



# NARRE WARREN NORTH PRIMARY SCHOOL

## Digital Learning Policy (Internet, Social Media and Digital Devices)

### PURPOSE

To ensure that all students and members of our school community understand:

- (a) our commitment to providing students with the opportunity to benefit from digital technologies to support and enhance learning and development at school
- (b) expected student behaviour when using digital technologies including the internet, social media, and digital devices
- (c) the school's commitment to promoting safe, responsible and discerning use of digital technologies, and educating students on appropriate responses to any dangers or threats to wellbeing that they may encounter when using the internet and digital technologies
- (d) our school's policies and procedures for responding to inappropriate student behaviour on digital technologies and the internet
- (e) the various Department policies on digital learning, including social media, that our school follows and implements when using digital technology
- (f) our school prioritises the safety of students whilst they are using digital technologies

### SCOPE

This policy applies to all students and staff at Narre Warren North Primary School.

Staff use of technology is also governed by the following Department policies:

- Acceptable Use Policy for ICT Resources
- Cybersafety and Responsible Use of Digital Technologies
- Digital Learning in Schools and
- Social Media Use to Support Student Learning.

Staff also follow our school's Acceptable Use Policy.

Staff, volunteers and school councillors also need to adhere to codes of conduct relevant to their respective roles. These codes include:

- Narre Warren North Primary School's Child Safety Code of Conduct
- The Victorian Teaching Profession Code of Conduct (teaching staff)
- Code of Conduct for Victorian Sector Employees (staff)
- Code of Conduct for Directors of Victorian Public Entities (school councillors)

### DEFINITIONS

For the purpose of this policy, 'digital technologies' are defined as digital devices, tools, applications and systems that students and teachers use for learning and teaching; this includes Department-provided software and locally sourced devices, tools and systems.



## **POLICY**

### **Vision for digital learning at our school**

The use of digital technologies is a mandated component of the Victorian Curriculum F-10.

Safe and appropriate use of digital technologies, including the internet, apps, chromebooks and tablets, can provide students with rich opportunities to support learning and development in a range of ways.

Through increased access to digital technologies, students can benefit from learning that is interactive, collaborative, personalised, engaging and transformative. Digital technologies enable our students to interact with and create high quality content, resources and tools. It also enables personalised learning tailored to students' particular needs and interests and transforms assessment, reporting and feedback, driving new forms of collaboration and communication.

Narre Warren North Primary School believes that the use of digital technologies at school allows the development of valuable skills and knowledge and prepares students to thrive in our globalised and inter-connected world. Our school's vision is to empower students to use digital technologies safely and appropriately to reach their personal best and fully equip them to contribute positively to society as happy, healthy young adults.

### **Safe and appropriate use of digital technologies**

Digital technologies, if not used appropriately, may present risks to users' safety or wellbeing. At Narre Warren North Primary School, we are committed to educating all students to use digital technologies safely, equipping students with the skills and knowledge to navigate the digital world. Please refer to the Appendix A: ICT Policy and Acceptable Use Agreements.

*At Narre Warren North Primary School, we:*

- use online sites and digital tools that support students' learning, and focus our use of digital technologies on being learning-centred
- use digital technologies in the classroom for specific purpose with targeted educational or developmental aims
- supervise and support students using digital technologies for their schoolwork
- effectively and responsively address any issues or incidents that have the potential to impact on the wellbeing of our students
- have programs in place to educate our students to be safe, responsible and discerning users of digital technologies, including SEL and a teacher planned cyber-safety curriculum
- educate our students about digital issues such as privacy, intellectual property and copyright, and the importance of maintaining their own privacy and security online
- actively educate and remind students of our Student Wellbeing and Engagement policy that outlines our school's values and expected student behaviour, including online behaviours
- have an Acceptable Use Agreement outlining the expectations of students when using digital technologies for their schoolwork
- use clear protocols and procedures to protect students working in online spaces, which includes reviewing the safety and appropriateness of online tools and communities and removing offensive content at the earliest opportunity



- educate our students on appropriate responses to any dangers or threats to wellbeing that they may encounter when using the internet and other digital technologies
- provide a filtered internet service at school to block access to inappropriate content
- refer suspected illegal online acts to the relevant law enforcement authority for investigation
- support parents and carers to understand the safe and responsible use of digital technologies and the strategies that can be implemented at home through regular updates in our newsletter, information sheets, website/Sentral and information sessions.

Distribution of school owned devices to students and personal student use of digital technologies at school will only be permitted where students and their parents/carers have completed a signed Acceptable Use Agreement.

It is the responsibility of all students to protect their own password and not divulge it to another person. If a student or staff member knows or suspects an account has been used by another person, the account holder must notify the classroom teacher, immediately.

All messages created, sent or retrieved on the school's network are the property of the school. The school reserves the right to access and monitor all messages and files on the computer system, as necessary and appropriate. Communications including text and images may be required to be disclosed to law enforcement and other third parties without the consent of the sender.

Information on supervision arrangements for students engaging in digital learning activities is available in our Yard Duty and Supervision Policy.

### **Social media use**

Our school follows the Department's policy on Social Media Use to Support Learning to ensure social media is used safely and appropriately in student learning and to ensure appropriate parent notification occurs or, where required, consent is sought. Where the student activity is visible to the public, it requires consent.

In accordance with the Department's policy on social media, staff will not 'friend' or 'follow' a student on a personal social media account, or accept a 'friend' request from a student using a personal social media account unless it is objectively appropriate, for example where the student is also a family member of the staff.

If a staff member of our school becomes aware that a student at the school is 'following' them on a personal social media account, Department policy requires the staff member to ask the student to 'unfollow' them, and to notify the school and/or parent or carer if the student does not do so.

### **Student behavioural expectations**

When using digital technologies, students are expected to behave in a way that is consistent with Narre Warren North Primary School's Statement of Values, Student Wellbeing and Engagement policy, and Bullying Prevention policy.

When a student acts in breach of the behaviour standards of our school community (including cyberbullying, using digital technologies to harass, threaten or intimidate, or viewing/posting/sharing of inappropriate or unlawful content), Narre Warren North Primary



School will institute a staged response, consistent with our student engagement and behaviour policies.

Breaches of this policy by students can result in a number of consequences which will depend on the severity of the breach and the context of the situation (outlined in appendix below).

Parents will be supported to educate their children at home through the use of the Cyberbullying Resource. Please refer to Appendix B: Cyberbullying Resource

## **COMMUNICATION**

This policy will be communicated to our school community in the following ways

- Available publicly on our school’s website or via Sentral
- Included in staff induction and child safety training processes
- Discussed at staff briefings/meetings as required
- Included in our staff handbook/manual
- Discussed at parent information sessions
- Emailed to parents at the beginning of each year
- Discussed in classrooms or with individual students

## **POLICY REVIEW AND APPROVAL**

Policy last reviewed	25 <sup>th</sup> May 2022
Consultation	Newsletter: 15 <sup>th</sup> June 2022 School Council: 7 <sup>th</sup> June 2022
Approved by	Principal and School Council
Next scheduled review date	May 2024



## APPENDIX A:

# Internet Use Acceptance Use Agreement and Chromebook Safety Protocols

## GUIDELINES FOR ACTION

### Teaching of ICT

The ICT program at Narre Warren North PS is comprised of two components; the teaching of skills to use technology (Information and Communication Technology), and the practical application of those skills to aid teaching and learning (Digital Literacy) through our 1-1 Chromebook Program for Grades 1 to 6. Preps share Chromebook.

- Chromebooks are allocated to individual students in Grades 3 to 6 and each child is responsible for their allocated device. Chromebooks are purchased from the school budget. These are the school's property and will remain at school.
- Teachers and students are to follow the guidelines and protocols on how Chromebooks are used in the classroom to reduce the risk of damage (attached).
- Students will be provided with regular use of Information and Communication Technology (ICT) where they will be taught the skills required for using technology as a learning tool. Students will apply the skills they learn through ICT to enhance their learning across other domains (Digital Literacy).
- Teachers will explore and use a wide range of ICT tools to engage, enhance and develop student learning.
- Professional development opportunities will be provided to up skill staff in the use of ICT tools to enhance student learning across the curriculum.
- Students will be given access to a wide range of networked and online tools to enhance their learning. Tools will be chosen based on their terms of service, security and privacy.
- Use of tools will be moderated at all times, as students are taught about safe and appropriate use of online technologies.
- Tools may include emails, blogs, wikis, podcasts, video conferencing, presentation tools, mobile apps and online communities, in a moderated and monitored environment. This list will be ever-changing as the online world continues to evolve.
- The Internet will be used as a communication tool between members of our school community, including parents. This includes the use of emails, mailing lists, classroom blogs, mobile apps and social networks, as appropriate.
- The use of all tools will be approved and moderated by the ICT Coordinator, or delegate.
- Teachers will educate students in the safe and responsible use of Chromebooks by following the guidelines and protocols attached.
- The cost of any damage to a Chromebook, whether accidental or intentional, cannot be met by the school and is the responsibility of the parent of the child who accidentally damaged it or the child who accidentally or deliberately damaged someone else's Chromebook or did not follow the protocols.



## **Online Behaviour**

- Students and staff will be aware of the appropriate use of technology and the possible hazards, including cyber bullying, inappropriate online content, disclosure of personal information, the safe use of hardware and copyright infringement.
- All staff as technology users are responsible for the ongoing monitoring of their own and students' technology usage, to ensure they are complying with the terms outlined in this policy, and those set by the DET (see link below).
- All online activity will be directly supervised by staff and shall be for educational purposes only.
- Users of technology will demonstrate our school values of Respect, Honesty, Responsibility, Persistence and Resilience at all times when working online.
- Users of technology will be taught about and demonstrate integrity when working online, representing themselves truly and respecting the intellectual property of others at all times.
- Users of technology will be taught about and act in accordance with privacy expectations, respecting the privacy and rights of others. Students may be identified by their first name, and with teacher approval, their photo and school when working online. This is to respect privacy but develop a positive online presence.
- Inappropriate online behaviour, or failure to follow these guidelines, will result in discipline in accordance with the Acceptable Use Agreement.
- Consequences are likely to include:
  - Network access suspension for a given period of time
  - Suspended Chromebook access
  - A conversation in line with our restorative practices framework
  - Other consequences as outlined in the school's Student Wellbeing and Engagement and Bullying Prevention policies.

## **Student Responsibilities**

### Students will:

- sign annually and follow the Internet Acceptable Use Agreement and Chromebook protocols at all times
- return the signed Chromebook guidelines and protocols form and follow them whilst using the device at school
- not keep any unacceptable or inappropriate material on the network, or keep files that threaten the integrity of the network
- keep passwords secure and private and not attempt to discover anyone else's password
- not be involved in cyberbullying behaviour. Students will act in accordance with the Narre Warren North Primary School Bullying Policy at all times
- only access information they have permission to access
- not alter information in files belonging to other members of the school community



- not attempt to breach the security of the school's computing facilities.

### **Teacher Responsibilities**

#### Teachers will:

- introduce or review the Internet Acceptable Use Agreement and Chromebook protocols at the beginning of each term
- explain to students their responsibilities as outlined in this policy
- inform Leadership if there is a breach of this policy
- teach students about acting safely and responsibly online
- respect the privacy and intellectual property of others
- encourage and teach students to be cyber-safe and report instances of cyber-bullying or unsafe online behaviour
- supervise the use of technology by students at all times, this includes use of the network and online tools
- use Sentral to collect data in regards to incidents of misuse and identify trends to improve student understandings
- only use the network for, or in connection with the educational or administrative functions of the school.

### **Parent Responsibilities**

#### Parents will:

- read through the Internet Acceptable Use Agreement and Chromebook Protocols with their child, sign and return the relevant form. Once returned the child will have access to the Chromebook.
- discuss appropriate online behaviour with children at home to ensure safe practices are reinforced
- Cover the cost of the Chromebook if their child accidentally damages it or deliberately damages someone else's Chromebook.



## INTERNET ACCEPTABLE USE AGREEMENT (Grades P-6)

Narre Warren North PS uses technology, including the Internet and email, as a teaching and learning tool. Technology is seen as a valuable tool, but one which must be used responsibly. Whilst student usage of the Internet and email is monitored and supervised at school, with restrictions and filters in place, the uncontrolled nature of the Internet means that full protection from questionable content cannot be guaranteed.

### Student Agreement

I agree to use the Internet and email at our school in a responsible manner for purposes stated by my teacher. If I find myself in unsuitable locations I will immediately click on the home or back button and inform my teacher.

When working on the Internet I will:

- Only work on the web for purposes specified by my teacher.
- Not give out information such as my surname, address, telephone number, email address or parents' work address/telephone number.
- Protect my password by keeping it private.
- Never send a person my picture without first checking with my teacher.
- Never send someone else's picture without asking them first.
- Not register my name on any websites unless specified by my teacher.
- Compose email messages using only language I understand is acceptable in my school.
- Be respectful in how I talk to and work with others online and never write or participate in online bullying. I understand that cyberbullying can be a criminal offence.
- Not respond to any messages that are unpleasant or that make me feel uncomfortable in any way. It is not my fault if I get a message like that and I will tell an adult.
- Use the technology at school for learning, use the equipment properly and not interfere with the work or data of another student.
- Not use someone else's log in details or Chromebook.
- Never delete the browsing history.
- Remember that the content on the web is someone's property and ask my teacher to help me get permission if I want to use information or pictures.
- Think carefully about what I read on the Internet, question if it is from a reliable source and use the information to help me answer any questions (I should not copy and paste the information as my answer unless I state where the information came from).
- Not adjust the settings of any school equipment without teacher consent.
- Not bring or download unauthorised programs, including games, to the school network or run them on school computers.
- Follow school guidelines and procedures when preparing materials for publication on the web.
- I will look after the equipment I use.
- Talk/email my teacher or another adult if:
  - I need help online.
  - I am not sure what I should be doing on the Internet.
  - I come across sites which are not suitable for our school.
  - Someone writes something I don't like, or makes me and/or my friends feel uncomfortable or asks me to provide information that I know is private.
  - I feel that the welfare of other students at the school is being threatened by online activities.

I have discussed this with an adult and understand that breaches of the rules may see me lose my Internet/email access rights for a period of time determined by my teacher or Principal. If I damage the equipment, even if accidentally, I understand I am responsible for covering the costs of any repairs or replacement of the device as outlined in our Internet Policy.





## **1:1 CHROMEBOOK SAFETY PROTOCOLS**

Narre Warren North Primary School is committed to providing the best possible learning environment for all students. As part of this commitment we believe that in today's society it is necessary for students to have access to technology throughout the day.

Our school has provided students with a Chromebook so that all students are able to access the internet as part of their learning at school. Chromebooks are allocated to individual students (3-6) and each child is responsible for their allocated device. These are the school's property and will remain at school. The warranty of new Chromebooks does not cover accidental damage. The cost of any intentional damage to a Chromebook cannot be met by the school and is the responsibility of the parent of the child who damaged it.

Below is an outline of protocols that will be used in our school to ensure that there is minimal damage to the Chromebook. These guidelines and protocols are to be read in conjunction with the ICT Policy and Internet Acceptable Use Agreement and Digital Learning Policy.

### **Responsibilities of students**

- Water bottles are not on the table next to the Chromebook
- Food is not to be near the Chromebook
- The Chromebook is to stay on the table when it is being used or put where instructed by the teacher.
- The Chromebook is not to be used on the stable tables. Must be on the student's desk.
- The Chromebook is not to be used on the floor
- The Chromebook must be closed when walking around the room (closed screen)
- When moving between buildings, e.g. for streaming, the Chromebook is to be put in a bag (book bag from the beginning of the year) and carried across the body
- The Chromebook is to be carried with 2 hands close against the chest
- When putting the Chromebook away only 3-4 children are to line up to return these. Other students must wait at their tables
- Chromebooks must be put away at the end of lessons before specialist classes if not needed by the Specialist
- Students are not to plug in the charger cords unless they are selected monitors.
- Touch the keyboard carefully, not roughly
- Students must have clean hands before use
- Treat the Chromebook respectfully, not roughly, always using 2 hands to move or carry it
- The lid of the Chromebook is not to be slammed shut. 2 hands must be used
- Only the student who is responsible to use the Chromebook is to have access – they are not to be shared with a friend or used by someone else, except in Prep
- Let the teacher know if you see someone interfering with your Chromebook
- Follow and abide the ICT the Internet User Agreement, protocol and ICT Policy.

### **Responsibilities of teachers**

- Check and monitor that the students are following their responsibilities for the use of the Chromebook
- Only monitors are to plug in the charger cords. Monitors are to be chosen carefully by the teacher



- If Chromebooks are on a trolley this is to be brought into the classroom so that accessing and putting Chromebooks away can be monitored
- If Chromebooks are in a storage room only one child at a time is to enter to put the Chromebook away
- Students are to be supervised when collecting or returning Chromebooks.
- Chromebooks are not to be shared except for the Preps where there is not 1:1 Chromebooks made available
- Chromebooks are not to leave the classroom without teacher supervision
- When a teacher is absent ensure that the CRT has access to this document
- The Chromebook is only to be taken to a Specialist when requested by the teacher.

.....

## ICT Policy, Internet Use Acceptance Use Agreement and Chromebook Safety Protocols

*(Copy of the Policy is to be retained by the parent)*

*Please note:* It is a requirement that this document is signed each year before students receive a Chromebook to use at school.

### **Parent and Student ICT Agreement :**

We / I have read and agree to the conditions as outlined in the Narre Warren North PS Digital Learning Policy

We / I have read and agree to the Internet Acceptable Use Agreement (Grades Prep – 6)

We / I have read and agree to adhering to the Chromebook Safety Protocols outlined in the Policy.

We / I agree that if my child damages the Chromebook, their own or someone else’s or on purpose, I/we are responsible for the repairs or replacement to the Chromebook.

**Child’s name:** \_\_\_\_\_ **Grade:** \_\_\_\_\_

Parent Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Student Signature: \_\_\_\_\_ Date: \_\_\_\_\_



## **APPENDIX B:**

# **Cyber Bullying Policy**

## **RATIONALE**

Narre Warren North Primary School is committed to child safety and establishing and maintaining child safe and child friendly environments where all children are valued and feel safe. We have zero tolerance of child abuse, and all allegations and safety concerns will be treated very seriously and consistently through our policies and procedures.

At Narre Warren North Primary School we believe that all children have the ability to learn. By providing all school environments (this includes onsite, online activities and offsite for excursions, camps, etc. and outside of school activities) that are stimulating, safe, happy and positive, we foster the learning potential of our children.

**Cyber bullying involves the use of information and communication technologies to support deliberate, repeated, and hostile behaviour by an individual or group, that is intended to harm others. Bullies deliberately set out to intimidate, exclude, threaten and/or hurt others repeatedly. Bullying is a clear form of harassment. People who use the internet, email, intranets, phones or similar technologies to bully others are cyber bullies and are breaking the law.**

## **PURPOSE**

Bullying in any form is unacceptable. Bullying that is carried out through an internet service, such as email, chat room, discussion group, instant messaging, social media or through mobile phone technologies such as short messaging service (SMS) is cyber bullying. Cyber bullying will not be tolerated at any level at school, and consequences exist for students who choose to bully others.

### **Aims:**

- To reinforce within the school community what cyber bullying, and the fact that it is unacceptable.
- That everyone within the school community will be alert to signs and evidence of cyber bullying and have a responsibility to report it to staff whether as observer or victim.
- To ensure that all reported incidents of cyber bullying are investigated appropriately and that support is given to both victims and perpetrators.
- To seek parental and peer-group support and co-operation at all times.
- To provide those being bullied with the skills and structure to protect themselves and report any instances of bullying.

## **GUIDELINES FOR ACTION**

Parents, teachers, students and the community will be aware of the school's position on cyber bullying. Teachers will be regularly reminded of their duty of care regarding protection of students from all forms of bullying.

The school will adopt a four-phase approach to bullying.



### **Primary Prevention:**

- Professional development for staff relating to all forms cyber bullying.
- Educate the school community about the seriousness of cyber bullying, its impact on those being bullied and how this behaviour is unacceptable.
- Community awareness and input relating to cyber-bullying, its characteristics and the school's programs and response.
- Provide programs that promote resilience, life and social skills, assertiveness, conflict resolution and problem solving.
- Each classroom teacher will clarify with students at the start of each year the school policy on bullying, including cyber-bullying.
- Students from Grade 1 to 6 will be provided with individual and confidential computer log ins and passwords. Prep students will be provided with a cohort computer log in and password and are monitored during internet usage. As part of our Cyber Safety Program students are taught to keep their password secure and private. Firewalls are installed to eliminate outside traffic into the school's network and to ensure students cannot email outside the domain.
- The use of mobile phones and smart watches by students will be limited with consequences to be implemented for any students who use mobile phones and smart watches inappropriately, in line with the school's mobile phone policy.
- All members of the school community to promote Cyber Safety including 'if not nice get advice, if you do not like what you see get help immediately, ask a parent before downloading and keeping private information safe.'
- Focus on cyberbullying/safety and scaffolded to meet the needs as student usage changes.
- Parents and students sign an internet users' agreement at the beginning of each year outlining the ways that students will be using the internet at school.

### **Early Intervention:**

- Encourage children and staff to report cyberbullying incidents involving themselves or others.
- Teachers monitor internet usage in the classroom.
- Parents encouraged to contact the teacher if they become aware of a problem.
- Teachers will record incidents on Sentral tracking patterns in behaviour.

### **Intervention:**

- Parents to be contacted.
- Discussions held between students and parents

### **Post Violation:**

- Consequences for students will be individually based and may involve:-
  - exclusion from class.
  - school suspension.
  - ongoing counselling from appropriate agency for both victim and bully.
  - exclusion from using IT/chromebooks except for testing purposes.

This policy is to be read in conjunction with the school's policies: Student Wellbeing and Engagement Guidelines, Child Safety and related policies, Bullying Prevention Policy Digital Learning Policy and DET guidelines.



## CYBERBULLYING RESOURCE

The Narre Warren North PS ICT Acceptable Usage Policy aims to promote students' independent and collective responsibility as digital citizens on social media, in the online space.

Legally, young people are unable to join social media platforms under the age of thirteen. Both the physical age of your child and their level of maturity and resilience can affect their ability to have positive experiences on social media. [The e-safety website](#) outlines other reasoning for the legal age, including:

- Anonymous communications
- Content sharing (photos/videos)
- Gaming
- Location Sharing

There are some benefits to social media including:

- staying connected with friends and family
- enhancing creativity by sharing ideas, music, and art
- meeting and interacting with others who share similar interests
- communicating with peers

Importantly, how we teach our young people to navigate their responsibilities on social media must be supported at home, as well as reinforced at school.

[Stopbullying.gov](#) explains, 1 in 4 people experience cyberbullying. Cyberbullying is bullying that takes place over digital devices like mobile phones, computers, and tablets. Cyberbullying can occur through Text, and apps, or online in social media, forums, or gaming where people can view, participate in, or share content. Cyberbullying includes sending, posting, or sharing negative, harmful, false, or mean content about someone else. It can include sharing personal or private information about someone else causing embarrassment or humiliation. Some cyberbullying crosses the line into unlawful or criminal behaviour.

### **What can parents/carers do at home to promote positive online behaviour?**

It's important that families role-model positive online behaviour at home and establish clear expectations around its purpose and usage.

Some strategies include:

- Get familiar with the different social media platforms your child may be using (download TikTok, Instagram, discord, Facebook etc.)
- Allow your child to use social media only once they have demonstrated the maturity and readiness to be on such diverse platforms.
- Lead by example: *when introducing social media into your family, speak with your child about posts you are creating and the intention behind what you are sharing and 'why'. Talk through your social media rules 'I only accept friends who I know'; 'My profile is private because...'*



- Establish as a family the boundaries and routines around social media *'We will only be on social media for a maximum of 30-minutes a day'; we (the parents/carers) will be on your friends list; passwords must be visible and shared; we are only on our devices in public spaces; mobile phones must be charged in the kitchen at night'*.
- Where there are expectations, ensure there is accountability measures to establish the positive routines and behaviours.
- Discuss what poor online behaviour might look like, sound like and feel like, including what you would do in that situation (block, report, delete).

#### **What can I do if I find my child has been cyberbullied?**

- Stay calm and don't panic; instead of taking away their device, be curious about the circumstances to talk through what occurred, how it made them feel.
- Block, Report and Delete the message and the person who wrote it.
- If needed, keep evidence by taking screen shots and act protectively (should it be necessary) by informing appropriate services (i.e. police).
- Keep checking in with your child after the incident.
- If necessary, seeking counselling support .
- Be judicious in your approach to connect with the perpetrator.
- Inform the school of the interaction for additional support.

#### **What can I do if I find my child is the cyber bully?**

- Stay calm and don't panic
- Acknowledge the issue by accepting that your child has done something wrong – this is a vulnerable thing to accept. Do not trivialise or ignore the behaviour (whether the cyberbullying was initiated or occurred in defence). Try to understand the cause of the interaction.
- Stop the bullying. Go back to your conversations around boundary settings and expectations on social media use. Enact the accountability measures established by your family.
- Investigate the extent to your child's bullying through reviewing their social media use. It could span multiple environments, websites, apps and devices. It could be very direct and observable, or indirect and extremely subtle. Work to fully understand what happened and where.
- Support your child to empathise with the experiences of the other person.
- Set up clear parental controls to monitor your child's future activities.
- Share your concerns with others. Connect with others from your immediate friendship group, school community or other organisations – you are not the only parent/carer who has faced these issues.
- Stay educated by keeping up with new technologies and sites that your kids (and their peers) are using. You should also know where to get help and communicate with others (especially school staff) who have relevant experiences and strategies to share.

#### **Where can I access relevant resources for support?**



Kids Health – Social Media Smarts: <https://kidshealth.org/en/parents/social-media-smarts.html>

Reach Out – Encourage Positive Behaviour: <https://parents.au.reachout.com/skills-to-build/wellbeing/things-to-try-social-media/encourage-positive-online-behaviour>

ESafety Commission- <https://www.esafety.gov.au/parents>

Stop bullying - <https://www.stopbullying.gov/cyberbullying/what-is-it>

Raising Children: <https://raisingchildren.net.au/>