

Supporting Your Child

Alongside a SAFFRON Centre Presentation

Your child's class will be receiving a presentation from the **Saffron Centre's Public Education Department** on Internet Safety. The presentation, entitled "**The Basics: Internet Safety**", teaches students about the importance of integrity and responsibility when using the internet. The following concepts are covered:

- Who are "trusted adults" in our lives and how do they help us stay safe online?
- Risks and available safety features of many popular websites and apps including YouTube, Snapchat Instagram, TikTok, and gaming sites.
- Brief discussion of online scams and what students can watch out for.
- Cyberbullying and the negative effects it can have on us.
- How do we practice empathy when understanding the negative impacts of cyberbullying on others?
- An interactive quiz designed for students to complete in smaller groups to allow for discussion, or as a larger group with the facilitation of the presenter. The interactive multiple-choice quiz is designed to recap all topics previously discussed and highlight their real-world implications.

Before the Presentation

You may wish to discuss this content with your child in advance of Saffron's presentation. Here are some tips for talking about Internet safety with young children:

- **Set aside time to get involved** in your child's online activity. Ask them about what apps and games they are using and how they have their privacy and location settings set.
- **Maintain open communication** with your child about what they can do if they run into something online that makes them uncomfortable.
- **Set clear expectations and boundaries** about which behaviours are appropriate and inappropriate online and the rules you expect them to follow. Consider talking to them about how you plan to supervise their online activity to ensure their safety.
- **Don't be afraid to intervene.** If you suspect that something is wrong, or your child may not be safe online, do not hesitate to take the necessary steps to keep them safe.

After the Presentation

To make the Saffron presentation as effective as possible, continue the conversation with your family regularly. Ask your child what they learned and have them explain their understanding of online boundaries and safe internet use to you. Have them teach you about the apps and games they enjoy and use this as an opportunity to gauge their safety.

Additional Resources

Saffron Centre Ltd.

- Specialized sexual violence counselling and reporting/criminal justice support.
Phone: 780-449-0900
Email: info@saffroncentre.com

Alberta's One Line for Sexual Violence (Call or Text): 1-866-403-8000

Edmonton Distress Line (Phone Line): 780-482-4357

Need Help Now

- Remove Sexual Pictures/Videos from the Internet: www.needhelpnow.ca

Cyber Tip

- Report Online Exploitation and Non-Consensual Photos Shared: www.cybertip.ca