



## ONLINE SAFETY

### Some helpful ideas for keeping your child safe online

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#### Are your Kids Safe Online?

Students at Claremont College are encouraged to show respect, acceptance and understanding of others as they interact online. Everyone has the right to be safe and happy at our school. Our school has a culture that promotes anti-bullying attitudes and behaviours. With your child engaged online every day during this unprecedented time, it is essential that they are reminded of keeping safe and showing respect to others online. Ms McKersie and I have created some online activities on cyber bullying. Keep your eye out for these activities and encourage your child to not only complete the activities but also engage in conversation with you about the importance of keeping safe online. These are conversations we need to have with children regularly.

One way we encourage our students to keep safe online is to protect their own privacy. Please regularly check in with the settings on your devices. Another way is to not engage in activities that could lead into cyberbullying. It has come to our attention that some children have been 'chatting' online on Zoom. The devices are school property and should not be used for 'social chat'. If you would like your child to connect with other children, your child can use your personal device under supervision. A good old-fashioned phone call is a great way to encourage children to connect with their friends. We have found that often online chat rooms have conversations that start off innocently and with well meaning, but can easily turn into unhelpful and hurtful comments. We take cyberbullying very seriously and so we appreciate your help in speaking with your children about not engaging in negative conversations whilst on Zoom chats with other children.

#### What Advice Can I Give My Child?

If cyberbullying occurs, try these strategies:

- Avoid responding to the bullying;
- Block and report anyone who is bullying online; and
- Protect yourself online – use privacy settings and keep records
- Don't delete, keep a record and a screenshot, so that an allegation can be reported and investigated

If you notice someone being bullied online:

- Leave negative online conversations – don't join in.

If it doesn't stop:

- Talk to an adult (parent, teacher) who can help stop the bullying; and
- Keep asking for support until the bullying stops.

'Bullying No Way' advises parents that if your child talks to you about bullying:

- Listen calmly and get the full story;
- Reassure and ask your child what they want to do about it and how you can help;
- Contact [wellbeing@claremont.nsw.edu.au](mailto:wellbeing@claremont.nsw.edu.au)
- Visit [www.bullynoway.gov.au](http://www.bullynoway.gov.au) to find some strategies; and
- check-in regularly with your child.

#### Further reading:

Kids Helpline [www.kidshelpline.com.au](http://www.kidshelpline.com.au) 1800 551 800

Headspace [www.headspace.org.au](http://www.headspace.org.au) 1800 650 890

Online bullying [www.esafety.gov.au](http://www.esafety.gov.au)

*Take a Stand Together* is a free app that has tips and advice about bullying for young people.

*The Allen Adventure* is an interactive story for children to help develop social skills.

For more information, read our Bullying Prevention and Intervention Policy on the school website.

***"So, in everything, do to others what you would have them do to you."***

**Matthew 7:12**