

Some Notes about e-Safety for MFIS Parents:

With the move to remote online learning and with social connections being increasingly made using online platforms, there have been increased risks to children. Parents are in the best position to guide and support children mitigate these risks. The e-Safety Commissioner has released a COVID-19 online safety guide (see link below). Some top tips for parents include:

1. **Use devices in open areas of the home** — this can help you manage and be aware of who your child interacts with online
2. **Set time limits** that balance time spent in front of screens with offline activities — **a family technology plan** can help you to manage expectations
3. **Know the apps, games and social media sites your kids are using.** Make sure they are age appropriate. Learn how to limit messaging or online chat and location-sharing functions within apps or games.
4. **Check the privacy settings on the games and apps your child is using** and make sure their profiles are turned on to the strictest privacy setting. Restrict who can contact your child.
5. **Build an open trusting relationship around technology** – let your child know child they can come to you if something goes wrong or does not feel right online.
6. **Co-view and co-play with your child online.** This will help you better understand what they are doing and why they enjoy playing.
7. **Build resilience skills.** Help your child develop digital intelligence and social and emotional skills.
8. **Empower your child** — help them make wise decisions for themselves. Teach about what are expected and unexpected behaviours and where they can go for help.
9. **Use available technologies to set up parental controls** on devices that can filter harmful content, monitor your child's use and limit or block their time on connected devices or functions (e.g. cameras, in-app purchases). Active parenting is best and free but for times when you need additional support useful Safety Apps may help, e.g. **FamilyZone, Norton Family, Qustodio, and NetNanny** (some have free trial periods).
10. **Be alert to signs of distress** and know where to go for more advice and support.

Additional e-Safety Resources and Support:

Behind the Screen in Quarantine - Free LIVE Online Program

https://www.facebook.com/profile.php?id=2852026774905555&ref=br_rs (a new Australian Muslim FB group with a live forums on the 11th, 15th and 18th of April with a focus on fighting pornography in our communities)

eSafety Commissioner <https://www.esafety.gov.au/sites/default/files/2020-04/aus-global-parent-online-safety-advice.pdf> or <https://www.esafety.gov.au/about-us/blog/covid19-online-safety-kit-parents-and-carers>

Stay Smart Online: <https://www.staysmartonline.gov.au/protect-yourself/protect-your-stuff/cyber-security-your-family?fbclid=IwAR2tQZKPwKPS5gJrvCMaS6JV98PWz2Ms5Dnt-DlMNR-qb7goXBoslwnXp5c>

Please check out the other parenting tips on the MFIS website for further support and resources and remember the MFIS Counsellors can provide support if required. Get in touch by emailing:

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