

Our Kids Online



Dear Parent/Cargiver,

We are pleased to confirm that your child is about to start the Informed & Empowered Online Course module titled Online Safety: Years 5 & 6.

This module is to help all students learn a little bit more about how to stay safer online by helping them:

- have a better understanding of the overall potential dangers online relevant to their age group.
- identify five trusted adults.
- be able to identify basic emotions and how our mood can affect our behaviour.
- identify and have plans in place to deal with bullying and cyberbullying.
- identify how to approach online information that seems untrue.
- identify the potential dangers from online stranger interaction and have a plan in place to deal with potential predator exposure.
- have a better understanding of inappropriate content and have a plan in place to deal with an exposure.

The students will be able to complete their very own Safety Plan, and we would encourage you to go through this plan with them. This also helps with curiosity and preventing potential exposures.

We also recommend you implement the following to keep you child(ren) safer:

- Keep all devices out of bedrooms.
- Make your home a safe place for children to ask questions and have big discussions.
- Install Filters/Monitoring apps in your home and on devices.
- Know where to find reporting information if needed.
- Implement offline ways to reconnect as a family.

If you have not already attended the Cyber Safety Presentation for Parents/Caregivers through your school, we recommend that you please contact your school to find out if they will be running another evening prior to your child(ren) doing this module.

Alternatively you can head to our website [Our Kids Online](#), under the 'For Parents' tab, and enrol in 'The Big Reconnect', our online Cyber Safety Course for Parents/Caregivers which also contains this presentation.

You can purchase this course for a reduced cost of \$49 by entering the code below when you enrol:

RECONNECT50