Cyber Awareness and Cyber Safety

'All Things Cyber' is a focus for Term 3 in the Junior School. On Friday 18 August Matt from thinkuknow.org.au spoke to Year 3-6 on being cyber aware and cyber safe. The audience was fully engaged with the presentation and information in general and it was easy to see that what Matt was talking about was highly relevant to our students' interests and lives. A surprising statistic was that 75 per cent of our 9-12 year olds indicated that they take a device to bed with them. For some, perhaps they are reading a story on their device but for others it is feared that at a time when it is time to wind down ready for sleep, they are messaging their friends, playing games, using their Facebook accounts (which have been set up indicating that they were born at least 13 years ago), surfing the net including viewing videos on YouTube (users are required to be 13 years old to use this site and children under 13 are recommended to use YouTube Kids) or in isolated cases are uploading their own videos.

Please visit https://www.thinkuknow.org.au/sites/default/files/2017-01/YTFSP_2016%20Parents%20Youtube%20Factsheet.pdf for comprehensive information on YouTube (for parents). There are age restrictions on many apps and we advise checking your child's devices to be sure of the way in which they are using them. Australian Federal Police officer from Child Protection Operations in Tasmania, Nicolle Haigh, warns that parents should look out for apps that include a chat function. Children using apps with a chat function should be taught that 'not everyone online is who they say they are, and they should only chat to people they really know' she warned in this week's Sunday Tasmanian pp 4 & 5 article 'Rise of the Screenager'.

Instagram, the photo sharing app also has a private messaging option enabling followers to contact one another and share photos privately. Instagram also requires users to be 13 years or older (of course some children nominate their birth year as 13 or more years ago when they register and may well be under 13). Another Fact Sheet you may be interested in is Snapchat (For Parents) which again is restricted to children 13 years and over. If children under 13 (and nominate their correct year of birth) sign up for an account they are given access to SnapKidz which is a limited version of the app where users are not able to send images to other users. See https://www.thinkuknow.org.au/sites/default/files/2017-01/SnapFSP_2016%20Snapchat%20Parents%20Factsheet.pdf for more information.

Musical.ly is an entertainment social network for creating, sharing and discovering short videos. Millions of people use Musical.ly as an outlet to express themselves through dancing, singing, sports, beauty and style, comedy and lip-syncing. If your teen has a public profile, anyone signed into Musical.ly can view their public videos and send him/her messages. If you would like to make sure that only approved followers can see your teen's videos, we recommend setting his/her profile to private by electing "private account" in the setting page on the app. To increase safety make sure only approved followers can send messages via direct.ly by enabling the "only friends can direct.ly me" on the settings page. There is an option for teens to create private videos by choosing "save private" option after creating each video. These videos are then not viewable by any other Musical.ly users

once this option is chosen. Musical.ly's terms prohibit use of the app by anyone under the age of 13 and Musical.ly asks that they are alerted at

privacy@musical.ly. They will promptly take steps to remove his/her account information from their platform and terminate the child's account.

The above examples are a few of many apps that young children may be accessing simply by nominating their birth year as 13 years ago. https://www.esafety.gov.au/education-

resources/iparent is the Australian Government Office of the eSafety Commissioner website designed to keep parents informed of the risks and how to protect your child's digital lifestyle. By using the tabs Online risks, Staying safe, Multimedia reviews, Online safeguards, Get help, parents can learn about the risks and safeguards. The big issues of cyberbullying, digital reputation and managing the risks, social networking, unwanted contact, online gaming, inappropriate, offensive or illegal content, sexting, protecting your information, online pornography, and photos and social media are all covered and well worth informing yourselves.

Other very useful sites which foster communication and tips about parenting in the digital age are listed as follows:

www.esafety.gov.au

www.parentech.com.au

www.thinkuknow.org.au

www.commonsensemedia.org

www.drkristygoodwin.com

https://au.reachout.com/articles/what-is-cyberbullying

https://staysafeonline.org/stay-safe-online/for-parents/parental-controls

https://aifs.gov.au/cfca/publications/online-safety

There are a number of practical tips to help children use the internet safely. These include the following:

- Monitoring a young person's online activities including checking that websites and apps are appropriate for a child's use.
- Developing a plan about internet use with family members including privacy settings, appropriate online topics, line of sight supervision, limits on screen time and when devices will be available, what may be identified as 'inappropriate posts'.
- Making clear what strategies you and your child/ren will use to respond to cyberbullying, or other online negative behaviours or if they unintentionally access adult material.
- Modelling appropriate online behaviour and the basics of good digital citizenship.
- Teaching your children about the risks of giving personal details online.
- Discussing with your child the reliability of sources of information, e.g. government or education websites versus an unfamiliar person's blog.
- Focusing on positive aspects of the internet – find sites that are age and stage appropriate for children
- Encouraging your child/ren to question information on the internet. Your child should learn to ask questions such as, 'Who is in charge of this site?', 'Have I found information', or is it just opinion?, or 'Is this site trying to influence me or sell me something?'/

SMC will host a Cyber Safety "super session" for Year 4, 5 and 6 on September 4, to be delivered by the Australian Federal Police in partnership with Tasmania Police, the Daniel Morcombe Foundation and the Commonwealth Bank. Parents and carers are welcome and encouraged to attend.

Glynis Devereux, Deputy Director Junior School can be contacted by email gdevereux@smc.tas.edu.au for more information about this session and for hard copies of information for parents on Snapchat and Instagram.

Gai Bath and Andrea Maver
SMC Counsellors
gbath@smc.tas.edu.au
amaver@smc.tas.edu.au