Parent Seminar Notes:

- Cyber Safety Awareness –

o **Excellent website to get further information and resources:**

https://www.thinkuknow.org.au/

The Cyber Safety program was designed around this website.

o Our future is technology. Children must have access to computers and the internet. They need to learn safe use while they are young, to better equip themselves as they get older.

o As children get older, you have to build a close relationship with them, so they will feel comfortable coming to you if something happens, and they will talk to you about it.

o Teach your children to be critical thinkers: Encourage them to ask themselves 'why' someone is saying something; what could happen if they did what was being asked of them; get them to be suspicious; get them to have a healthy fear of the online world.

o Have a very hard password, such as a phrase or sentence, along with numbers and symbols, for example *Playingbasketballisfun?159**

o If ever you are hacked, and you can physically see someone has taken over your computer, disable your internet, turn your computer off – their access will be disabled.

o If kids are playing online games, they must ONLY ever play with people they know: Brothers, sisters, cousins, family, friends from school.

o Online gaming is "paedophile heaven", this is one of the most dangerous activities for children when online.

o Use online access as a reward for your children for doing homework and chores.

o Mobile phones are highly addictive. The blue light is very stimulating, and causes children to have trouble sleeping.

o Remove electronic devices such as phones and iPads from the room at night will help children have a better, undisturbed sleep.

o Be aware of your "*digital footprint*" (this is all and anything you put online): It cannot be removed, and will remain there forever.

o Employers will Google people before offering them a job. Have a digital footprint that is positive instead of negative. Not having a digital footprint is not good, and makes police suspicious.

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- Cyber Safety Awareness –

o Girls (and to a lesser extent boys) are being tricked into sending naked or partially naked photos of themselves to a boy they like, hoping the boy will like them if they do what they want. This gives the boy leverage to force the girl (or boy) into sending more photos, and if they don't then they bribe them saying they will put their photo on social media for everyone to see. The girl (or boy) is then trapped and feel they can't do anything.

o Self-harming and suicide are common results of girls being trapped into sending naked photos.

o Be mindful how much detail you put about yourself, such as where you check in. Paedophiles will track children and their movements, and build a lot of knowledge about them. Then they find them somewhere based on their online activity.

o Never "check-in" at your home.

o Online paedophiles teach children a special language, such as typing POS, which means 'parent over shoulder'.

o Watch out for changes in your child's behaviour. If they become withdrawn, depressed, it could be a sign of cyber or online bullying.

o Always report cyber bullying.

o Always have your home internet locked and secured with a password.

o If your children are being bullied online, take screen shots and keep evidence.

o Some very interesting shows to watch: *"The Social Dilemma"* (documentary) and *"The Undeclared War"* (movie based on true events).

o Where to get help: **Kids Helpline; Headspace; Beyond Blue**.