

Our Kids Online



Dear Parent/Cargiver,

We are pleased to confirm that your child completed the Informed & Empowered Online Course module titled 'Years 7 & 8 Girls Social Media' in school today.

This module was to educate students to learn a little bit more about how to stay safer online when using social media by helping them:

- have a better understanding of the potential positive and negative impacts of social media.
- have an understanding of highlight reels and their role in comparisons.
- have a better understanding of compulsive use and how to prevent it.
- understand the potential negative impacts of social media on self-worth.
- identify ways to increase self-worth outside of image.
- understand different body types and the changing perceived ideal body type.
- consider what it means to be healthy and how to look after bodies.

The students were able to complete their own Safety Plan around this topic, and we would encourage you to go through this plan with them.

We also suggest the following tips to help keep your 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.

For more information, free resources and Online Safety Course for Parents - 'The Big Reconnect', head to our website [Our Kids Online](#).

Because your child's school has participated in the Informed & Empowered Programme, we are offering you 'The Big Reconnect' at a reduced cost of \$49 for 12 months access

To take up this offer, simply head to our website enter the code below:

RECONNECT50