

Parents and Caregivers' Information Sheet

4th to 6th grade 2024

ONLINE SAFETY

WHAT IS THE ONLINE SAFETY PROGRAM?

The online safety program aims to make young people aware of the dangers of the online world and the characteristics of cyberbullying. In addition, the program aims to present possible solutions that can be considered when a child and his/her guardian are confronted with danger or harassment online.

Social media applications (instagram, facebook, snapchat) and video games are very popular with teenagers and therefore create virtual spaces where young people are more likely to be in danger, whether it's the danger associated with harassment or someone "hacking" into your personal information. The aim of this program is to make sure you're aware of these dangers and their signs. Here are just a few of the signs:

Signs of Internet harassment

- Nervous or afraid to go to school
- Nervous when texting or using social networks
- Frustrated or upset after going online or playing video games
- Refused to share information about their online accounts and activity
- Withdrawal from friends and family

Signs of hacking

- Phishing attempts
- Interacting with a user who is very interested in your personal life and details
- Receiving offers that require you to enter your bank details

THE MOST IMPORTANT THING IS TO DARE TO START A DIALOGUE WITH YOUR CHILD!

It's not always easy to talk to your kids about bullying!

HOW CAN I TALK TO MY TEEN ABOUT ONLINE BEHAVIOR AND CYBERBULLYING?

According to a recent study reported by the RCMP, 31% of youth in Canada say they have been cyberbullied, while 50% of parents and 30% of youth say they have witnessed cyberbullying directed at someone else. Even more worrying, some 65% of young people say they would tell a friend, not a parent, if they were being cyberbullied.

As a parent and/or guardian, it's essential to address safe online behaviors when discussing cyberbullying prevention with your youngster. To do this, the young person's guardian needs to create a safe and understanding line of communication. This includes reassuring your young person that mistakes happen and that you're there to help find solutions and protect him/her. Once you've established healthy communication with your young person, discuss the following frequently:

Online encryption and privacy settings

When to report a dangerous interaction/when you should intervene

Conscious online sharing

The importance of treating everyone with respect

Safe and appropriate responses to cyberbullying

How to document incidents



How do you protect your information on social networks and in video games?

- Use a strong password and/or multi-factor authentication
- Don't use your real name online
- Create a private account (or "private story" for you and your loved ones)
- Don't share photos or videos with people you've never met
- Try to use applications that delete your photos and videos within seconds of sharing them
- avoid sharing your bank details in video games
- Add your broadcast settings to ensure that your audio is not recorded.


PARENTAL CONTROL AND THE DIFFERENT FORMS OF ONLINE DANGER



IS PLAYING VIDEO GAMES DANGEROUS?



Resources

 **Important!** If you are concerned about your adolescent's health, ask a professional for help, or call the helplines mentioned below.

Do not hesitate to communicate with the school staff: the counselor, the teacher or the principal. Your family doctor can also help, as can the following resources:

- **Kids Help Phone:** to confide in somebody, 24 hours a day, seven days a week. Anonymous and bilingual. Toll-free number: 1-800-668-6868. kidshelpphone.ca
- **Phobies-Zéro (French only):** support and self-help group for people with anxiety, panic disorders, phobias and agoraphobia. 514-276-3105 or toll-free 1-866-922-0002.



RESOURCES IN FRENCH

Sécurité publique Canada

Ensemble, nous pouvons arrêter la cyberintimidation
Information et conseils sur comment gérer la cyberintimidation si elle survient chez vous, ou chez quelqu'un qui vous est proche.



RESOURCES IN ENGLISH

Public Safety Canada

Together we can stop cyber bullying. Get information and tips on what to do if this issue affects you or someone you care about.

Contact us:

Réseau-Femmes



Maryse Beaujeau-Weppenaar
direction@reseaufemmes.bc.ca



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JLRS



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