

Being Cybersmart at Home

The way we use technology has changed dramatically over the last decade. We are now more connected and devices are more portable and because of this, new dangers that we hadn't needed to consider in the past are now requiring attention. Luckily, government and private enterprise have been quick to recognise the dangers in the online world and a range of educational resources aimed at families are available.

One of the best we have come across is <http://www.schoolatoz.nsw.edu.au/technology>

The website is broad and covers a huge range of topics associated with being Cybersmart. These include:

- Raising Good Digital Citizens- Today's kids need new skills to behave safely and responsibly online. Good digital citizenship follows the same basic rules as good citizenship in the offline world.
- Cyberbullying- Minimising the risk of Cyberbullying taking place, recognising when it is and knowing how to respond.
- Managing screen time and access- Limiting daily use and setting technology curfews is a great way to ensure that kids are not getting too much screen time or using devices immediately before bed. Most devices are able to be locked. This is particularly useful to ensure that devices are used in a productive way. Details on how to do this for different devices are readily available online.
- Social media- Most social media sites have an age restriction for those under 13 years.

8 Hints to keep kids safe online from <http://www.schoolatoz.nsw.edu.au/technology>

1. Keep computers (and devices) out in the open
2. Keep personal details private. Do not use real names in chat rooms or post photos that have identifiers such as school uniform
3. Just because it's on the internet, it doesn't mean it's true
4. Stranger danger is online, too
5. Get a filter- Internet filters can help block inappropriate content
6. Encourage your child to talk with you about their online experiences
7. Good manners also exist online
8. Forever is a long time- Content we publish online is there forever.

We encourage all families to spend time exploring ways to ensure that they are being Cybersmart at home. The website mentioned above is just one of many excellent resources available. If you have any questions or concerns regarding this topic, please don't hesitate to contact the school.