

# Peregrin Springs State School

## Being CYBERSMART

### **Bullying online** <http://www.cybersmart.gov.au/Parents/Cyber%20issues/Cyberbullying.aspx>

Cyberbullying is the use of technology to bully a person or group. Bullying is repeated behaviour by an individual or group with the intent to harm another person or group.

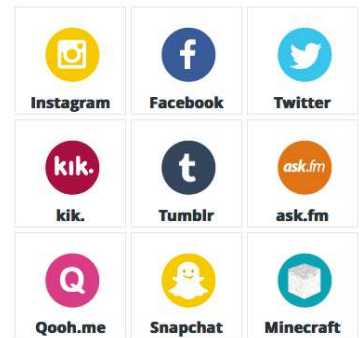
### **What does cyberbullying look like?**

- abusive texts and emails
- hurtful messages, images or videos
- imitating others online
- excluding others online
- nasty online gossip and chat

### **Is my child old enough to use social media?**

<http://www.cybersmart.gov.au/Parents/Cyber%20issues/Social%20networking.aspx>

Social networking/media describes a variety of services like Facebook, YouTube, Instagram, World of Warcraft, Moshi Monsters, Twitter, Skype, Snapchat, Minecraft and many others. Most high profile social networking sites ask users set up a profile with photos and personal information. 13 is the minimum user age required by Facebook, Instagram, YouTube, Tumblr and Twitter. Kik recommends that users are 17 years or older.



Each year our school conducts a Technology Audit with our upper school students. The data makes for interesting reading and parents might like to reflect on the situation in your home. In 2014:

- 96% of our students had access to a computer at home
- 93% of our students had internet access and used a computer/iPad in their bedroom
- 17% of our students chatted online with people they didn't know
- 30% of our students shared personal information online, including on social media
- 37% of our students had parental controls in use
- 21% of our students felt unsafe on the internet

### **What can Parents do?**

- Set up your own account and learn about privacy settings, to help best protect your child
- Check age restrictions on each site
- Help your child set their account to be private, so only people they want to see information can view their information
- Teach your child to think before putting anything online, as anything they post can have a long term impact on their digital reputation
- Remind your child to be careful when making friends online, as people may not be who they say they are. Never arrange to meet an online friend unless an adult is with them.
- Report any abuse/inappropriate content to the particular site. Show your child how to do this too.
- Learn how to keep a copy of online conversations and how to block people prior to an issue occurring
- Check your computer's internet history
- Know your child's account names and passwords
- Consider setting up a family internet contract [www.cybersmart.gov.au/.../cyberquoll\\_family\\_safety\\_contract\\_blank.pdf](http://www.cybersmart.gov.au/.../cyberquoll_family_safety_contract_blank.pdf)
- Set parent controls on devices <http://www.cybersmart.gov.au/Parents/About%20the%20technology/Parental%20controls.aspx>



### **Need more information or ideas?**

- Cybersmart website (Australian Government) <http://www.cybersmart.gov.au/Parents.aspx>
- Cybersmart YouTube Channel <http://www.youtube.com/user/ACMAcybersmart/videos>
- National Centre Against <http://www.ncab.org.au/forparents/>
- Mac Parental Controls – Mavericks <http://support.apple.com/kb/PH14414> Yosemite <http://support.apple.com/kb/PH18571>
- Windows computers Family Safety [https://family\\_safety.microsoft.com/](https://family_safety.microsoft.com/)