Parent Seminar Notes:
- Cyber Safety Awareness –

o Girls (and to a lesser extent boys) are being tricked into sending naked or partially naked photos of themselves to a boy they like, hoping the boy will like them if they do what they want. This gives the boy leverage to force the girl (or boy) into sending more photos, and if they don't then they bribe them saying they will put their photo on social media for everyone to see. The girl (or boy) is then trapped and feel they can't do anything.

o Self-harming and suicide are common results of girls being trapped into sending naked photos.

o Be mindful how much detail you put about yourself, such as where you check in. Paedophiles will track children and their movements, and build a lot of knowledge about them. Then they find them somewhere based on their online activity.

o Never "check-in" at your home.

o Online paedophiles teach children a special language, such as typing POS, which means 'parent over shoulder'.

o Watch out for changes in your child's behaviour. If they become withdrawn, depressed, it could be a sign of cyber or online bullying.

o Always report cyber bullying.

o Always have your home internet locked and secured with a password.

o If your children are being bullied online, take screen shots and keep evidence.

o Some very interesting shows to watch: "*The Social Dilemma*" (documentary) and "*The Undeclared War*" (movie based on true events).

o Where to get help: **Kids Helpline; Headspace; Beyond Blue**.