SafeOnline
INFO that CLICKS!

Internet Safety Education for Students & Parents

- Students (Grades 4–12): "Your Life Online"
- Parents: "Parenting in a Digital World", "Life Online and Parental Controls"

SafeOnline is committed to offering the most current research, online trends and behavioural concerns to student and parents. In addition, our SafeOnline Parent Presentation, Assembly Presentations and Classroom Workshops will highlight good off/online boundaries and life balance and prioritizing physical presence in everyday life. We want to support you in your conversations at school and home about boundaries and limits.

We believe that by supporting the whole-school community—you, your school administrators, your teachers, parents and students—in reinforcing positive digital use habits, we can begin to change some of the negative impacts of technology overuse.

As a whole-school learning strategy, many School and District PACs have funded student assemblies to coincide with their Parenting in a Digital Age presentations. This offers students, and all of the adults who support and educate them, with a common base of internet safety knowledge and awareness, while providing inspiration for further conversations.

Schools wanting to have multiple presentations or workshops will receive a discount rate. Please contact us to discuss. Also. please contact us about your school/group if budget is a constraint. Discounts may be provided to some private and public groups. Fees can, in some circumstances, be negotiated.

Contact SafeOnline to discuss your Internet Safety Education requirements or visit www.safeonline.ca to learn more.

SafeOnline Education • www.safeonline.ca • admin@safeonline.ca

Parenting in a Digital Age
Presentation for Parents
75-90 minutes

Children and youth are involved in online technologies at earlier and earlier ages. Although they are quick adopters of new technologies, children and youth are still amateur users without life experience, developed moral codes and often without the guidance of their elders. We believe that parents are critical to helping young online users make good decisions.

SafeOnline will help you catch up with technology and meet the challenges you are facing by providing you with background information, practical ideas and tools, and research-based solutions. Parent advisory, grandparent, new parent and foster parent groups can all become better informed participants in their childrens' online lives.

Topic covered include:
- Popular social media, games and apps
- Permanent digital reputations and their implications
- Online drama and cyber-abuse
- Sexting and online pornography
- Implications of excessive online use on social emotional health and development
- Parenting safely with technology
- Tips and tricks for staying safer online; establishing home internet use agreements, safer password choices, site privacy management, scams online and suggested emergency online resources
- A link to SafeOnline's collection of educational sites for parents

Following the presentation, parents can log into a secure section of our website to access the SafeOnline Resource List, Quiz and Scavenger Hunt Worksheet.

Contact SafeOnline to discuss your Internet Safety Education requirements or visit www.safeonline.ca to learn more.

Life Online and Parental Controls *NEW
Presentation for Parents
75-90 minutes

Children and preteens are online for ever-increasing amounts of time and research is beginning to identify learning deficits associated with excessive screen time. This presentation is focused on how to control your child's device usage and screen time with the use of settings, apps and software already part of the most popular operating systems on cell phones, computers, game consoles and other devices that go online.

Screen time and children
- Why limit screen time
- Current findings on the effects of excessive screen time on social emotional development

Strategies to limit children's screen time
- Be a Good Role Model
- Family Media Use Agreements
- Declare Tech-free Zones
- Slow Tech Media Diet
- Dialogue Starters

Ways to supervise online time
- Limits to supervising software, apps and features
- Four levels of online supervision

Apps, settings and software with parental features
- Smartphone and tablets
- Computer
- Gaming consoles
- Televisions and smart TV's
- Online child toys
- In-home smart devices

Contact SafeOnline to discuss your Internet Safety Education requirements
or visit www.safeonline.ca to learn more.

Your Life Online
Assembly Presentations & Classroom Workshops Format for Students

Your Life Online Assembly Presentations and Classroom Workshops address B.C. curriculum priorities by promoting critical and reflective thinking skills, social emotional development, communication competencies in digital literacy, and enhanced personal and social responsibility in all online interactions.

All students will be encouraged to:
- Make values-based decisions about how they conduct themselves online
- Take online harassment seriously and report it
- Participate online as positive digital citizens

Following an Assembly Presentation or Classroom Workshop, students and educators can log into a secure section of our website to access the SafeOnline Resource List, Quiz and Scavenger Hunt Worksheet.

Assembly Presentations
45-65 minutes

Dynamic, quick and engaging—our multimedia student Assembly Presentations include current trends, examples and memes. We focus on equipping youth to use their devices more safely while online, balancing their on/offline lives and learning about some of the amazing positive applications, communities and online movements.
- Small assembly: under 150 children or youth – $675
- Large assembly: 150 to 750 children or youth – $875
- Extra large assemblies: over 750 students – $1200

Classroom Workshops
60-90 minutes

Interactive, experiential and memorable—our workshops include both multimedia presentation and interactive components including dialogue, games, worksheets, quizzes and/or art projects. These Classroom Workshops are available for Grades 4-12 (two grade variance per group).
- Student Classroom Workshops size are limited to 25 students
- Standard cost is $675

Contact SafeOnline to discuss your Internet Safety Education requirements or visit www.safeonline.ca to learn more.

Your Life Online
Grade Specific Content

Your Life Online • Grade 4-5
Your Life Online for Grades 4-5 focuses on how students will be creating their online identities as they begin to use more social media. We discuss what making the right choices looks and feels like, along with knowing when to walk away. The subject of proper behaviour online is stressed and what to do if online abuse is experienced. We touch briefly on never posting or taking inappropriate images and identify resources that are available to help students online.

Your Life Online • Grade 6-7
Your Life Online for Grades 6-7 stresses that students need to be the same person on and off the internet. Examples of how online abuse can happen, what students can do to prevent it and how to make changes in their lives to stop it. We discuss the emotional, social and future effects that come from different experiences on the internet. The message of never posting or sending sexual images online is strongly emphasized. Privacy online and using the internet for the positive is our final message.

Your Life Online • Grade 8-10
Your Life Online for Grades 8-10 goes into detail about mistakes young people have made online that have had surprising consequences and about the implications of permanent digital reputations. We discuss the personal ramifications of online harassment and abuse through anonymous and public venues. The importance of privacy and safety online are stressed throughout and a strong focus is put on the social and legal dangers of posting or sending a sexual message or image online. We wrap up with a look at how our society has shifted towards a larger online focus and that acting positively online can produce desirable results. Students are reminded to be aware of their actions and to make sure they are proud of the person they are online and off.

High School Tech/Sex Talk • Grade 8-12
Responding to the Physical and Health Education 2016 curricula changes, this presentation will provide information to promote 'Healthy Choices" and "Personal and Social Development" competencies from the online perspective. Specifically, the presentation will teach students strategies for wellness online such as positive mental health, and will promote online reporting sites and mechanisms so students can respond to abusive or exploitive harm. Since much of students' lives are online, this presentation will describe healthy online personal boundaries around sexting, viewing online pornography and abusive sites, and supporting healthy sexual decisions.

**Contact SafeOnline to discuss your Internet Safety Education requirements
or visit www.safeonline.ca to learn more.**