Cyber Safety

More than often, we hear on the news or read online about yet another young person committing suicide or self-harming due to bullying online or furthermore being groomed. As a timely reminder to parents/carers, here are a number of poignant reminders to talk with your child/ren about cyber safety:

➢ Encourage your child not to reply to rude or nasty comments – report it to an adult immediately

➢ Cyber bullying looks like: (https://www.esafety.gov.au/esafety-information/esafety-issues/cyberbullying)
   o Abusive text and emails
   o Hurtful messages, images or videos
   o Imitating others online
   o Excluding others online
   o Humiliating others online
   o Nasty online gossip and chat

➢ How to stop cyber bullying:
   o Talk to a trusted friend
   o Don't respond or retaliate
   o Block and change settings
   o Report the abuse to the service
   o Collect evidence – screen shots

➢ Place the family computer in a common area in the house – not in the bedroom
➢ Know which websites your child navigates – set rules in place
➢ Apply filters and other monitoring/blocking software to minimise dangers
➢ Encourage your child never to share personal information with strangers e.g. name, address, phone number or school
➢ Set all Social Networking profiles to private
➢ Encourage your child never share passwords – not even with your best friends – change passwords a couple times a year
➢ Reiterate with your child that information on the internet is not always accurate

Websites that may be helpful:

➢ https://www.esafety.gov.au/esafety-information/esafety-issues/cyberbullying

➢ http://www.cybersafetysolutions.com.au/index.shtml