Cybersafety and Protecting Your Children Online

We remind parents that it is of critical importance to have the correct monitoring and filtering on any devices (computers, laptops, iPad's, phones etc.) that your children are utilising. In light of the additional number of hours that your children are spending on their devices, and at times it may be under less supervision that you would normally be able to provide, we refer you to some guidelines below that have been provided to us by an expert psychologist.

1. We strongly encourage parents to consider installing a filter on their devices. Keep in mind that your child's access to the internet at school is monitored via a filter. Please ensure to speak to a software expert to determine what is the best system for your needs.
2. If you haven't done so already, have a conversation with your child about the importance of safe internet use.
3. Ensure your child is not alone when using a computer. This may be difficult due to noise distractions; however, headphones can be useful to address this.
4. If your child needs to research something for a school assignment, ensure they use child-friendly search engines.
5. As best as you can, try to keep track of your child's use. If they are using the computer for a lesson or fixed period of time, put a timer on for that amount of time.
6. Make sure older siblings follow your internet safety rules, like accessing only age-appropriate content when they go online with younger children.
7. If your child is completing work on the computer which does not require internet, turn off the Wi-Fi connection during this time.
8. Do spot checks on your browser history.
9. Do your best to ensure your children don't learn your login password, and change your passwords regularly.
10. If your child does make a mistake, do your best to utilise it as a learning opportunity and to have a conversation about safe internet use. This will increase the likelihood that they will approach you if it happens again.

The above is not meant to be comprehensive, and we are mindful of further overloading people, who are already struggling to keep up with the constant stream of updates and information. However, please take the time to review the above guidelines, taking into consideration your own circumstances.