources for Social Media, Apps and Games:

Looking after your mental wellbeing on social media
Age limits are imposed on social media apps for the reason that students at a certain age have the understanding, skills and responsibility to navigate through the platform independently (with the support of their family). It is a good idea to protect younger children from online risks, such as encountering harmful content, contact with strangers or missing out on physical activity. It is highly recommended these age restrictions are adhered to, but it is up to you to decide when and how to best support your children as they begin their online journey.

How do I choose age-appropriate content?

Good-quality media can support your child's learning, however it is even better when we know what is the most appropriate. The following sites can help you make informed decisions about your family's choices.

- Australian Classification Board - online database when reviewing movies and games.
- Raising Children Network - advice about choosing video games, online games and apps.
- The Australian Council on the Children and the Media - reviews of movies, apps and games searchable by age and platform.
- NetAware (UK) - guide to popular social media apps, sites and games, including risks, age recommendations and safety tips.
- Commonsense Media (US)- database of apps, games and websites searchable by age.
- Check age ratings and consumer advice for apps and games on devices your children use via the App Store or Google Play.

The eSafety Guide
Learn about the latest games, apps and social media, including how to protect your information and report harmful content.

Other Key Resources and Information:

Online Safety Book
Highlights some of the key online safety issues for young people and includes a range of practical tips and advice on what to do if things go wrong. There is also a list of important services that can offer extra support.

Online Safety Act 2021 (commenced January 23 2022)
The new laws protect Australians from serious online abuse, including image-based abuse, child cyberbullying and seriously harmful or dangerous online content. This page provides further information including fact sheets and short videos

Remember the Online Safety Basics
1. Be Engaged, Open and Supportive
2. Set some Rules
3. Use Technology and get Information (use and trial what technology your children are on, set up for privacy, take advantage of parental controls and consider age ratings on apps)

https://www.esafety.gov.au/parents/skills-advice/online-safety-basics

If ever needing further clarification or information about eSafety and St. Mary's commitment to being an eSmart school, please feel free to contact the school.

Belinda Cheong
ICT Leader

Cyber Safety & Wellbeing Live Parent Webinar

MONDAY 18th July, 2022. 7:30PM – 8:30PM
Registration link : https://bit.ly/STMARYSG22

Learn, connect and play safe online

Children today love to play, connect and learn online. This session aims at providing parents and guardians with insights and important information about popular online experiences children are exposed to today. Building a positive and healthy family environment where digital use is encouraged, but managed effectively, can be a tough balance.

Throughout this workshop the Cyber Safety Project Team highlight important settings and parental controls that allow your child to navigate online tools independently and safely. You will uncover proactive tools and strategies for developing fundamental digital safety and wellbeing skills in your young people at home, including ways to seek help when things go wrong online.

WHAT YOU WILL LEARN

- ✓ The Cyber Safety Project Methodology: *Plan, Prevent & Protect*
- ✓ Social networking trends and safety 101.
- ✓ Managing cyber bullying, help seeking strategies and resources.
- ✓ Parental controls & app privacy settings
- ✓ Cyberbullying and help seeking strategies
- ✓ Establishing and maintaining a safe digital environment in the home.

PROUDLY PRESENTED BY

THE CYBER SAFETY PROJECT

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Cyber Safety Project is a Certified Provider by the Office of the eSafety Commissioner

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LIVE WEBINAR SESSION FOR PARENTS