Coping Through COVID

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SOME NOTES:

What are you hoping we cover?

Focus:

- Helping children cope throughout this time
- Facilitating online learning
- Cybersafety and Screen Time
- Questions?

Helping Children Cope

1. Pay attention to your child's emotions and needs
2. Be aware of your own behaviour
3. Communication is important
4. Tell them the facts
5. Explain what efforts are being made to contain the virus
6. Restricting exposure to the news and media
7. Focus attention away from coronavirus
8. Finally, offer practical advice

Department of Education - Coronavirus: Advice for parents and carers to support children and young people.
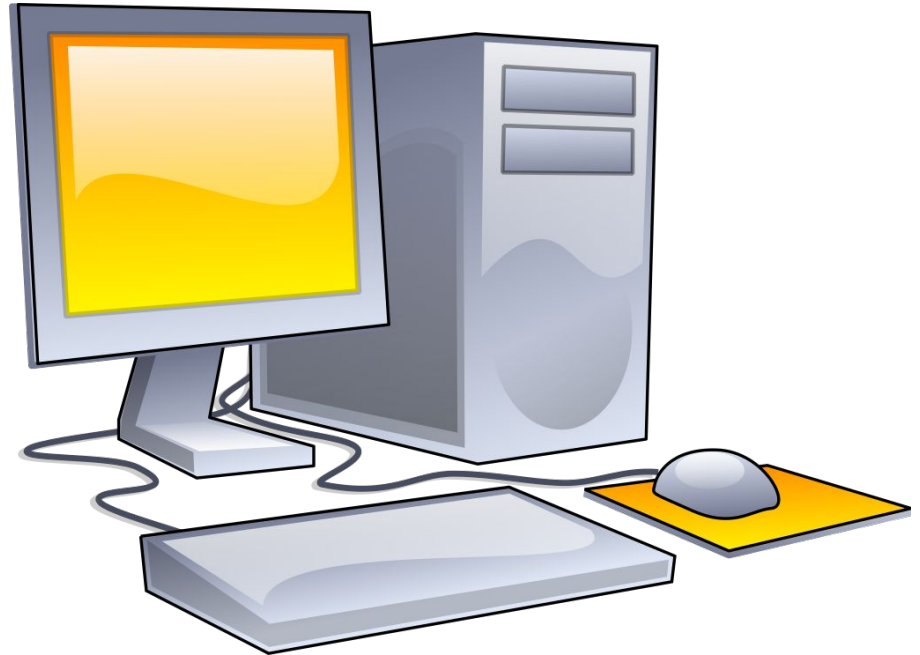
Resources

[TCEO Support for Families - COVID-19](#)

[Student Wellbeing Hub - Parents](#)

[EQ - Coronavirus Fact Sheet](#)

Facilitating Online Learning

TCEO Continuity of Learning for Parents

Parent Responsibilities

- establishing routines and expectations <u>P- Year 2 Example Timetable</u> <u>Years 3-6 Example Timetable</u> *Secondary students should check with school
- defining a space for your child to learn and have another adult monitoring <u>Checklist for Home Learning Environments</u>
- monitoring communications from school and teachers
- taking an active role in helping your child process his/her learning
- encouraging physical activity and/or exercise
- checking in with your child regularly to help him/her manage stress
- monitoring how much time your child is spending online
- setting rules around your child's social media interactions
- communicating with the school if your child is unable to participate in the learning at home
- <u>Guidelines for use of Video Conferencing for Parents</u>

Student Responsibilities

- establishing and/or following a daily routine for learning
- identifying a safe, comfortable, quiet space in their home where they can focus effectively and successfully
- regularly monitoring the school's communication to check for announcements and feedback from teachers
- completing tasks with integrity and academic honesty, doing their best work
- doing their best to meet timelines, commitments, and due dates
- communicating proactively with their teachers if they cannot meet deadlines or require additional support
- collaborating and supporting their classmates in their learning
- seeking out and communicating with school staff as different needs arise
- Guidelines for use of Video Conferencing for Students

Cybersafety & Screen Time

Australian Edition

COVID-19 Global ONLINE SAFETY ADVICE for parents and carers

Australian Government · eSafety Commissioner · esafety.gov.au

eSafety's Top 10 Tips...

1

Build an open trusting relationship around technology — keep communication open and supportive so your child knows they can come to you if something goes wrong or does not feel right online.

2

Co-view and co-play with your child online. This will help you better understand what they are doing and why they enjoy an app, game or website, as well as providing a great opportunity to start conversations about online safety.

3

Build good habits and help your child to develop digital intelligence and social and emotional skills — such as respect, empathy, critical thinking, responsible behaviour and resilience — and practice being good online citizens.

4

Empower your child — wherever possible, help them make wise decisions for themselves, rather than telling them what to do. Try to provide them with strategies for dealing with negative online experiences that will build their confidence and resilience.

eSafety Commissioner (2020). COVID-19 Global Online Safety Advice for parents and carers. Retrieved from: https://www.esafety.gov.au/sites/default/files/2020-04/aus-global-parent-online-safety-advice_1.pdf

5

Use devices in open areas of the home
— this can help you manage and be aware of who your child interacts with online through phones, tablets, smart TVs, gaming consoles and other connected devices.

6

Set time limits that balance time spent in front of screens with offline activities
— a **family technology plan** can help you to manage expectations around where and when technology use is allowed — you could even fill in an Early Years **Family Tech Agreement**.

7

Know the apps, games and social media sites your kids are using, making sure they are age-appropriate, and learn how to limit **messaging or online chat** and **location-sharing** functions within apps or games, as these can expose your child to unwanted contact and disclose their physical location. For more advice

- **The eSafety Guide** includes information to help parents and carers choose safer apps and report and block unwanted contact and sexual approaches.

eSafety Commissioner (2020). COVID-19 Global Online Safety Advice for parents and carers. Retrieved from: https://www.esafety.gov.au/sites/default/files/2020-04/aus-global-parent-online-safety-advice_1.pdf

8

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 or ask them to check in with you before accepting new friends.

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).

10

Be alert to signs of distress and know where to go for more advice and support.

- Report harmful online content to eSafety at esafety.gov.au/report.
- Contact a free parent helpline or one of the other many great online counselling and support services for help. Kids, teens and young adults can contact Kids Helpline online or by phone on 1800 551 800 and the service also provides guidance for parents.

eSafety Commissioner (2020). COVID-19 Global Online Safety Advice for parents and carers. Retrieved from: https://www.esafety.gov.au/sites/default/files/2020-04/aus-global-parent-online-safety-advice_1.pdf

Cyberbullying
Image-Based Abuse
Illegal and Harmful Content

esafety.gov.au/report

Managing Screen Time
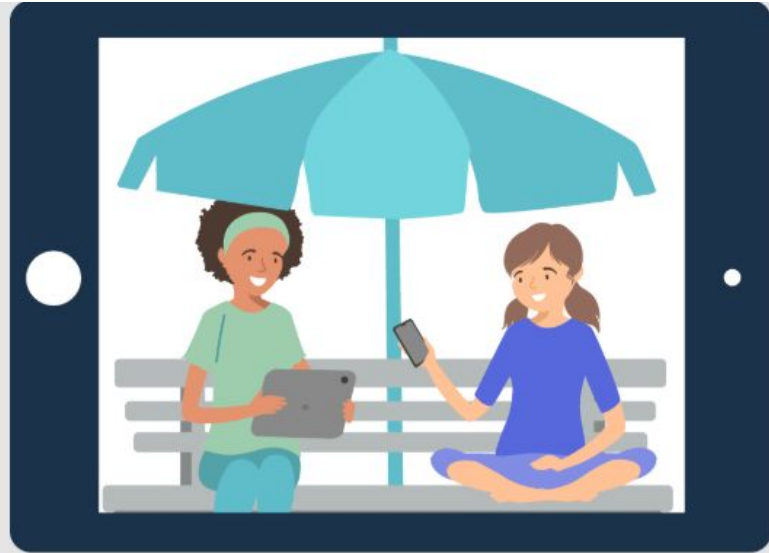
DIGITAL PARENTING

managing screen time

Kids (ages 6-12), Teens (ages 13-17)

Tips for Screens...

1. Be involved - This allows you to assess appropriateness of content, gauge how they are using technology and keep the communication open.
2. Set boundaries together - Work together to come up with appropriate limits and times for screen use.
3. Be clear about consequences - older children may be able to be part of this decision making process
4. Set device-free times and zones - such as, no devices in bedrooms, all screens off at dinner etc.
5. Ask your child to explain their screen use - this allows them, and you, to assess their screen habits
6. Use tools to help manage access - parental controls and monitoring systems are available
7. Lead by example - reflect on your own screen habits

Available from: https://www.esafety.gov.au/parents/big-issues/time-online

Setting up parental controls...

Parental controls are software tools that allow you to monitor and limit what your child sees and does online. Such as:

- Block your child from accessing specific websites, apps or functions (like using a device's camera, or the ability to buy things).
- Filter different kinds of content — such as 'adult' or sexual content, content that may promote self-harm, eating disorders, violence, drugs, gambling, racism and terrorism.
- Allow you to monitor your child's use of connected devices, with reports on the sites they visit and the apps they use, how often and for how long.
- Set time limits, blocking access after a set time.

Visit eSafety Taming the Technology for more information on individual platforms.

All Information available from: https://www.esafety.gov.au/parents/skills-advice/taming-technology

Where to from here...

- Commit to a time to review some of the information that has interested you tonight
- Pick one issue you would like to review further
- Schedule a time to talk to your family about technology use
- Make a plan for regular communication

Supports and Services....

- eHeadspace—1800 650 890 (for 12-25-year-olds)
- Kids Helpline—1800 55 1800 (for 5-25-year-olds)
- Lifeline—13 11 14 (for crisis support and suicide prevention)
- Beyond Blue—1300 22 4636 (for anxiety, depression and suicide prevention)
- 1800 Respect—1300 737 732 (for sexual assault, domestic and family violence counselling)
- counselling through your local GP or community health service
- As well as school supports.

Questions...?