

ESMART TEAM

What it's like to be in the Digital/eSmart Community Action Team

In the Digital and eSmart team we go around seeing if there are issues and help people solve their ICT needs. We solve these problems by making slideshows and presenting to the class that need help or advice. We also research websites and resources that can help our school be a safer and better place.

We held weekly meetings to go through what we think could have a great impact on the school and what could be improved to help the students learn about safe digital usage. We brainstormed and made an action plan for our goals. These included sharing eSmart key ideas, facilitating eSmart week and participating in Student TechCon. All these goals have been to make everyone feel safe when online and to build our ICT knowledge and skills.

Some of our actions included teaching students possible threats of online people and games and how to be responsible/respectful around digital devices. We have shown new digital skills and safe websites for school that you are able to use to find information. Some fun activities we did are technology riddles that they had to answer and a digital scavenger hunt with QR codes for the eSafety week theme (Proud to be Me, Digitally).

We are always considering ways to assist children with cyberbullying, technical issues and how you can be appropriate around devices. Having the opportunity to be in this Community Action Team has allowed us to learn about ICT safety and issues and how we can help as students. Sometimes just the simplest things are able to help people. We have also learned how to operate different devices and apps.

This reflection is written from the eSmart team:
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5 tips to keep your family safe online



Parents and carers can use a combination of strategies to help young people build their digital technology skills and have safer experiences online.

1. Start the chat

Get into the habit of talking about online safety as a family, so your child feels comfortable coming to you if they ever need help working out an issue. It's never too early to introduce [good online habits](#) such as respect, empathy, critical thinking, responsible behaviour and resilience. As your child grows older, eSafety's advice about [hard to have conversations](#) will help with some of the tricky topics like sending nudes, online pornography and contact from sexual predators.

2. Create a family technology agreement

Creating a Family Technology Agreement can help you and your kids decide together when and how digital technology will be used at home. As a family, brainstorm easy-to-follow rules and display them where everyone will see them. Your agreement could cover things like: time limits, apps your kids are allowed to use and online behaviour. Families with younger children can [download](#) a template to guide the conversation.

3. Set up parental controls

Parental controls let you monitor and limit what your child sees and does online. It's best to use them in combination with the other online safety strategies listed here. [Taming the technology](#) can help you understand your options. Grab a device and get started with our guides to setting up parental controls on [devices and accounts](#) or in [social media, games and apps](#).

4. Choose games and other apps carefully

Use eSafety's [App checklist for parents](#) to think about the positives and negatives when your child asks to download a new game or other app. The checklist covers things like age ratings, managing privacy settings and reporting abuse in-app. You can also use [The eSafety guide](#) to check and set up safety features with your child.

5. Use digital technology together

Exploring or playing on devices or online with your child can be a positive experience that promotes learning and development. Ask questions, be curious and get involved. To learn more, read our blogpost [How to encourage good screen practices for your child](#).