

## **eSafety – Everyone has a Part to Play**



Dear Parent/Carer

eSafety is an important issue that contemporary families are having to negotiate each day as the majority of young people are connected into a variety of online spaces.

It is easier more than ever for people of all ages to access the internet or be connected through social media.

This is a rapidly changing world and understanding every aspect of it is extremely difficult. If parents have a particular interest in digital technologies or work within the Information Technology realm you have an advantage. However, the majority of parents are not in this boat and struggle to really understand how their child(ren) are truly interacting within this ever-expanding area.

The eSafety Commissioner (Federal Government) has recently released updated information around online safety that is aimed at children, parents, general community and schools. This is timely as 'Everybody Belongs Day' approaches in March. Our school has participated in this day annually as it coincides with the National Day of Antibullying. Students have engaged in the activities on this day positively in the past and we look forward to again making this day a success.

We need to be vigilant everyday as the issues surrounding eSafety are there 24/7. With over 80% of Australian teenagers having access to a smartphone and 1 in 5 of those paying for their own usage our young people have access to a global environment like never before.

Oberon High School has a device policy that allows usage in break time, however, this is tempered against the need for learning time not to be disrupted by inappropriate use. We work hard to apply this consistently and ensure that instilling good digital practices are the goal for each individual child. It is also captured within Positive Behaviour for Learning values (Respectful, Responsible, Safe and Resilience) which are central to student initiatives in our school.

With this in mind I thought I would make parents aware of the resources that are available to assist in your endeavours to educate and keep your child(ren) safe within the online environment. There are many internet sites that address the area of eSafety, however, it is important to assess the credibility of the site and its relevance for the Australian context.

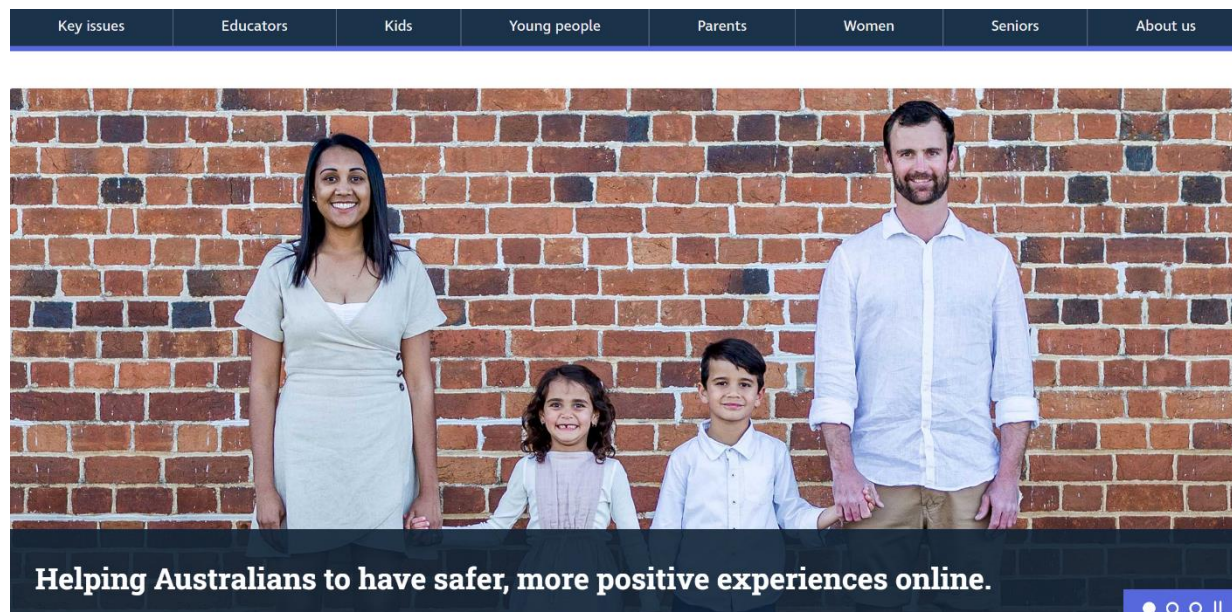
I have included three credible sites for you to access as well as include suggestions from NSW Police. This is a good place to start and may lead you to other sites of a credible nature.

If at any stage you are concerned about your child and their wellbeing the school is happy to discuss issues and assist, however, the following organisations are also available to support you and your child.

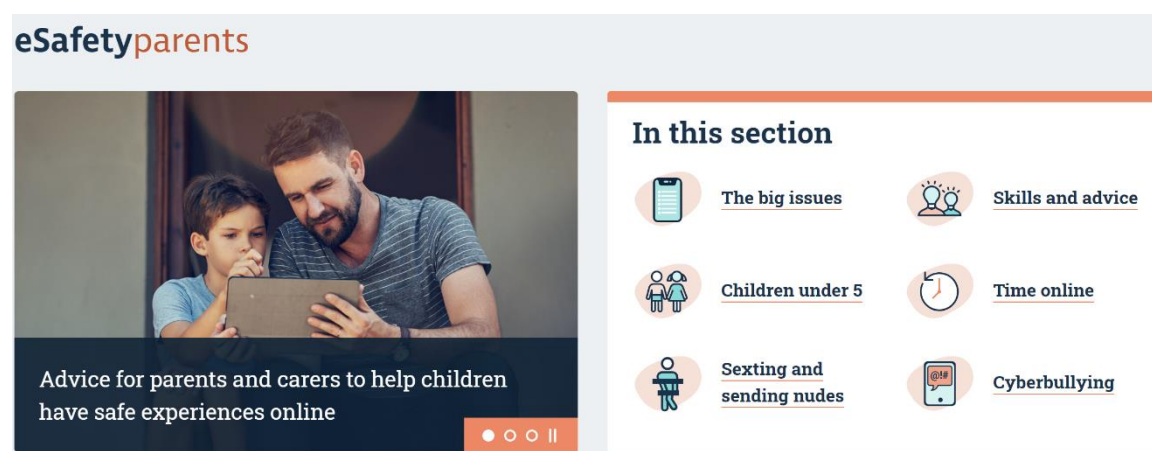
- [Kids Helpline](#) on 1800 55 1800
- [Lifeline](#) on 13 11 14

Craig Luccarda  
Principal

The eSafety Commissioner (eSafety) is Australia's national independent regulator for online safety. eSafety leads and coordinates online safety efforts across Commonwealth departments, authorities and agencies, and we engage with key online safety stakeholders internationally, to amplify our impact across borders.



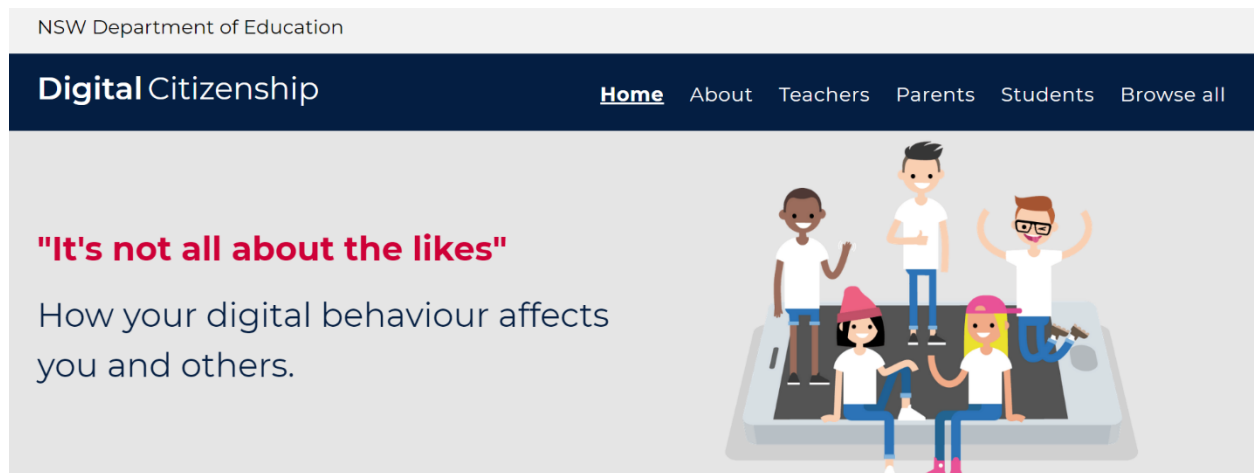
### Example of Information for Parents/Carers



### Example of Information for Students



The Digital Citizenship website provides practical advice to students, teachers and parents on the responsible use of technology, addressing safe and ethical online behaviour. Articles and resources are linked to the NSW and Australian Curriculum.



### Example of Information for Parents/Carers

**What do I need to know about in-game chat?**

Online games

**What makes a good password?**

Password protection

**What are the most popular video making and sharing apps?**

Sharing photos and videos

### Example of Information for Students

**Leaving a digital footprint**

Digital footprint

**Mobile devices in schools**

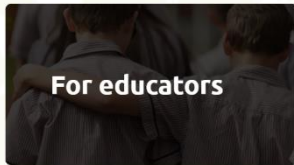
Digital citizen

**Online speech and the law**

Freedom of speech



The Bullying. No Way! website for Australian schools is managed by the Safe and Supportive School Communities Working Group which has representatives from all states and territories, including the Catholic and independent schooling sectors.



**For educators**



**For parents and carers**



**For school leaders**



**For community**



**For teens**



**For kids**

## Example of Information for Parents/Carers

### How parents can respond

Children and young people need to know that they are being heard, that their feelings matter and that their issue will be investigated respectfully. Bullying should be taken seriously.

#### Listen calmly and get the full story

Your calm response is important to allow your child to tell you all about the situation. After they've told you their story, ask questions to get more details if you need to: who, what, where, when.



**Your first response when a child tells you of a concern can make a difference to the outcome.**

Although you may feel some strong emotions about your child's experience, try to keep calm to avoid more distress to your child.

#### If your child talks to you about bullying:

1. **Listen** calmly and get the full story.
2. **Reassure** your child that they are not to blame.
3. **Ask** your child what they want to do about it and how you can help.
4. **Visit** [www.bullyingnoway.gov.au](http://www.bullyingnoway.gov.au) to find some strategies.
5. **Contact** the school.
6. **Check in** regularly with your child.



[www.bullyingnoway.gov.au](http://www.bullyingnoway.gov.au)

## Example of Information for Students

Learn about bullying

I'm being bullied

I've been called a bully

I've seen someone being bullied

Get involved in your school

Get help and more information

[Bullying No Way!](#) > [Your role](#) > For teens

### Teens

Bullying can make us feel unsafe and unhappy. It stops us from being who we want to be, and can make it hard to learn and be with other people.

If you are being bullied or you see bullying happening, do something! If you are bullying others, take the first step to stopping by getting help.

If bullying isn't challenged, it can create an environment where bullying is accepted and where everyone feels powerless to stop it.

#### Get help now

If you can't sort it out yourself, tell a teacher, parent or other adult or a friend who can help you. You can also get the contact details for a confidential service at [Get help and more information](#).





This is not an exhaustive list with other versions online that highlight a variety of other Apps. It is important that you know the Apps your child(ren) are utilising. It is also important to note that Apps can be accessed on their phone as well as their computer/tablet. Students have multiple entry points to Apps which often makes it far harder to supervise.

