eSafety

Today is eSafety day so I would like to point you in the direction of some resources and information that might be helpful in navigating the overwhelming minefield that is the internet.

There are 4 important points about children and technology:

1. Children are now growing up in a world where technology, electronic gadgets, and the internet are part of their everyday lives.
2. You cannot prevent your child from going on the internet. They can access through smartphones, at friend's houses, at school, at public libraries etc.
3. Children, especially teenagers, may not consider a parent or any adult to be the first port of call for support or advice. They will likely rely on their friends for guidance about online issues.
4. Keeping the lines of communication open with your child about online activity is vital so you can provide effective guidance.

What should parents do to make kids safer?

- Discuss possible issues before they arise and remain engaged with your child through conversation rather than monitoring.
- Try to work out solutions together if your child comes to you with an online issue.
- Young children can end up in places online that they never intended to go. Try to work through this blamelessly and calmly.
- Set clear boundaries and expectations that are specific and appropriate. Perhaps a list or a contract might be helpful.
- Install Electronic Security
- Just as we are teaching our children to be good citizens we should also be teaching them how to be good online citizens.

Remember – all a child has to rely on is what they have been taught: the ability to question what they see and hear, and to follow the strategies they have been shown.

TIPS FOR PARENTS

- Position computers and other devices in a family room
- Talk to your children regularly about their online activities
- Let your children know your expectations
- Model secure practices to help children learn safe strategies
- Keep computer security up to date and operational.
- Use filters to limit accidental access to unsuitable material.
- Work and play alongside your child when they are using technologies.

SOME HELPFUL WEBSITES AND INFORMATION

Smart Parenting for Safer Kids by Prof Freda Briggs – an excellent book about keeping kids safe. It is available from Protective Behaviours WA or I have a copy I am happy to loan out.

This is a NZ website but has some good advice and information. Also has a section on what to do if your child accidentally accesses pornography.
https://www.netsafe.org.nz/advice/parenting/

The eSafety website is an important website. Resources, statistics (which are frightening) and information and what to do if you need to need to report a website or cyber bullying.
https://www.esafety.gov.au/about-the-office/newsroom/events/safer-internet-day-2017

I have not read this book but have been told that it is very good.
http://www.notforkids.info/store/

Hey Sigmund is a great website for all sorts of things (mental health, parenting, schooling etc). This post is particularly good.
http://www.heysigmund.com/children-and-pornography/

I also have an eBook called Parenting One Step Ahead of Porn which I can send through if anyone is interested.

I hope that is not too overwhelming for anyone. If you have any questions please do not hesitate to contact me.

Juliet – Social Worker and Imperfect Parent