KADINA
MEMORIAL SCHOOL

Learning For Our Future   Principal: Debbie Terrett   *Opportunity • Respect • Excellence*

Thursday 12 April 2018

Circular to families re social media security

We are aware home computer security can be by-passed with children accessing social media accounts without their family's permission. We provide this information so you can check your home accounts are safe with your children accessing the internet as per your boundaries.

In addition to this as we move into the school holidays we provide for families the following information that we teach explicitly at school so all have a safe holiday break.

Social Media access: Facebook's Statement of Rights and Responsibilities require users of the social network to be at least 13 years old (and even older, in some jurisdictions). Providing a false age to access this is illegal. The 13 year age limit was set as this is the age information (eg behaviours, interests, addresses etc) can be legally collected from social media accounts without the permission of parents and guardians. It does not mean all accessing at this age have the skills to manage social media accounts. We recommend if you chose for your child to engage in social media that close supervision occurs.

Net safety: Dr Kirsty Goodwin who last year delivered local training for families around internet safety recommends down time (ie time away from screens) as research consistently tells us children have seven, basic developmental priorities (relationships, building language skills, sleep, play, physical activity, nutrition and thinking/behaviour regulation skills) that ensure their optimal development. It's critical screen-time doesn't displace opportunities for these basic needs to be met. **Her formula for calculating healthy amounts of screen-time is: 24 hours – sleep* – physical activity* – time for 5 other basic developmental needs = time available for screen-time. See sleep recommendations (reverse of circular)**
She also recommends the use of a net safety screen such as Family Zone https://www.familyzone.com/au/

Phones are not required at school: If families choose for their children to bring a phone to school all are reminded that:
- R-6 student's phones must be given to the teacher to be kept in a safe space for the day. Phones kept elsewhere are at a student's risk of loss.
- Years 7-9 students are not permitted to have phones in classrooms/learning situations.
- Years 10 -12 students are not permitted to use phones class without the teacher's direct permission. Apart from these times phones must be out of sight or in the phone 'car park'.

All students if asked to hand over their phone MUST do so. It will be safely stored in the Front office for collection at a time their teacher allocates with the family informed of misuse of the phone.
The taking of photos and filming others requires permission (from student's families), as does posting on social media (even students in the background with their back to the camera). Images taken at school can only be posted according to parent permissions.
When students are in school uniform they represent the school and our values and misuse of electronic devices is considered seriously by the school community.
As a school, we must ensure all social media posts meet legal boundaries. Students and their families sign a cyber-safety agreement for the use of ICT at school on enrolment, indicating responsible and legal use of electronic information and devices. All are accountable to this with consequences surrounding misuse.
We ask families to be aware of the above so wise and safe decisions are made by all. Attached is the Department's brochure regarding cyber-safety which provides greater information about this area.
Have a great break and we look forward to school returning on Monday 30 April for a rich term of learning,
Cheers

Debbie Terrett

Debbie Terrett

UPDATED AUSTRALIAN MOVEMENT, SLEEP & SEDENTARY GUIDELINES

Source: www.health.gov.au.

0-5 YEARS

MOVEMENT
0-1 years- 30 minutes tummy time
1-2 years- 3 hours/day of physical activity
3-5 years- 3 hours/day

SLEEP
0-1 years- 14-17 hours/24 hour period
1-2 years -11-14 hours/24 hour period
3-5 year olds- 10-13 hours/24 hour period

SEDENTARY (SCREENTIME)
0-1 years- <1 hour/day restrained, no screentime
1-2 years- <1 hour/day restrained, no screentime
2-3 years- <1 hour/day restrained, 1 hour/day screentime
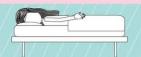3-5 years- <1 hour/day restrained, 1hour/day screentime

5-12 YEARS

MOVEMENT
60 minutes/day (moderate to vigorous)

SLEEP (NOT UPDATED IN 2017)
9-11 hours/night

SEDENTARY (SCREENTIME)
No more than 2 hours/day with screens for entertainment
Break up long periods of sedentary activity

12-17 YEARS

MOVEMENT
60 minutes/day (moderate to vigorous)
3 days/week activities that strengthen muscles & bones

SLEEP (NOT UPDATED IN 2017)
8-10 hours/night

SEDENTARY (SCREENTIME)
No more than 2 hours/day with screens for entertainment
Break up long periods of sedentary activity

Become cybersmart

Get to know the resources and information available from the ACMA Cybersmart website at www.cybersmart.gov.au

Tips for children and young people

If cyber bullied:
- stay calm
- think clearly
- talk to trusted peers and adults.

Access:
- information from the websites listed in this pamphlet
- confidential counselling from the SA Youth Healthline on 1300 131 719 or the Kids Helpline on 1800 55 1800.

Where you can get help

Your school

Keeping children and young people cybersafe is in everyone's best interest. Contact the school which your child attends. Principals can act on events beyond the school gate when student wellbeing at school is affected.

Helplines for parents and caregivers

If you need additional advice, for DECS schools contact the DECS Parent Helpline: 1800 222 696. For Catholic and independent schools, phone the school.

For confidential support, phone the ACMA Cybersafety Contact Centre on 1800 880 176 or the SA Child and Youth Health Parent Helpline on 1300 364 100.

Want to express your concern?

About an e-crime

If you think the cyber event you know about may constitute a crime (see overleaf) you can contact your local police station or BankSA Crime Stoppers on 1800 333 000. Advice is also available from the ACMA Cybersafety Contact Centre on 1800 880 176.

About your child accessing offensive sites

If you wish to report offensive or illegal content or online child exploitation you can complain to ACMA. At www.cybersmart.gov.au go to 'cybersafety help'. ACMA will investigate the matter for you, but will not investigate complaints about something that a person disagrees with or simply does not like.

Websites worth visiting

- Kids Helpline www.kidshelp.com.au
- Child and Youth Health www.cyh.com.au
- Cyberbullying Stories www.cyberbullyingstories.org.au
- DECS advice to parents and caregivers www.decs.sa.gov.au/speced2/pages/bullying/ www.decs.sa.gov.au/speced2/pages/cybersafety/
- Bullying. No way! www.bullyingnoway.com.au
- Australian Communications and Media Authority (ACMA) Cybersmart website www.cybersmart.gov.au
- ThinkUKnow internet safety program www.thinkuknow.org.au

Cyber bullying, e-crime and the protection of children and young people

Advice for families

This pamphlet provides information and advice about what to do if children or young people are feeling unsafe or uncomfortable following online or mobile phone communications, or exposure to offensive internet sites.

Government of South Australia
Department of Education and Children's Services

Catholic Education SOUTH AUSTRALIA

AISSA
ASSOCIATION of INDEPENDENT SCHOOLS of SA

What is cyber bullying?

E-technology provides individuals with a powerful means of communicating instantly with others in both positive and negative ways.

Cyber bullying is bullying which uses e-technology as a means of victimising others. It is the use of an internet service or mobile technologies – such as email, chat rooms, discussion groups, instant messaging, webpages or SMS (text messaging) – with the intention of harming another person.

Examples can include communications that seek to intimidate, control, manipulate, put down or humiliate the recipient.

Activities can include repeated negative messages, sexual and racist harassment, denigration, impersonation, trickery, exclusion and cyber stalking.

Cyber bullying may involve varying levels of severity, ranging from occasional messages to frequently repeated and highly disturbing threats to a person's life.

The targeted person often feels powerless and may need help.

Cyber bullying can be an e-crime, a fact often not clearly understood by those involved.

What is e-crime (electronic crime)?

E-crime occurs when a computer or other electronic communication devices (eg mobile phones) are used to commit an offence, are targeted in an offence, or act as a storage device in an offence.

A minority of children and young people are involved in e-crime.

Examples from the South Australian Police (SAPol)

Sexting may be an e-crime

With my mobile phone I took a photo of my girlfriend naked and sent it by text to everyone. What a laugh!

Offence: Production or dissemination of child pornography

Maximum penalty: Imprisonment for 10 years

Impersonation may be an e-crime

I got into their email account and sent abusive emails to everyone in the address book.

Offence: Unlawful operation of a computer system

Maximum penalty: Imprisonment for 6 months or $2,500

Intimidation may be an e-crime

He told me if I didn't do what he said he would put that photo on the internet and tell all my friends. I was so embarrassed.

Offence: Blackmail

Maximum penalty: Imprisonment for 15 years

Harassment may be an e-crime

I created a website about X and we all put stuff on there about how much they and everyone else like them are hated.

Offence: Racial vilification

Maximum penalty: $5,000 or imprisonment for 3 years, or both

Other offences

Using internet or mobile phone carriers:
- for suicide-related material
  Maximum penalty: $100,000
- to make a threat
  Maximum penalty: Imprisonment for 7 years
- to menace, harass or cause offence
  Maximum penalty: Imprisonment for 3 years.

What schools are doing to protect students

Research shows schools are one of the safest environments for your child. South Australian schools have been shown to have the lowest rate of school bullying compared with other states and territories (Australian Covert Bullying Prevalence Study, Edith Cowan University, March 2009). Your school will have the following safety measures in place.

Guidelines

Schools have clear guidelines about bullying. Most have user agreements or policies regarding internet access and mobile phone use. Principals use discipline procedures for breaches. A suspected e-crime or capturing a crime on a mobile device may result in SAPol intervention.

Filters

Schools use filters to guard against students accessing inappropriate online material. However, with the explosion in wireless and mobile devices students can bypass these conventional network systems. Behaving safely online is more effective than filtering.

Training

All teachers are required to undertake Responding to Abuse and Neglect: Education and Care Training which provides guidance on keeping children and young people safe. Schools are taking up the cybersafety professional development program offered by the Australian Communications and Media Authority (ACMA). This program provides valuable information about the risks confronting students online and strategies to help make their experiences safe and positive.

Child protection programs

The Department of Education and Children's Services (DECS), Catholic Education South Australia and the Association of Independent Schools of SA are implementing child protection initiatives across South Australian schools.

Tips for parents and caregivers

Parents place boundaries on children and young people when they go beyond the front gate. We should also place boundaries on them when they leave home via the internet.

Talk to your child

Discuss how to behave to stay safe online with your child. Reassure your child that you are there to help if they get into trouble.

Provide safe and supervised access

Consider where and when your child accesses the internet and mobile technologies. It is recommended that internet access, including wireless access, should be in a public place. Mobile phones can provide internet access out of your sight. Make sure you have safety software installed – antivirus, spyware and a firewall, and age-appropriate parental controls.

Monitor e-technology use

Know what sites your child is using to talk and share online. Remind your child that their digital footprint is permanent and can be tracked by others.

Observe your child's behaviour

Watch and act upon any behavioural changes in your child.

Seek support

Use the contacts in this pamphlet if you are concerned about changes in your child's behaviour. For example, you could contact ACMA to request the removal of offensive or illegal content from a website.